

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



JUNE 2026

PANTRY NEWS

The pantry continues to be a very busy place. Fortunately supply has kept up with demand, some weeks the shelves look almost empty, but they get refilled quickly. God continues to provide!

The pantry will have a table at the Saturday morning *Farmer's Market on the Square* in Charleston again this summer. There will be jar for donations if people want to donate cash.

The pantry is holding a raffle for ½ hog, processing included. Tickets are available from board members, at the pantry during business hours, and at the table at the farmer's market. Drawing will be later in the early fall.

The Coles County Health Department did their yearly inspection in May, we passed!

Just a reminder, no one serving at the pantry is paid, including the director Todd Foster. The board and volunteers all agree the financial resources we are blessed with must be used for the purchase of food, and the operations of the pantry.

It takes 6 volunteers per distribution day to make the pantry runs efficiently. Many hands make light work, and the pantry has many blessed hands! However, new volunteers are always needed. The schedule is very flexible. A volunteer can work 1 day per week, 1 day per month, or any amount of time that works for them.

THANKS

The pantry says thank you to the faithful individual donors and churches for choosing to help our mission on a monthly basis.

Memorials were given in May for Frances Stoltz and Judith Ann Landers. May God comfort their loved ones.

Nathan Macy made a donation in honor of his mother Dorothy Macy.

Any amount given by any source is always welcome, and greatly appreciated.

APRIL 2026 NUMBERS

Households: 411 Individuals: 1,208

Meals: 10,872

Donated food in pounds:

EIF: 590 USDA: 6,798

Rule: 2,044 WalMart: 9,598

MAY 2026 NUMBERS

Households: 401 Individuals: 1,163

Meals: 10,467

Donated food in pounds:

EIF: 3,690 USDA: 7,230

Ruler: 2,065 WalMart: 7,671

FUN FOOD FACTS – Berries

- Berries are a small, soft, round fruit that come in various colors, mainly red, blue and purple. They can be sweet or sour.
- Berries grow in the wild, can be planted in your garden, or bought in grocery stores and at farmer markets.
- Health benefits of berries are that they are low in calories and fat, high in Vit.C, fiber and antioxidants, and they fight inflammation and cell damage.
- Berries are very versatile in cooking. They can be made into jams, jellies, syrups, and desserts, as well as cooked into savory dishes.

ENJOY THE SUMMER!!!