

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 & Th 5:30-7:00



MAY 2021

PANTRY NEWS

All is going well at the pantry. There are still new people coming every week to use the pantry. Numbers are still lower than usual, but everyone served is very appreciative. The main reason we think numbers are lower is that people receiving SNAP continue to receive extra money due to the covid-19 relief. It is also tax return season, and the covid stimulus checks.

Discussion about all this makes us think once all this extra assistance stops, we will be busy again. One advantage to not be as busy is that volunteers have been organizing and dating the food we have on hand. The pantry looks very tidy and clean, we are just full to the seams, so the extra space is truly needed.

The pantry and Habitat crew are still waiting on architectural plans to start the expansion project.

April is the month the United Way office ask for applications for their funding. The pantry has requested funding for several years now, and have always been given a generous amount. The United Way does ask for any agency receiving their funding to include their logo on written material. This is why you see the logo on our material. There assistance is greatly appreciated, and the amount given is used only for the purchase of food!

THANKS

In April Phoenix Elite Gym had a Ninja Warrior Competition. They then donated a portion of the proceeds, \$400.00 to be exact, to the pantry. Thanks to all the Ninjas who competed.

Donations were given in April as memorials to Larry Drake and Denise McCammon. May God give peace and comfort to the loved ones of these two individuals.

As always any donation, no matter the amount, is greatly appreciated!

APRIL 2021 NUMBERS

Families: 127 Individuals: 382

Meals: 3,438

Donated food in pounds:

USDA – 6,310 EIF – 2,155

WalMart – 6,176 Ruler Foods – 1,876

Individuals and churches – 620

FUN FOOD FACTS

DANDELIONS

Many people only look at dandelions as weeds, which they can be. However, they are also a food source for some, not just insect pollinators! Here are some interesting facts about the nutritional value of the pretty plant.

- The greens and flowers are high in Vitamins K, C, and B6, and do not lose these nutrients when cooked.
- The greens are a good source of iron.
- They help regulate heart rate and B/P.
- The root can be used to make a coffee type drink, hot or cold.
- The greens can be added to salads, or wilted like lettuce.
- The blossoms are used to make jelly, wine, added to breads, or deep fried.

Enjoy the cool spring, summer is coming!