

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



JUNE 2017

PANTRY NEWS

This is news worth repeating in case all have not heard. Our very own director, Todd Foster, has been selected as one of the area recipients of this year's Jefferson Awards! But wait, there's more. Todd was selected to be the representative from this area to attend the national award celebration in Washington DC in June. Todd was nominated by Kenda Condron, Assistant Director, along with the support of other pantry board members. Todd is so deserving of this award, and is excited to go to Washington, as is his wife Vickie who will be able to travel with him.

CONGRATULATIONS TODD!

In other pantry news, we are seeing new people almost every distribution day. It is a problem that the economy has not improved much yet, but so glad we are here to help serve this need.

Also, May and June is when we have extra cereal and milk for families with children 18 years old and younger. This extra supply sure helps when kids are out of school for the summer.

THANKS

A BIG THANKS goes to the Charleston Postal workers for their work with the *National Stamp out Hunger* campaign.

The total donation was 2,975 pounds! WOW, that sure helped fill our shelves! Also EIU students donated 1,925 pounds of food they had left over before moving home. Thank you Roy Lanham and the Newman Center for coordinating this donation. The pantry received a generous monetary donation from a donor through Fidelity Charitable, Thank you for thinking of us. MEMORIAL – the family of Susie Spoo make a donation in her memory. God's comfort to Susie's family and friends.

MAY NUMBERS

Families - 444 Individuals - 1,544
Meals - 4,632 Children > 18 - 568
Pounds of food donated – 4,998

FAST FACTS - SUMMER

Summer has arrived with hot days and plenty of sunshine. As the weather heats up, here are some tips to prevent problems from the heat. HAVE FUN!!!

- Plan your outside work between 10:00 am and 2:00 pm to avoid the hottest part of the day.
- Take regular breaks when working outside to not overheat.
- When outside apply sunscreen according to the directions on the product to ensure proper protection. Check expiration date on your sunscreen, buy new if needed.
- Wear a hat if you will be in the sun without shade, also wear good sunglasses to protect your eyes.
- Drink plenty of liquids when doing physical activities outside. Water is the best, but moderation of other drinks along with water is OK.
- Remember your furry friends too. Make sure outside animals have shade and plenty of fresh cool water.

