



NEWSLETTER

(Formerly OWL's Kitchen)

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www.TheCornerFoodPantry.org

Summer 2017



“ ... IT'S OKAY NOT TO BE OK.”

Dear Ladies of the Pantry,

You have been such a blessing to my family and me through a tough period. We were barely making ends meet even with the thousands of dollars of food you distributed to us. I don't know how we would have made it without you.

Not only so, but you were always so accepting & cheerful & supportive. It's not the easiest thing emotionally to come to a food bank, to so publically declare, "I'm not making it & need some help." But you were always helpful & never judgmental. You made it ok not to be ok. And you were always so friendly to my girls. 😊

My family & I are in a better spot now financially & healthwise, and will soon be realizing our dream of moving to New Orleans*.

But I will not forget your kindness and assistance.

"J" and family

** Location changed to protect the identity of our client.*

HAVE YOU THOUGHT ABOUT VOLUNTEERING?

Volunteering means....

Giving The Corner Food Pantry 60 minutes, 90 minutes or 2 hours out of a day.

How it works:

A calendar is emailed monthly asking those on our email list which days and times would be convenient for them to work.

Your choices are Friday morning from 9:00-11:00, during which time food is sorted and the shelves in the pantry are stocked, and/or when we're open for our clients: Friday evenings, 5:00-6:00 and Saturday mornings, 9:00-10:30.

You can choose to work several times a month or bi-monthly or once or twice a month, even once a year, whatever suits your own schedule. No pressure. We just ask that you honor your commitment to show up if you sign up.

That's it. A small amount of your time that makes a big difference in the lives of our clients.

Join us at THE CORNER FOOD PANTRY!



The heart of the volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others. DeAnn Hollis

THE GENEROSITY OF FRIENDS

The Corner Food Pantry is a non-denominational charity offering one of the most basic human needs – nutritious food to needy people. All of our funding comes from private sources - our friends, neighbors, local organizations, churches and schools. Our administrative expenses average less than 5% most years. This means that we can spend the private donations we receive to provide food for the hungry in a friendly comfortable atmosphere. For the four months ending April 30, 2017, we have provided food to over 879 households which translates to 34,036 meals totaling 74,904 pounds of food to feed 3,784 individuals.

How did we accomplish this almost overwhelming task? It was thanks to the generosity of all of the individuals and organizations that donated funds and food. We certainly could not operate as economically without the generosity of the Archdiocese of Hartford and St. Mary's Church for the use of the Pantry space. Most of all, though, our mission is fulfilled because of the tireless efforts of the many volunteers who donate hours of their time.

Volunteers at the Pantry work every Friday morning to unpack boxes and stock shelves for the weekend distribution. Clients can come to the Pantry every Friday evening or Saturday morning to pick up food. We do our best to ensure that each person's dignity is honored and that all are treated fairly.

Volunteers also help by picking up food from area food drives and farms, unloading holiday turkeys, doing repairs to the building, meeting the Connecticut Food Bank delivery and unloading and storing the delivered boxes of food.

Among the many groups that sponsor food drives and donate funds for the Corner Food Pantry are:

Area schools such as Salisbury Central School, Sharon Center School, The Hotchkiss School, The Salisbury School, Indian Mountain School and Berkshire School.

Local churches including St. Mary's, The Lakeville United Methodist Church, the Congregational Church of Salisbury, St. John's Church, Trinity Church, All Saints of America, the Unitarian Fellowship and Christ Church.

Civic groups such as the Salisbury Rotary Club, Future Farmers of America at HVRHS, the Artisans Group, the Housatonics, the Tri-State Chamber of Commerce, local scout troops, the Cornwall Woman's Group, the Isabella Freedman Center, the CT Porsche Club and the Millerton Duplicate Bridge Group.

Businesses including LaBonne's Markets, Salisbury Bank & Trust, The Auto Shop, National Iron Bank, The Millerton Movie House, The White Hart and Harney Teas are incredibly generous.

Local farms, including Ridgway Farm through support from *Share the Bounty*, the Hotchkiss School farm, and many private growers supply us with much appreciated fresh produce and fruits.

Organizations in the area that are stalwart supporters include the Archdiocese of Hartford, The Berkshire Taconic Community Foundation, The Community Foundation of Northwest Connecticut and Kent Presents.

We may have inadvertently missed mentioning some organizations and we apologize for the lack of acknowledgement. Please know we are very grateful for all of the help we receive. We especially appreciate all of our many generous individual donors, including the children who ask for donations to the Corner Food Pantry as their birthday gifts.

We thank you all for your help.

A thousand thanks to all and three cheers for our fantastic community!

DO YOU SHOP AT AMAZON.COM?

If you do, did you know that every purchase could benefit The Corner Food Pantry? Here's how to set it up. To shop at AmazonSmile simply go to **smile.amazon.com** from the web browser on your computer or mobile device. On your first visit, you will be asked to select a charitable

organization before you begin shopping. Type in **Corner Food Pantry, Lakeville, CT**. Amazon will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation to support the Pantry.

10 THINGS FOOD BANKS NEED BUT WON'T ASK FOR

<http://1027kord.com/10-things-food-banks-need-but-wont-ask-for/?trackback=fbshare>

Some items are in high demand at the food bank and you may not realize it. Because they aren't essentials, the staff doesn't publicly ask for them. A survey on Reddit.com asked volunteers what items people would be most appreciative of and we've listed the top 10 below. If you're looking for an easy way to help out, pick some of these up while shopping and drop them off at one of our area food banks.

1. Spices.

Think about it. People who rely on the food bank eat a lot of canned food, rice, oatmeal, white bread, etc. They love spices. Seasoned salt, cayenne pepper, chili powder, cumin, cinnamon, nutmeg, allspice, oregano, basil and so on.

2. Feminine Products.

Can you imagine being worried about affording these? Pads,

tampons, panty liners, etc. Recommended: Buy in bulk at Costco for donating.

3. Chocolate.

People don't need it, but think about being in their shoes and how nice it would be to be given a chocolate bar or brownie mix along with your essentials.

4. Toiletries.

Grocery stores are great about donating surplus or unsold food, but they have no reason to donate toilet paper, tooth paste, soap, deodorant, shampoo, etc. Food stamps often don't cover these.

5. Canned meats and jerky.

This isn't true of all food banks, but some struggle to give users enough protein.

6. Crackers and tortillas.

They don't spoil and everybody likes them.

7. Baby toiletries.

Diapers, baby wipes, baby formula, baby shampoo, baby soap, baby food, bottles, etc.

8. Soup packets.

Sometimes you look at rice, beans, instant potatoes, and cans of vegetable and think, "What do I make with this?" Hearty soup is a complete meal.

9. Socks.

From a former homeless person: "Socks mean the world to you. They keep you warm, make you feel like you have something new, and just comfort you."

10. Canned fruit.

Their clients love it when other kinds of fruits are available.

And remember! Food banks love **cash donations** because it allows them to buy whatever they need!

Article reprinted from the Internet.

WHAT FOODS ARE MOST NEEDED AT THE CORNER FOOD PANTRY?

UNEXPIRED non-perishable items that are most appreciated are:

Fruit Juices, Coffee, Sugar, Cake Mixes, Canned Fruit (in light syrup) Soup, Dry Cereal, Canned Baked Beans, Macaroni and Cheese, Canned Meats and Fish, Condiments and Toothpaste.

Non-perishable items may be dropped off at The Corner Food Pantry any Friday between 9:00 am and 11:00 am or left at any of the baskets around the area in churches, banks and stores.

Please check the expiration dates on your food donations. We do not distribute food that has expired.



WHO WE ARE AND WHAT WE DO

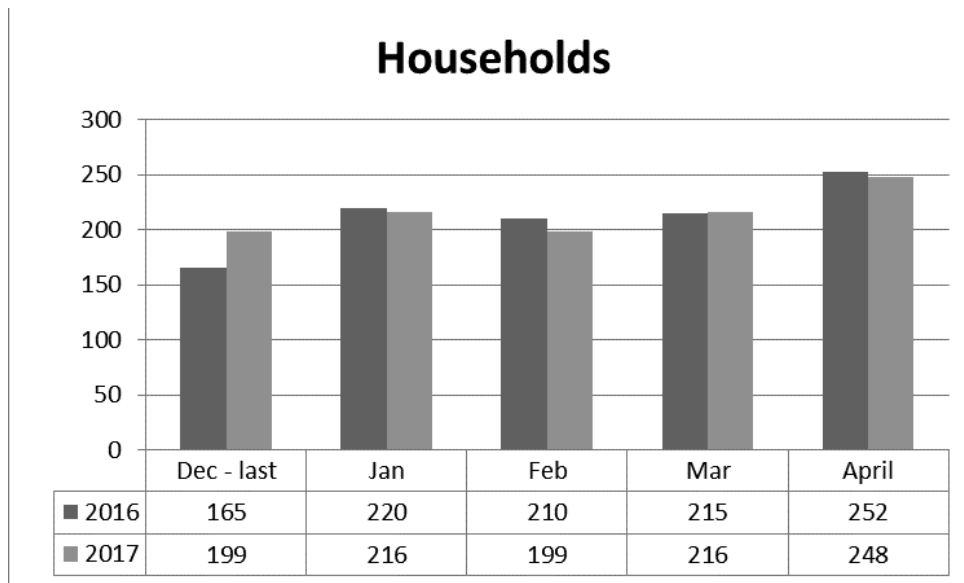
The Corner Food Pantry and its predecessor OWL's Kitchen have been providing quality food to families in need since 1995. The organization's goal is to provide nutritious, healthful food in a friendly safe environment. A wholly volunteer organization based in Lakeville, Connecticut, The Corner Food Pantry serves individuals and families in the tri-state region.

The Pantry is open each week to individuals and families from the tri-state area.

- Food is available to all
- Clients receive three days of food for each family member
- Family size determines the amount
- Clients select from a variety of foods

The Corner Food Pantry is located at 80 Sharon Road in Lakeville next to St. Mary's Church and Rectory. Parking is available in the St. Mary's parking lot across Wells Hill Road.

The Corner Food Pantry Report



We track the number of households coming to the Pantry each weekend; they are referred to as “Household Visits”. Some households come to the Pantry nearly every weekend while others less frequently. The number of Household Visits in 2017 was at the same level as 2016 but the number of individuals per household rose from 3.8 to 4.3. So we are feeding more people, many living in multi-generational households.

Another statistic that we track, Food\$/HH Visit, is simply the cost of the food we purchase divided by the number of Household Visits over the period. In addition to the food purchased, we also distribute the food donations received from individuals and organizations. The table below shows that in 2016 the typical household received \$27.68 worth of food per visit while in 2017 the cost to us was \$31.07. The increase is due mainly to the larger number of individuals in the households we serve. We work to control food costs by purchasing from The Connecticut Food Bank at a significant discount and our ongoing search for bargains offered by local merchants

Comparable Period - December Through March			
	2016	2017	Change
Food\$/HH Visit	\$ 27.68	\$ 31.07	\$ 3.38

For the first four months of this year we estimate that we provided 34,036 meals which equates to 44,868 pounds of food distributed. We estimate that we provided 94,077 meals and 112,914 pounds of food in 2016.

HOW YOU CAN HELP THE CORNER FOOD PANTRY?

The Corner Food Pantry is funded through the generous donations of people like you and churches and businesses in the surrounding communities and also through grants. We are not affiliated with any political or religious group. The organization has a tax exempt status and donations are tax deductible. Donations can be made payable to:

The Corner Food Pantry, PO Box 705, Lakeville, CT 06039

As generous as friends of the Pantry are, there is usually a decline in donated food during the summer months. The need, however, remains steady. Please consider buying a few extra items on your next trip to the grocery store. You can drop them in one of the donation baskets that can be found at many local businesses and churches or bring it to the Pantry when we're open.

WHY WE NEED DONATIONS

It is only because The Corner Food Pantry has been supported for many years by generous donations from our surrounding community that we are able to provide basic, nutritious food to hungry families in the tri-state area. The households we serve are comprised of people of all ages, from babies to the very elderly, often with several generations living under one roof. Our clients include people living on fixed incomes, and many others are working at jobs below or at minimum wage. Because we are entirely a volunteer organization, every dollar we raise goes directly toward buying food and maintaining our operation.

Your donations enable us to buy a variety of basic food items and, thanks to local farms and vegetable growers, we also can provide lots of fresh produce in season, always a very welcome addition to the usual fare. We have recently broadened our fund raising efforts and are so gratified by the outpouring of support as a result. We are committed to increasing not only the quantity but also the quality of the food we distribute and to have a wider selection of healthy items from which to choose. Even small increases in our budget allow for significant additions to our shelves, and our clients are extremely appreciative. It is hard to believe that in our beautiful, prosperous community there could be so many people who are hungry.

Thanks to our generous donors, we are making strides to alleviate that hunger, and we and our clients are very grateful for your help.

WHY I VOLUNTEER

I do it for me. The intent of my volunteering at The Corner Food Pantry is to benefit the people we serve. I think it does, but the warm, fuzzy feeling I get from helping others is good for me.

Studies have shown that volunteering has positive health effects and improves the quality of life for those volunteering. Volunteering is a social activity. Seeing other people on a regular basis forms a bond and a supportive network.

So, here is what we do. The Corner Food Pantry is open every Friday at 5 for an hour and Saturday morning from 9 until 10:30. Volunteers are needed for the open hours. You can volunteer once or twice a month or once a year. There is no commitment required.

At other times, we sort the donations and check that the expiration dates have not passed. We stock the shelves in the pantry. We wait for the food donations and use donated funds to purchase food to be delivered to the pantry. We go to places where food drives have been held to pick up the donations. We scan the supermarket flyers for the best deals on meat and go pick it up at the store.

We need you. You need us. Come join us. Email me at MicheleHaab@hotmail.com if you are interested or have questions.



THE CORNER FOOD PANTRY is on the Web! Check us out at

www.thecornerfoodpantry.org

You can find our address, foods we need, and more on our website.

Like us on Facebook! And ask your friends to like us too!

www.facebook.com/thecornerfoodpantry



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