

CHARLESTON AREA CH741URCHES

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 & Th 5:30-7:00



JULY 2025

PANTRY NEWS

The pantry continues to be a very busy place. Fortunately supply has kept up with demand, some weeks the shelves look almost empty, but they get refilled quickly. God continues to provide!

Some changes are going on at the pantry. One is that the pantry recently became a member of the Charleston Chamber of Commerce. One of the benefits is that we were invited to have a booth at the Farmers Market on The Square on Saturday mornings. This exposure is beneficial to the pantry in a couple ways. There have been monetary donations, as well as some left over produce from the farmers.

Another exciting event will be a Chamber Business After Hours gathering. On July 17th there will be *Pizza At The Pantry* from 5:00 to 7:00 pm. Paglia's Pizza is partnering with the pantry to provide the pizza. There will also be chips, soda, beer and wine to share. There will be tours of the facility along with a slide show to present the pantry's work.

Even though the pantry has been in operation since 1984, some people still don't realize the number of people with food insecurity in our community. The pantry works to continually promote the services provided to help alleviate this need. Numbers provided shows the large amount of people who utilize the pantry monthly.

THANKS

The pantry greatly appreciates the financial support our community provides to keep the doors open, and the ability to provide food to those in need!

MAY 2025 NUMBERS

Households: 462 Individuals: 1,309

Meals: 11,781

Donated food in pounds:

EIF: 3,370 USDA: 4,801

Ruler: 2,902 WalMart: 5,930

TANF: 576 lbs of cereal for families with children under 18 years of age.

JUNE 2025 NUMBERS

Households: 447 Individuals: 1,325

Meals: 11,925

Donated food in pounds:

EIF: 3,758 USDA: 3,463

Ruler: 4,413 WalMart: 7,055

FUN FOOD FACTS – Berries

- Berries are a small, soft, round fruit that come in various colors, mainly red, blue and purple. They can be sweet or sour.
- Berries grow in the wild, can be planted in your garden, or bought in grocery stores and at farmer markets.
- Health benefits of berries are that they are low in calories and fat, high in Vit.C, fiber and antioxidants, and they fight inflammation and cell damage.
- Berries are very versatile in cooking. They can be made into jams, jellies, syrups, and desserts, as well as cooked into savory dishes.

ENJOY THE SUMMER!!!

STAY HYDRATED!

REMEMBER SUNSCREEN!

FIND SHADE!