

CHARLESTON AREA CHURCHES

FOOD PANTRY NEWSLETTER

“for I was hungry and You gave me food; I was thirsty and You gave me drink; I was a stranger and You took me in.” Matthew 25:35

Hours M-W-F 1:30-4:00



MARCH 2025

PANTRY NEWS

February was a busy month even though it was a short month! The pantry continues to receive generous donations from WalMart and Ruler through Feeding America. However, there are also donations made from other vendors in Coles County.

All the donated food helps supplement the food the pantry gives our guest. The prepacked boxes given are meant to provide approximately 3 meals for 3 days per each family member in the household.

Since this is a limited amount of food, our guest are encouraged to use the other food pantries in the county to help them get through the month. The SNAP program is helpful also, but it is estimated it provides about half of the food needed for a month, and not all of the pantry guest are eligible for it.

BLESSINGS & GRATITUDE

The pantry would like to thank all the churches that donate to the pantry. Some donate on a regular monthly basis, and we appreciate your faithfulness! Many churches make donations sporadically, and we appreciate that also.

One of our individual faithful regular donors won the recent Rotary Raffle, and she donated the winnings to the pantry, along with her regular monthly donation!

FEBRUARY 2025 NUMBERS

GUEST SERVED: Households: 411

Individuals: 1,066 Meals: 9,594

DONATED FOOD In Pounds:

USDA: 8,631 Eastern IL Foodbank: 1,576

WalMart: 6,172 Ruler Foods: 3,407

FUN FOOD FACTS

CORNED BEEF & CABBAGE

- Corned beef gets its name from the large rock salt used to brine it. The coarse salt resembles grain, thus called corn.
- Ireland is the country of origin, with it being exported to other parts of Europe in the 17th century.
- Irish immigrants brought it to America, where by 1860 it was being served in New York City delis.
- Corned beef is the meat used to make Reuben sandwiches.
- Corned beef can be boiled, baked, or cooked in a crock pot.
- Cabbage is part of the cruciferous family of vegetables, which includes broccoli, cauliflower, radishes, and brussels sprouts.
- Cabbage can be red, purple, white, and various shades of green.
- Cabbage is low in calories, a good source of Vitamins C and K, and high in fiber and antioxidants. It also has anti-inflammatory properties.
- It can be eaten raw or cooked.
- Cooking methods include boiling, frying, steaming, or in a crock pot.
- It can be added to salads, soups, stews, or made into coleslaw, sauerkraut, or kimchi.

These two foods go so well together they are the official St. Patrick's Day dinner!

ENJOY!!!

