

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



OCTOBER 2021

PANTRY NEWS

If you have driven by the pantry in the past few weeks, you have seen the progress made with the building of the addition. Insulation is completed, drywall work is progressing, and interior doors and windows have been installed. The work is going very well, thanks to the volunteers through Habitat for Humanity. Thanks to Butch Thompson for his very capable supervision of the build.

The revised parking area in front of the original garage door and the new addition has been completed. This area was changed to improve the drainage for the existing building, as well as the new addition. Work continues on the remaining drainage system and landscaping on the north side of the building that is needed to complete the project.

Todd has applied for and received a Capacity Building Grant through the Eastern Illinois Foodbank for purchase of new shelving for the addition. The extra space for food storage will be very welcome, as it will free up space in the area where volunteers work on food distribution. A bottle neck is created in one doorway that has multiple people coming and going continuously.

Todd refers to this area as "the danger zone"!

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!

Another group of donors who are very much appreciated is the regular monthly donors. These faithful people help ensure we have the necessary income to meet our monthly expenses. Thank you so very much!

A donation was received in memory of Stephanie Serri Schultz. May God provide comfort to this lady's loved ones.

SEPTEMBER 2021 NUMBERS

Families: 168 Individuals: 525

Meals: 4,725

Donated food in pounds:

EIF: 5,652 USDA: 4,292

WalMart: 9,411 Ruler: 1,138

Individuals and businesses: 319

FUN FOOD FACTS

ROOT VEGETABLES

- Root vegetables are classified as any vegetable that grows underground.
- They are high in vitamins and minerals, fiber, and antioxidants.
- The top 10 healthiest are onions, turnips, sweet potatoes, ginger, beets, garlic, radishes, fennel, carrots and celery root.
- Though very good for you, they are high in carbohydrates, so must be eaten in moderation, especially if you have diabetes.
- Some can be eaten raw, and most can be cooked in various ways, including roasted, steamed, baked, boiled, and pan fried.

**HAVE A SAFE AND HAPPY
AUTUMN SEASON!**

