

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 2018
PANTRY NEWS

February was a short, but busy month at the pantry. The EIU Community Service members have been very busy on Thursday evenings. The average number of clients seen when the pantry first started Thursday hours was 8-10 families. However, lately there have been 20-25+ coming some evenings. Considering the pantry is open for only 1 ½ hours on this day, these volunteers must work as hard as the ones on days when we are open for 2 ½ hours. Luckily, Thursday evening volunteers are mostly young and energetic students!

The pantry's treasurer Vennees Walters has needed to be out of the office this month due to her husband having some health issues. Venness spends many hours a week keeping our financial records in order. Since she will be out for a time, there may be a short delay in getting checks deposited, and financial receipt to donors. We ask for patience at this time, as well as prayers for Venness and Don. Thank you!

THANKS

There were many donations given in February including the following:

- VFW Post 1592 Jar Account
- The Women of Moose
- The Charleston Country Club Women

- Many regular faithful donors, you are a great group of people!
- The local band Mother Load held a Pickin Party with donations accepted and given to the pantry.
- The Beta Mu Sorority donated 20 birthday bags which were given to families that had a child under 18 years of age with a February birthday.

There were also donations given in memory of Robert Miller and May Myers. May God comfort the family members and friends of these two people.

As always the pantry appreciates all donation of any monetary amount, as well as any food donation, whether it be a few cans of food from 1 person, or a large box collected by many. It all adds up!

FEBRUARY 2017 NUMBERS

Households - 417
Individuals - 1,341
Meals - 12,069
Children 18 year and less -
419
Donated food in pounds -
19,793

FUN FACTS – CABBAGE

Cabbage is eaten by many folks o 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, keeps it healthy.

5. The term “cabbage head” comes from the Hebrew words “rosh krov”, this implies stupidity!

Happy Spring!!!