

## 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



OCTOBER - 2017

### PANTRY NEWS

Would like to share some general information about how the pantry operates. Director Todd Foster oversees the main day to day organization of the pantry, including ordering food from the Eastern Illinois Food Bank out of Urbana, as well as purchasing food and non food items from Ruler and Dollar Tree. Todd is at the pantry on the days he is not working his regular job for the Charleston Fire Department. On these days he does many jobs such as getting information from the clients for box distribution, passing out extra goodies we may have, stocking shelves, and taking donations.

Kenda Condron is the assistant director, which involves coordinating the volunteer hours, purchasing food as needed, receiving donations, making home deliveries, plus working the pantry on Monday distribution days.

There are also people who pick up donations from Wal Mart every Monday, Wednesday, and Friday. Other volunteers work on unloading the monthly food delivery from the Food Bank.

The really amazing thing about the food pantry is that Todd and Kenda are not paid employees, they volunteer their time and talents, as do all the other volunteers.

The pantry has a board made up of people from the various churches that support the pantry financially. The board oversees the by-laws of the pantry, and members work on grant writing and fund raising projects

It takes many people to run the pantry and all are very appreciated.

Perhaps one of the biggest jobs that make the pantry run so well is the prayer that is put into it's continued success. God has blessed us greatly!

### THANKS

Master gardeners, and others were still bringing in produce during September, thank you for sharing your bounty!

Peoples Bank and Trust donated 272 pounds of pork products from hogs the bank purchased at the Coles County Fair from the 4-H auction.

Memorials were made in September for Virginia Henderson, Alan Baharlou, and Jim Lang. May God give peace and comfort the family members and friends of these departed loved ones

### SEPTEMBER 2017 NUMBERS

Households – 410

Individuals - 1,381

Children > 18 years of age - 491

Meals – 1,2429

Donated food – 22,096+ pounds of food.

### FUN FACTS

This is a great time of year to enjoy some of the best autumn produce around, winter squash! Winter squash comes in many varieties, including the popular pumpkin, which many think of it as a vegetable, but it is actually classified as a fruit. Squash is low in calories, high in fiber, beta carotene, iron, potassium, and Vitamins A and C. Squash is

versatile in cooking, being used for side dishes and desserts. Enjoy some this fall.