



Project Hope Happenings

Summer Edition, Vol. 2017, Issue 2

Share your food with the hungry...Give clothes to those who need them. (Isa. 58:7)

Update to our article last quarter welcoming Jen to our staff and our new meal planning option in the pantry.



Meal Planning

In March we started offering meal plans to our guests as an alternate option at our pantry. So far we have given out 790 meal plans.

When someone chooses a meal plan they have 1 breakfast option, 3 dinner options, and 3-5 snack options based on their household size. People who select the meal plan still receive bread, fresh produce, and any deli items that we have on hand for the week.

Our menus change monthly based on what is available at the food bank and any food donations we receive. Currently our breakfast choices are blueberry pancakes or sausage and eggs. Our dinner options this month are pretzel crusted chicken bites, beef stroganoff, brats and baked beans, spaghetti, chicken and stuffing, and tuna noodle casserole. Each meal plan comes with a recipe of how to prepare the meal and the ingredients needed to make it.

We have received positive feedback from our guests. Many people enjoy the convenience of not planning a meal, having the ingredients provided, and a variety of choices.



Project Hope is excited to share that we have received a very generous grant from the Immanuel Vision Foundation to begin providing dairy products with all of our pantries. As part of the grant, we included a display refrigerator for our pantry floor so the clients could easily see what we have to offer. On June 30th, we had our shelves full of milk and our clients were very excited. Thank you to the following groups as their donations will go towards a \$10,000 matching grant through the foundation: Omaha Gives!, GOATz running club who did a run for us on Memorial day weekend and Shepherd of the Hill Christian Growth and Education Fund for their grant. WE ARE BLESSED!

Project Hope, Inc.
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Executive Director

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Office Hours:
Mon, Wed, Fri: 9am - 4pm
Tues: Call for hours
Thurs: 9am - 3pm

Pantry Locations

Main Location:

Mon, Wed & Fri
11am - 2:45pm
3rd Tues of the Month
5pm - 7pm

Satellite Pantries:

Holy Cross Lutheran

4117 Terrace Dr.
3rd Thurs of the Month
5pm - 7pm

St. Matthew's Lutheran

1725 S. 60th St.
3rd Sat of the month
10am - 12pm

Morsels of Info:



Like us on Facebook to get up to the minute updates from our pantry.



Shop Amazon smile for a portion of your purchase to be donated to Project Hope.



Don't forget to direct Choice Dollars®

Direct your Thrivent Choice dollars to Project Hope

Saving Grace

We are happy to report that Project Hope now has a partnership with Saving Grace! Saving Grace is a food rescue agency. Saving Grace picks up perishable foods from grocery stores, catering companies, local restaurants, and cafeterias and delivers it to a variety of places which include food pantries, senior centers, transitional homes, shelters, etc. Not only do they pick up the food but they also provide delivery direct to the agencies that they serve! We don't have to send anyone out to pick it up and the food doesn't sit in a warehouse. We have received a lot of positive feedback from our guests. In the last month we were able to provide our guests with a variety of foods that we normally do not have on hand to give out. We have been able to give out milk, yogurt, deli trays, sandwiches, lunchmeat, pastries, bread, salads, and fresh produce. In fact at the end of each week our refrigerators are empty and ready to be restocked the following week! We are so grateful to be a recipient of Saving Grace's services and we love the service that they are providing to people right here in our local community.



Save your Family Fare receipts! We're raising money to purchase dairy products through Direct Your Dollars

This year we received a grant from the Immanuel Vision Foundation to begin a new dairy distribution program. We are now looking for new and fun ways to continue raising money for the dairy program. So, through

Direct Your Dollars, we have a new and exciting way to raise money to accomplish that goal!

Direct Your Dollars is a receipt-based program, meaning that we can raise money simply by doing something we all do each week – going to the grocery store.

Every time you shop at your local Family Fare store, save your receipts – and encourage your friends and family to do the same. Once we've collected \$150,000 in receipts from these stores, we can turn those slips of paper into a \$1,000 check for Project Hope!

To reach our goal of \$150,000 in receipts, we'll be collecting eligible receipts by mailing your receipts to Sue Ties, 19011 Lake Street, Elkhorn, NE 68022. Please make sure you send the whole original receipt – that's how we earn our \$1,000 check.

Through the Direct Your Dollars program, we can turn YOUR Family Fare receipts into cash for dairy products!

We love our Volunteers!

We are always in need of volunteers to help our clients with all of their food and clothing needs. There are different opportunities from helping clients directly with their pantry, sorting donations when they come in, hanging and organizing clothing and greeting. We have opportunities for volunteers during the week on pantry days (Monday, Wednesday and Friday, 10 a.m. to 3 p.m.) and on Thursdays, our delivery day from the food bank, 10:00 p.m. to 3:00 p.m. If you can help, please call and chat with Jen, our on-site coordinator, at (402) 453-7649.





By: Sue Ties, Board President

On March 22nd, Lori and I attended United Way's community symposium, "*Food Security in our Community.*" Local thought leaders from Food Bank for the Heartland, the Hunger Collaborative, Hunger Free Heartland, Gretchen Swanson Center for Nutrition and the Douglas County Health Department shared their insight, and deepened our collective knowledge about hunger and food security in our community.

The following are some of the highlights we learned :

Food insecurity was defined as a household-level economic and social condition of limited or uncertain access to adequate food. **Hunger** was defined as an individual-level physiological condition that may result from food insecurity.

- ◆ Did you know that there is not a zip code in the Omaha/Council Bluffs metro area that is NOT affected by food insecurity?
- ◆ We learned that with the rising percentage of individuals who work, but can't make ends meet, means that the face of hunger may be the face of someone you know. Limited access to healthy, affordable food is a contributing factor to food insecurity. Research from the Brookings Institution indicates "food insecurity, often thought to be a characteristic of poverty, is actually dispersed widely over the income distribution." Statistics retrieved by the Omaha Community Foundation reported that nationally, 85 percent of food-insecure households with children are headed by adults who work.
- ◆ Health and personal success is greatly impacted by food insecurity. Dr. Adi Pour, Director of the Douglas County Health Department stated that "food security is the number one influencer of health in the United States today." "Nebraska is number 12 in the country in terms of health; we are never going to be the healthiest state unless we address food security." Rachel Olive, Executive Director of Hunger Free Heartland said, "Health consequences of food insecurity can include under-nutrition, developmental issues, cognitive delay, pregnancy complications, compromised psycho-social functioning, physical impairments, anxiety and depression." Dr. Pour stated that the cost for a single day of hospitalization is greater than feeding a single person for an entire year. Food insecurity and hunger also affect work and school which leads to difficulty in reaching an individual's full potential.
- ◆ Children who experience food insecurity may be at higher risk for fighting, hyperactivity, aggression, anxiety, mood swings, bullying, truancy and school tardiness. Research from the Alliance to End Hunger suggests that a hungry teen is also five times more likely to commit suicide.

So what does this mean for Project Hope? WE are committed to making a difference in the lives of our guests. By lining our shelves with healthy and nutritious choices and offering meal plans, we strive to influence our guests on how they feed their families for the best possible outcome. YOUR continued support in providing these healthy foods and/or monetary donations is what allows us to fulfill our commitment. WE THANK YOU! WE ARE MAKING A DIFFERENCE TO THOSE WE SERVE.

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Your food donations go directly to our clients and we thank you for them. Your financial donations allow us to purchase food at a discounted rate from the Food Bank for the Heartland when our shelves are low. Most of our meats are purchased from the food bank. We also help supply families with baby and personal care items.

Our greatest needs right now are for:

- Food: non-expired, non-perishable items, especially cereal and canned beans (protein beans), tomato products, rice or noodle sides (like Rice A Roni or Knorr brand), condiments
- Baby needs: diapers, especially sizes 4, 5 & 6, diaper rash cream, and tear-free shampoo/body wash
- personal care items: shampoo, deodorant, toothpaste, conditioner, bar soap, and body wash
- Paper and household products: dish liquid, toilet paper, paper towels, Kleenex tissue, and small bottles of laundry detergent (approx. 20 loads)