

## 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



March 2019

### PANTRY NEWS

All is running smoothly at the pantry so far this year. There continues to be new guest coming in weekly, and many people returning who have not been in need for awhile.

Sadly, the latest statistics still show Coles County is one of the communities in Illinois with a high food insecure population.

Donations continue to come in at a steady rate, which really helps the pantry meet some of the needs of this population. The pantry appreciates any food or monetary donation, no matter the size.

Speaking of needs, the pantry does purchase some non-food items to help with basic daily care. These items include bar soap, toilet paper, female hygiene products, tooth brushes, toothpaste, and baking soda,

### THANKS

The community service organization called *100 Women Who Care* made a various generous monetary donation in February. These women work together to help improve the quality of life in our community. The amount they gave (over \$4,000.00) will pay for at least one month of purchases from the Eastern Illinois Food bank. Thank you ladies!

Food donations were also given by the *Wesley United Methodist Youth*, and *Coles County 4-H*.

The *EIU School of Business* had their spring food drive, donating 2,177 pounds of canned food.

Thank you to all the churches that donate food and money to the pantry on a regular basis

Thank you to *WalMart* and *Ruler Foods* for donations made through Feeding America, the meat is especially helpful.

A memorial was received for Johnelle Olds, who is the wife one of our faithful volunteers. May God's peace and comfort be with Johnelle's family and friends.

### FEBRUARY 2019 NUMBERS

Households - 442

Individuals - 1,591

Meals - 14,319

Children 18 year and less - 529

USDA & EIF donated food in pounds - 6,478

### FUN FACTS – CABBAGE

Cabbage is eaten by many folks on St. Patrick's Day, so here is some information on this very healthy food.

1. Cabbage is an old vegetable, dating back to the 1600's.
2. Cabbage is low in fat and cholesterol, with just 15 calories per cup.
3. Cabbage is high in fiber, vitamins A,C,K, & B6, folate, potassium, magnesium, manganese, thiamin, calcium, and iron.
4. Cabbage is naturally cleansing for the GI tract, keeping it healthy.
5. The term "cabbage head" comes from the Hebrew words "rosh kruv", this implies stupidity!

Finally, hold on everyone, it won't be too long before we can say "**Happy Spring!!!**"