

**Lord's Cupboard
Food Pantry
1725 Burdick Expwy
West**



Hours of Operation:

Monday 11 a.m.-2 p.m.

Wednesday 11 a.m.-2 p.m.

Friday 11 a.m.-2 p.m.

**How is The Pantry Managed &
Staffed?**

We are managed and staffed solely by volunteers. **Volunteer Impact** – Approximately 90 volunteers, 640 hours a month at a hourly value of \$24.69 = **\$15,802 monthly**. The duties carried out are: management, statistical reporting, ordering groceries, receiving and warehousing of groceries, bagging of monthly groceries, face-to-face interaction with the clients, building maintenance, and pick up of donations from area businesses.

There are **22 weekly pickups** from various businesses by volunteers with their own vehicles and gas. Current businesses donating are Spartan Nash, Marketplace Foods, Olive Garden Restaurant, Starbucks (Downtown)& Panera Bread, Target, Cashwise, Longhorn Steakhouse and Caribou Coffee.

How Are We Funded?

100% by donations through individuals, businesses, churches, organizations and grants.

How Can You Help?

Volunteer – *call us & let us know when you can help & we will get you plugged in.*

Food Drives – *hold a food or personal hygiene drive at your place of business, church or school.*

Monetary Donations - *help keep this ministry stay alive with a one time, weekly or monthly generous donation.*

**Lord's Cupboard
Food Pantry**

701-839-1990

11/15/2018

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Food Pantry**

1725 Burdick Expwy West

P.O. Box 716
Minot, ND 58702

701-839-1990

www.thewelcometableminot.org



Feeding the hungry in
Ward County

Welcome to the Lord's Cupboard Food Pantry, here are some things you may want to know....

Who are We?

The **Lord's Cupboard Food Pantry is operated as a program of The Welcome Table**, a 501(c)(3) non-profit organization serving the hungry and poverty-stricken people of Minot, ND and Ward County.

How Long Have We Been Around?

In operation since 1994, started under a ministry of Faith United Methodist Church of Minot, ND.

Who Do We Serve?

We serve those who are in need, homeless, disadvantaged and struggling financially.

Anyone who is in need is welcome, NO financial qualifications are required. We tend to help those who are not eligible for assistance because of income. Some find themselves going hungry because of loss of work, illness, and high costs of housing or medical bills.

Annual Families & individuals served = 20,000+

Monthly average of people served = 1,500+

Demographic Impact – reach 50% adults (18-59), 20% seniors (60+) and 30% children (0-17)

Total Groceries per year = 50,000+ lbs.

What Can You Get At The Pantry?

Monthly Groceries -staple food items that the pantry purchases, such as; canned vegetables, fruit, canned meat, peanut butter, frozen meat.

Weekly Groceries - donated food items from area businesses, such as; bread, yogurt, fresh vegetables, pastries.

The food you receive is NOT FREE, it has been purchased or donated.

Average food expense per month = \$4,000+ **Avg food exp/day = \$389**

If there are items you do not want or need, please decline them and say no thank you or return them so they can be given to others who can use them.

You may see items that have recently expired. Because of the “Good Samaritan Law” we are permitted to offer recently expired (but still safe and usable) foods. It is your choice to take these items or not, so please make your choices promptly to keep the lines moving. It is not the time to pick through, examine or open these items to see if you can select the perfect one.

We always ask that you be kind and courteous to all who you encounter at the Food Pantry. All who work here are volunteers and other clients are here because of their own needs.

May God Bless you and keep His hand upon you to keep you healthy, safe and strong.

Minot Soup Kitchens

Day of Week	Time	Soup Kitchen	Address	Phone
Monday	11am-12:30pm	Faith United Methodist	5900 Highway 83 North	701-838-1540
Tuesday	11:30am-12:30pm	Christ Lutheran	502 17th St NW	701-838-0746
Wednesday	11:30am-12:30pm	Immanuel Baptist Church	1615 2nd St SE	701-839-3694
	5:30-6:30pm	Cornerstone Presbyterian	1000 3rd St NE	701-852-0315
Thursday	11:30am-12:30pm	All Saints Episcopal	301 S. Main St	701-205-1541
Friday	11:30am-12:30pm	First Lutheran	120 5th Ave NW	701-852-4853
Saturday	9:30-10:30 am	Congregational UCC	430 N Broadway	701-839-1064
Sunday	11:30am-12:30pm	Seventh Day Adventist	10 17th Ave SW	701-839-6478