

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



MAY 2022

PANTRY NEWS

There is not much new activity going on right now at the pantry. Distribution days are running smoothly, and numbers are increasing. However, the numbers are not near pre-pandemic totals.

The income guidelines for pantry use continues to remain at 200% per the Federal Poverty Guidelines.

Donations continue from Ruler, Walmart, Coca Cola, and CVS. County Market has occasionally made donations also.

Todd continues to go to Bloomington one day a month to get free food for the pantry.

All of the boards on the shelving has been painted. Outdoor work and landscaping around the new addition will hopefully start soon if it ever stops raining!

The United Way Grant application has been turned in, and we are waiting for their response. United Way has been a generous donor for many years, and very much appreciated.

THANKS

We are most grateful to the area churches that are so generous with the donations they give to the pantry. Their support provides so much encouragement for the work we do!

The pantry also appreciates the faithful monthly donors from the community that help us run day to day operations.

The pantry owes a very big THANK YOU to Larry and Joyce Sigler for their volunteer work in transporting the Walmart donation to the pantry. Over the span of the past 6 years they have spent most Monday, Wednesday, and Friday mornings bringing the donated goods to the pantry, putting them on shelving and in the fridge and freezer. Larry also helped with the food bank truck donation most months. Sadly, Larry and Joyce have decided to allow someone else the opportunity to perform this task. The pantry board and volunteers are very grateful for a job well done by the Siglers, you will be missed!

There was a memorial given for Lily Orchard. May God comfort this lady's loved ones.

APRIL 2022 NUMBERS

Families: 240 Individuals: 801

Meals: 7,209

Donated food in pounds:

EIF: 3,121 USDA: 2,107

WalMart: 5,013 Ruler: 1,157

Individuals and businesses: 181

FUN FOOD FACTS

LEAFY GREENS

- Leafy greens include spinach, kale, swiss chard, collard, beet greens, and romaine lettuce.
- These vegetables are high in Vitamins C and K. and the minerals potassium, phosphorus, cooper, manganese, selenium, zinc, calcium, and iron.
- 100 grams of spinach has 1.1 more iron the same amount of red meat.
- They are low in calories and carbohydrates, and high in fiber.
- Greens are mainly eaten raw, but some can be cooked.

Enjoy the remaining spring weather!

