

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



MAY 2019

PANTRY NEWS

The pantry is running smoothly with the new computer system in place. Now that most of the pantry guest are in the system things are going much better than when the system was first used.

Some guest have found it frustrating to wait for the time it takes to get all new guest entered, and have decided to leave. However, it has been noticed that all of them return on another day. Patience has been a God send as this new system gets up and running.

Many thanks to Kenda Condron for her long hours of work with the system, and her training of the other volunteers who do guest intake. This is proof that you can teach old dogs new tricks!

Another big thanks to Joan Gregg and Venness Walters for their work on the pantry calendar. Work has started on next years calendar with a picture having been chosen, and sponsors being contacted.

The pantry appreciates all three of these great ladies and the hard work they do!

THANKS

- The VFW Post 1592 for donating their Jar Account to the pantry.
- Coles County Barbershoppers for donations from their Lenten concert.

- An anonymous donor happened to be in Ruler when Todd was making a purchase, and paid the bill as a donation.

A donation was also received as a memorial for Dick Sherman. God's peace and comfort to his loved ones.

APRIL 2019 NUMBERS

Families: 431 Individuals: 1,460

Meals: 13,140

Donated food in pounds: EIF: 3,429

USDA: 7,941, WalMart: 4,985, Ruler:

1,257, EIU School of Business: 2,014,

Other: 40

FUN FACTS – DANDELIONS

- Most folks now days consider dandelions to be weeds, but for centuries people used to kill grass to plant dandelions to have for food.
- Every part of the dandelion plant is edible. The greens can be wilted, made into pesto, or used in place of lettuce for salads and on sandwiches. The flowers can be fried, and the root used to make tea or coffee. Plus, they have been known to make good wine!
- Dandelions are a good carbohydrate and fiber source, as well as containing Vitamins A, B6, C, and K, along with the minerals iron, calcium, sodium, magnesium, and potassium.
- The word dandelion translates in French as "lion's tooth".
- Dandelions are important in that they are one of the first early spring sources of nectar for many pollinators.
- Most importantly, never eat dandelions that have been sprayed with weed killer, and if eating ones that are not sprayed, wash them very well before consuming.