



At the Table

January 2014

Newsletter of Reach @ St. Stephens Food Pantry and Clothing Closet

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Toys for Tots

From December 3 to December 13th we were able to register 433 children to receive toys through the Marines Toys4Tots program. This is the third year that Reach was a distribution place for this program. During the nine days of registration 185 families came to the Food Pantry for assistance in receiving toys for their children for Christmas. On December 18 – with help from Rob Lussier and U-Haul we picked up the first order of toys and picked up the second order on the 19th. Sorting the toys took a several volunteers; Michele McLaughlin, Rob Lusseir, and Nancy-Anne Bonito (who brought wonderful cookies to munch on) sorted those toys into bags or boxes by family so that on the 20th, the day of distribution, parents or guardians could easily pick them up.

The Marines collect new, unwrapped toys during October, November and December each year. Those toys are than distributed in the community. Communities like ours: families, friends and neighbors of ours.

A story of Wigs

After receiving an unusual donation of dishes, glasses and a group of other miscellaneous items I found that it also included wigs, mostly new. I called around and after a few recommendations I found that General Hospital in Wilkes-Barre has a department that can renovate slightly used wigs (or has a place to do so) and gives them to cancer patients who do not have access to wigs. If you know of anyone who has gently used wigs, and wishes to donate them; contact Bobby Price at General Hospital 570-829-8111.

Off the Shelf

In the month of December we served 227 families that consisted of 212 children, 306 adults and 9 seniors a total of 527 individuals: 324 of these visited us for the first time. How do we manage to assist all these families? We receive a greater portion of our stock from *CEO Weinburg Food Bank* (the difference between a Food Pantry and Food Bank is that a Bank distributes to the Pantries and the Pantries distribute it to the individuals in their community.) We also receive donations from groups and organizations. We've received from *Boy Scout Troop #55*, *Kings College Shoal Center*, when they did a hunger awareness week on campus, from *Wyoming Valley Band* and the *KDP Chapter at Kings*. There are donations from *Gerrity's* twice a week basis and recently *Westmoreland Club* has started a Café' - at the end of the day – we pick up what they did not sell (this has included sandwiches, rolls, salads, fruit salads, muffins and croissants). *Grace Episcopal Church* in Kingston has also contacted us and is planning on supporting our Food Pantry with regular food drives at their church. We also receive donations from you – our *St. Stephen's* family.

Items that are always needed at the Food Pantry:

Evaporated or dry milk ~ Peanut Butter ~ Jelly
Baking mixes ~ Pancake mix (needing water only) ~ Cereal
Oatmeal packets ~ Juices - either ½ gallon containers or frozen concentrate
Canned Fruit; pineapple/fruit cocktail /pears/peaches
Canned Vegetables; mixed, red beets, potatoes, corn, diced tomatoes, spinach
Canned Beef Ravioli or Pasta with meatballs
Raman noodles ~ Mac n cheese ~ Mashed potatoes ~ Au Gratin potatoes
Pastas and Sauces ~ Stuffing ~ Rice ~ Soups ~ Canned Tuna/Chicken

Off the Rack;

Our Clothing Closet averages 156 families a month, families that need clothing for work, school or for just day to day needs. We serve people after a fire, flood or leaving home suddenly. Clothing items that are needed: jeans, khakis, button down shirts, polo shirts, baby clothes, children's clothing, socks, and shoes.



MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal. Before you eat, think about what goes on your plate or in your cup or bowl.

Some things the poor do everyday;

(from; http://www.huffingtonpost.com/ben-irwin/20-things-poor-people-really-do_b_4533691.html)

Try to make \$133 worth of food last a whole month.

That's how much the average food stamp recipient gets each month. Imagine trying to eat well on \$4.38 per day.

Subsist on poor quality food.

Not because they want to, but because they can't afford high-quality, nutritious food. (especially fresh fruits and vegetables)

Skip a meal.

One in six Americans are food insecure. Meaning they have no idea where their next meal is coming from – or when it will be.

Go to bed 3 hours before their first job starts.

Could be because they're more likely to work multiple jobs, in which case job #1 means they're probably just getting to bed three hours before job #2 starts.