

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



FEBRUARY 2026

January was a busy month at the pantry. Client numbers are remaining steady at an average of 35-40 households coming to the pantry for food on any given day.

Now that the pantry owns the building, there is more room for storage, which is desperately needed. Walmart often donates left over holiday decorations to the pantry, which is very appreciated by the guest. However, these items take up storage needed for food, but now there is room to store these items.

Todd was able to secure a grant for shelving, which was very needed. The new shelving eliminates the stacking of boxes that gets quite high at times. Also, some of the old shelves being used were bent and had sagging shelves.

The good news is that our own board member, Nick Taylor, gladly took the old metal shelving to use for his metal artwork. Always good to recycle! Thank you Nick!

The pantry remained open even on the bitter cold days we experienced in January. Not as many guest came in on those days, but some braved the weather. Some volunteers were not able to come in either, which was understandable! Thankfully, there was coverage every day.

THANK YOU

A BIG thank you to the volunteers who do fill in when needed. There are a few who don't work regular days, but are available on short notice to fill in. You ARE appreciated.

Thanks to Hunters Against Hunger for all the venison provided, it was greatly appreciated!

Thank you to all January donors. All donations of any amount are helpful and greatly appreciated!

JANUARY 2026 NUMBERS

Customers Served: Households: 415
Individuals: 1,200 Meals: 10,800

Donated food in pounds: USDA: 6,572
Eastern IL Foodbank: 940
Ruler Foods 1,508 Walmart: 8,035

FUN FOOD FACTS

WINTER SQUASH

Winter squash comes in many varieties, but locally some of the most available are acorn, butternut, hubbard, spaghetti, and pumpkins. Compared to summer squash, winter squash has a hard rind and sweet dense flesh.

These squash are very nutritious, being a good source of potassium, fiber, and Vitamins A, C, and B6. They are also low in calories.

An interesting thing about winter squash is they can be used to make either sweet or savory dishes. Cooking them is easy. The squash can be cut in half, seeds removed, and baked cut side down in the oven. It can be peeled, cut into pieces and baked, roasted, or boiled. Cooked spaghetti squash is stringy and can be a substitute for spaghetti, thus it's name.

STAY WARM!!!