

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



OCTOBER 2025

PANTRY NEWS

Autumn greetings everyone!

The capitol campaign to raise funds for the purchase of the building is going very well. As of last count, the total was about 85- 90% of what is needed.

The community has been extremely responsive to the campaign. Many people have told board members and volunteers how important they think the food pantry is to the community. Many people have said they want to support the pantry, and make sure it remains open, and able to serve those in need.

Since the pantry is a Charleston Chamber of Commerce member, we were able to have an information booth at the Charleston Farmer's Market on the square this past summer. Our treasurer, Scott Stevens manned the booth, and he did a great job promoting the needs of the pantry.

There was a collection jar available for donations, with over \$900.00 collected for the capitol campaign. Thank you Scott, and all the donors.

The plan is to continue the capitol campaign through December. If we meet the goal before that, any excess will go toward the purchase of food for distribution.

In other pantry news, the numbers continue to be steady at 370-400+ families coming for assistance most months.

THANKS

A BIG THANKS to every individual, group, business, and church that has donated to the capitol campaign.

Thank you to all the regular donors that keep us running monthly. The cost of food has not lowered, and there is currently no reduction in cost, or grants, in process through the Eastern Illinois Food bank in Urbana. Every amount given, no matter the size of the donation is greatly appreciated.

SEPTEMBER 2025 NUMBERS

Families: 383 Individuals: 1,314

Meals: 11,826

Donated food: EIF: 2,62 USDA:5,392

WalMart:6,134 Ruler:
1,339

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.

ENJOY THE AUTUMN SEASON!!!

