

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



SEPTEMBER - 2017

PANTRY NEWS

The pantry has been running very smoothly this summer. There has been an increase in numbers the past few months, partly because children are home from school so families need more meals. Thankfully, with the generous donations we receive there has been plenty of food to go around.

THANKS

Thank you very much to the following:

- Master Gardeners for all the fresh produce given.
- Anonymous gardeners willing to also share their produce.
- The Olson Family Charitable Fund for a big grant to be used where ever the need was, which of course is always the purchase of food!
- EIU Civic Engagement and Volunteerism Office for a back to school food distribution event called Jump Start. Along with pantry director Todd Foster, this group met at Morten Park on August 19th, and provided food for 41 families.

SEPTEMBER 2017 NUMBERS

Households - 476
Individuals - 1,656
Children > 18 years of age - 586
Meals - 14,904
Donated food - 8,148#

FUN FACTS - APPLES

As fall approaches it is a good time to enjoy the apples that are abundant this time of year. Here are some interesting facts about apples.

- Apples are from the rose family.
- Apples originated in Asia and Europe, with the first trees planted in North America in the 1700's by the colonist.
- There are 7,500 variety of apples worldwide.
- A medium apple is a good source of fiber with only about 95 calories
- In 2013 the worldwide production of apples totaled 80.8 million tons, with China being the main supplier with 49% of the total.
- Apples can be eaten raw, including the skin, but the seeds should never be eaten as they can cause major digestive problems.
- Apples are great for cooking; alone they can be baked, fried, stewed, or made into applesauce. They are especially good in baked goods, like PIE!

***HAVE A BLESSED
AND BOUNTIFUL
AUTUMN SEASON***