

## 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



**NOVEMBER 2022**

### PANTRY NEWS

There has been lots going on at the pantry this fall. Guest numbers have increased steadily with new people coming in just about every day the pantry is open.

The Regional Office of Education grant the pantry received last winter has been extended. This grant was to be used for helping homeless teenagers remain in school. The pantry used the grant money to purchase personal hygiene items that will help these teens maintain their appearance, and confidence, to remain in school.

Todd also applied for, and received, an American Recovery grant to help the pantry purchase a new van, as the one we have is rusting out badly, and will be costly to repair. Diepholz Chevrolet is now searching for a replacement.

Habitat for Humanity received funding from the same grant for replacing the furnaces and septic system for the entire building.

The pantry has also started receiving donations from Starbucks and County Market.

### THANKS

Thank you to a local farmer who donated 1,300 pounds of ground beef to the pantry.

An anonymous donor had food sent to the pantry via WalMart delivery. How smart!

Thanks to the family that made a donation in honor to Ronald Wohlstein.

A BIG thank you to Home Church, First Baptist Church, and St. Charles Borromeo Catholic Church for giving large monetary donations this fall.

As usual, thank you to all the area churches, and donors that regularly give to the pantry.

### AUGUST 2022 NUMBERS

Families: 288 Individuals: 925

Meals: 8,325

Donated food in pounds:

EIF: 2,309 USDA: 3,291

WalMart: 7,131 Ruler: 702

### SEPTEMBER 2022 NUMBERS

Families: 278 Individuals: 835

Meals: 7,515

Donated food in pounds:

EIF: 884 USDA: 1,970

WalMart: 7,629 Ruler: 751

Individuals and businesses: 1,300

### OCTOBER 2022 NUMBERS

Families: 230 Individuals: 742

Meals: 6,678

Donated food in pounds:

EIF: 1,017 USDA: 1,970

WalMart: 10,978 Ruler: 414

Individuals and businesses: 1,151

### FUN FOOD FACTS

#### SWEET POTATOES

- High in Vit. C, Potassium, and fiber.
- Low in calories, 100 in a medium size one.
- Is a complex carbohydrate, meaning sugars are released slowly providing steady energy.
- Very versatile, can be baked, boiled, fried, grilled, steamed, roasted, mashed, and made into casseroles.

Enjoy the rest of autumn as you prepare for the winter and holiday season!

