

CHARLESTON AREA CHURCHES

FOOD PANTRY NEWSLETTER

"for I was hungry and you gave Me food; I was thirsty and 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



February 2018

PANTRY NEWS

All is running well at the food pantry so far this winter. Despite the cold weather on some days of operation, the pantry had a busy January as the numbers below show.

In other news, the Food Pantry Board would like to thank Mike Strader for his past work on the board. Mike was Chairman for several years, then stepped down to the Vice Chair position. However this year Mike asked to relinquish that role, and become a sitting board member only. Thank you Mike for your past, and continued, service to the pantry.

Since the Vice Chair position became open, the board voted to eliminate that position as it did not entail much work. The board voted that in the absence of the Chair at board meeting, the Director will run the meeting. The bylaws have been updated to observe this change.

The Food Pantry Board meets at 8:30 a.m. on the 3rd Tuesday of January, and then on the 2nd Tuesday of odd numbered months the remainder of the year. Meetings are held in the conference room of the Serving Together Under One Roof building. Board members are representatives from local churches, EIU, and community members that support the pantry. New members are welcome, and if you are interested please contact the pantry during operation hours.

THANKS

Some thoughtful donations were made to the pantry in January, including ones from Personal Finance and the Women of The Moose. The pantry also received \$1,313.81 from the local Barbershoppers. This amount was our share of the funds they obtained through donations from their holiday concert. The group splits the donations between area organizations that provide food to community members in need. The pantry, as always, appreciates all donations no matter the amount.

JANUARY 2018 NUMBERS

Households – 497
Individuals – 1,736
Children under 18 years – 622
Total Meals provided – 15,624
Donated food – 21,243 #

General Information

February is American Heart Month so here are some reminders on how to treat your heart to keep it healthy and working well:

1. Be physically active every day. Even short walks are helpful, just get moving.
2. Get plenty of sleep. Adults should get 7-9 hours per night, and children need 10-12.
3. Work to reduce the amount of salt and saturated fats in your diet. Add spices and herbs to flavor your food.
4. Eat more lean proteins, whole grains, low fat dairy, and lots of fruits and vegetables.
5. If you have high blood pressure, get it under control. See your physician yearly.
6. Don't smoke, or stop if you do.
7. Reduce stress in your life. Play often!

The winter is also flu and cold season. It never hurts to be reminded to WASH YOUR HANDS!