

## **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



**MAY 2025**

### **PANTRY NEWS**

Activities are running smoothly at the pantry so far this spring. Guest coming in for food continue to range from 20-40 most days. Six volunteers are working on most distribution days, and that seems to be just the right amount for things to run well.

Monetary donations are coming in at a steady rate, however, we always need money for food and other expenses. The board continues to discuss fund raising ideas.

Donations of food continue to be received from Ruler, Walmart, Coca Cola, and CVS. Todd continues to go to Bloomington one day a month to get free food for the pantry.

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 is very much appreciated.

### **THANKS**

The pantry is most grateful to the area churches that are so generous with their monthly donations.

There was also recent donations from Loxa Presbyterian Church, Charleston Baptist Church, Old State Road Christian Church, and Bushton Christian Church.

The Coles County Chorus donated funds from their annual Lenten concert.

Sarah Bush Lincoln Health Center recently gave a generous donation to show their appreciation for the work the pantry does for our community. The pantry helps to reduce hunger, and this in turn helps to improve and maintain the health of our community.

### **APRIL 2025 NUMBERS**

Families: 396    Individuals: 1,209

Meals: 10,881

Donated food in pounds:

EIF: 3,118    USDA: 4,187

WalMart: 6,098    Ruler: 1,733

### **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, copper, 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.

#### **DANDELIONS**

- Dandelions are also a leafy green as their leaves can be eaten alone or in salads.
- The flowers can also be eaten, often fried, added to salads, or made into tea.
- Dandelions are high in vitamins A&C, potassium and iron.
- For pollinators, mainly bees, and other insects they are the first foods in the spring, so don't pull them!

ENJOY THE SPRING!!!

