

## 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



JULY 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 is so very thankful that there was no damage to the building from the recent tornado. The power was off for a time, however the freezer remained at temperature so there was not frozen food loss! The refrigerator was also in good shape, but for safety, all pastries, sandwiches and produce was discarded. There were several crates of butter and eggs that were able to be retained and distributed.

On Friday after the tornado the pantry was open for limited distribution, with very few people coming for food. Pantry staff working that day cleaned up the property, which was mainly pieces of roofing from other buildings.

The pantry continues to have a table at the Saturday morning *Farmer's Market on the Square* in Charleston this summer. There will be jar for donations if people want to donate cash. So far we have received donations, and every penny is appreciated.

The pantry is also holding a raffle for 5 prizes, there are two ½ hogs, processing include, and 3 chicken bundles. Tickets are \$10.00 each, or 3 for \$25.00.

Tickets are available from board members at the pantry during business hours, and at the table at the farmer's market on Saturday mornings. Drawing will be October 15, 2026. You do not need to be present to win.

### THANKS

The Rotary of Charleston/Mattoon holds regular raffles for cash. Bill Warmoth purchased a ticket and placed the pantry as the entry, and this ticket won! People are very thoughtful in the ways they choose to donate to the pantry, and it is appreciated very much. As always, any donation in any amount is useful!

### JUNE 2026 NUMBERS

Households: 412 Individuals: 1,144

Meals: 10,296

Donated food in pounds:

EIF: 12,008 USDA: 11,998

Ruler: 2,642 WalMart: 7,085

### FUN FOOD FACTS – Cabbage

- Cabbage was mentioned in Europe prior to 1000 BC.
- It comes in many varieties, but all are white, various shades of green, or purple.
- It is high in Vitamins K and C, and high in fiber.
- For eating, it can be fermented (sauerkraut and kimchi), pickled, steamed, roasted, sauteed, braised, stewed, and eaten raw.
- China is the largest producer of cabbage supplying 48% of the world's supply.

ENJOY THE SUMMER!!!

STAY HYDRATED!

REMEMBER SUNSCREEN!

FIND SHADE!