

SUMMER 2018



COMMUNITY  
*Food* WAREHOUSE  
OF MERCER COUNTY

# FEEDING HOPE *NEWS*

**Agency Spotlight: Good Shepherd Center**

**Advocacy: Farm Bill**

**Program Spotlight: CSFP**





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Hello Everyone!

Warm summer weather equals swimming, picnics, amusement parks, biking, hiking and no school for our kiddos! The time is quickly approaching! Sounds wonderful – for most of us. For others experiencing hard times, this is a time for added budget stress. Children are no longer receiving breakfast and lunch at school. Parents are now trying to stretch their food dollars even farther. On top of that, parents who are working now have to be concerned about who is going to watch their children and how they are going to pay for that care. Another budget breaker! Yes, friends, these are true situations that face our neighbors.

The Community Food Warehouse of Mercer County still needs your support through the summer months, as you can see! We are working very closely with our member agencies to supply a necessary nutritious food supply to those facing hunger in Mercer County.

The CFWMC continues to provide fresh produce through our Harvest Helpings program. The past two months have brought in fresh cabbage, peppers, onions, potatoes and sweet potatoes! Our member agencies along with their clients have been very thankful! As the summer growing season approaches, the PASS Program enables us to tap into our local resources – our farmers and growers! We will be supporting their efforts throughout the PA growing season. Thank you to the PA Department of Agriculture!

Our “*Starve Hunger – Feed Hope*” campaign which began in April and ended in May just ended. We are very thankful to those who have generously donated, making it a success!

As always, a heartfelt *thank you* to all our volunteers and supporters! You are the core of our operation! We appreciate and cherish each one of you!

Have a safe and enjoyable summer!

In service,

Lori Weston

# AGENCY SPOTLIGHT: GOOD SHEPHERD CENTER

The Good Shepherd Center, Inc., of Greenville, is one of our 34 member agencies located across Mercer County. The GSC offers a multitude of services. They have a monthly food pantry which serves those in need in the Greenville, and parts of Transfer, and Fredonia areas. They provide emergency food and will, on a client-by-client basis, occasionally aid those in need with utilities.

The GSC also serves hot meals on Monday evenings, and lunches on Tuesdays and Thursdays, at their 10 N. Water Street location and operates a store out of the same location, selling donated clothing and household items. The income generated from the store helps the GSC to purchase food for the pantry, and other operating expenses.

Janet Smith, who took over as Executive Director in December, answered some questions about the Good Shepherd Center.

## **Besides the food pantry, and meals, which services does the Good Shepherd Center currently provide?**

We provide over 300 Thanksgiving and Christmas bags, along with Easter baskets to our clients. I don't think enough people are aware of our meals. We provide a hot meal on Monday nights, and lunch on Tuesdays and Thursdays, at our 10 N. Water St. location.

## **How many families do you serve a month, on average?**

Around 400.

## **What is your paid staff/volunteer ratio?**

Counting myself, we have 2 full time staff, 3 part time staff, and over 200 volunteers. Our volunteers have logged 6036 hours so far this year!

## **You are relatively new to your position- what does it mean to you to be the Executive Director of the Good Shepherd Center?**

It's such an honor. I'm amazed at how many people are in need in our area and am grateful to give back and help those people.

## **What are your agency's goals for the future?**

I would like to continue to do research into other types of programs that could help the community, and possibly expand our services in the future.

## **How has being a member agency of the Community Food Warehouse helped you?**

The CFW is always available and very helpful when I have questions. We appreciate the free produce-the potatoes and onions we received recently were great and you have helped us to get our milk much more cheaply.

## **Is there anything else you would like people to know about the Good Shepherd Center?**

One of our part-time staff, Mary Conley, has begun teaching cooking classes to our clients, which are held every other Friday. For our last class, we had 24 adults, which amounts to over 65 hours of class! We're very excited about this program. Interested clients should contact Mary with questions.

For more information about The Good Shepherd Center, Inc. please visit their website: <http://www.thegoodshepherdcenter.org/>



## PROGRAM SPOTLIGHT: CSFP (SENIOR FOOD BOX PROGRAM)

The CFWMC's Commodity Supplemental Food Program (CSFP), also commonly known as the Senior Food Box Program, can serve up to 384 seniors at sites across Mercer County. If you or someone you know needs food assistance, now is a great time to contact us and get signed up, as the program does develop a waiting list throughout the year and there are still a few openings now.

About half of the food boxes are delivered to sites throughout Mercer County each month, including Income Assisted High Rises for senior and many of the food pantries who are member agencies of the CFW. The other half of the boxes are distributed each month at the CFWMC in a kind of "drive thru." Seniors simply sign for their food box and drive away with the food in their car. The Senior Food Box program alleviates some of the financial burden on our pantries.

An army of volunteers makes the CSFP program function! From packing the food boxes once a month on a Tuesday evening, to delivering boxes throughout the month to the Senior High Rises, volunteers make it possible to provide nutritious food to seniors in need in Mercer County. If you or someone you know has a question about CSFP or are interested in volunteering your time to help with this program, please contact CSFP Coordinator, Terry Evans, at 724-981-0353.



## ADVOCACY: NUTRITIOUS FOOD FOR FAMILIES STARTS WITH STRONG FARM BILL

Congress has left for their summer recess. This is a great time to engage them as they continue their work to re-authorize the farm bill, the major federal agriculture and nutrition legislation. The farm bill contains important nutrition programs like the Supplemental Nutrition Assistance Program (Snap, sometimes called food stamps) and The Emergency Food Assistance Program (TEFAP) and gets reauthorized every five years. The next farm bill expires in September of 2018 but Congress has started working on the legislation already and now is the time to make sure our priorities for the bill are heard. Snap is the largest anti-hunger program in the United States. It serves 1,863, 800 people in Pennsylvania, roughly 67% are children and seniors. With SNAP, we would be overwhelmed by need.

TEFAP provides food banks like us with healthy food that we distribute to our agencies. TEFAP provides Pennsylvanians with 26, 184, 973 pounds, 263, 267 of which go to the CFWMC. This is some of the healthiest food available to families facing hunger, with the USDA rating it healthier than the typical American diet.

Community Food Warehouse, in partnership with Feeding America, wants to find ways to make these nutrition programs working better in the next farm bill. We hope you will join us in fighting for strong anti-hunger programs. Here are three ways that you can get involved:

- Tell your lawmaker you think hunger in your community is unacceptable: Share the facts above with your lawmaker and ask them to support a strong farm bill that ensures federal nutrition programs work for everyone in your community.
- Post on social media: Facebook and Twitter can be used to get the word out about how important it is to keep anti-hunger programs strong. A quick post can let your followers and friends know that you care about the farm bill and strong anti-hunger programs.
- Educate yourself: There are a wealth of materials available at: [www.foodwarehouse.org](http://www.foodwarehouse.org) and [feedingamerica.org](http://feedingamerica.org) to help you learn more about the farm bill and its programs.

## OTHER NEWS

This past month's MilitaryShare Distribution was held on Tuesday, May 8. We served 90 individuals through this distribution, including 32 children and 9 senior citizens. We are accepting financial contributions, along with food drives, for the program. If you're interested in donating, please contact Program & Volunteer Coordinator, Lauren, at: 724.981.0353 or [lmoyer@foodwarehouse.org](mailto:lmoyer@foodwarehouse.org).

The Ninth Annual Race to End Hunger 5k/2 Mile Walk & Kid's Fun Run will be held on Saturday, September 15, at LindenPointe in Hermitage. Pre-registration is \$18, and includes a t-shirt, prior to September 3. **All runners and walkers who cross the finish line will be entered to win \$1,000 and the winner will be drawn after race medals are awarded!** The Kid's Fun Run is free to all children under 5. Registration can be completed on [RunSignUp.com](http://RunSignUp.com), or by completing the paper race application (available on the last page of this newsletter, or on our website.) Contact Lauren with questions.

So far in 2018, we have distributed over 35,000 lbs. of fresh produce to our agencies! At this time in 2017, we had distributed just over 22,000 lbs.

May 8 was the annual National Association of Letter Carrier's Food Drive. Throughout Mercer County, our member agencies' volunteers spent their Saturday picking up bags of food. We're happy to report that over 18,000 pounds of food was collected. Thank you to all who contributed!

Red Nose Day was on Thursday, May 22. Red Nose Day is about making it fun to come together to raise money and awareness for children who need our help the most, in America and around the world. Red Nose Day's mission is to end child poverty-one nose at a time.



## THANK YOU!

Thank you to our race sponsors who have donated so far! Please visit our website for more information on how your organization can become a race sponsor.

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