

Midland County Emergency Food Pantry Network

Food Pantry Network News

March 2013



Feinstein Challenge

The year 2013 marks the 16th annual challenge from Alan Shawn Feinstein to alleviate hunger across the country. Each year Mr. Feinstein offers a contribution based on the amount of money raised and food items donated during the March 1 to April 30 time period. As part of this challenge, food items will be credited at \$1 per item. The Feinstein Foundation awards \$1 million proportionally across the country with grants ranging in size from \$250 to a maximum of \$35,000. Donations must be received during the campaign period. We have set a goal of \$75,000 in gifts and food items combined.

For us at EFPN, this fund-raising period is second only to the end-of-year giving. Please consider giving at this time. Donations toward any of our food programs will qualify for the match campaign. Results are reported immediately in May and a grant is awarded in August. Check our website to watch our progress to our Feinstein Challenge goal.

Network Receives First Distribution from Kroger Stores Community Rewards Program

EFPN received our first proceeds from the Kroger Community Rewards program. Twenty-nine households have now registered for this program which will send \$137.36 to the Network for the last quarter's activity. Proceeds go to support our efforts to reduce hunger in Midland County.

How does it work? Choose EFPN when you register your Kroger card, and you will be donating to EFPN every time you shop with no additional cost to you. Kroger will donate a percentage of your qualifying purchases back to EFPN. Supporters can earn rewards for EFPN on almost everything every time you shop! However, there are specific purchases that cannot be included: alcohol, tobacco, government-assisted pharmacy expenses, postage stamps, Kroger gift cards and Green Dot Prepaid Cards, gift certificates, bottle deposits, lottery and promotional tickets, fuel, fuel center purchases, office services, and sales tax. Eligible pharmacy purchases include out-of-pocket co-pays for non-government-assisted pharmacy programs.

The EFPN Kroger non-profit organization number is 91387.
Please register the Network to your card the next time you shop at Kroger! Check the EFPN website www.midlandcountyeftp.org for more details.



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P.O. Box 2521
Midland, MI 48641-2521
www.midlandcountyeftp.org
989-486-9393

Food Drives

May 11 is Annual National Letter Carriers Food Drive

Members of the National Association of Letter Carriers (NALC), Branch 2317, as well as rural carriers, will participate in the National Letter Carriers food drive on Saturday, May 11. The Midland County postal workers usually collect on average 30,000 pounds of food. This food is distributed to the eight pantries of the EFPN plus other pantries in our community. Help your local pantries by leaving bags of food by your mailboxes on May 11. This is the last major food drive to help fill the pantries before the summer months when donations typically are reduced.



Dr. Daniel Clement

Thank you to Dr. Daniel Clement DDS for hosting a community-wide food drive for the Network. Food was collected by Dr. Clement's office at 555 W. Wackerly St., Suite 3600. We are grateful for all the local food drives to help alleviate hunger throughout Midland. The items collected will count towards our Feinstein Challenge goal.

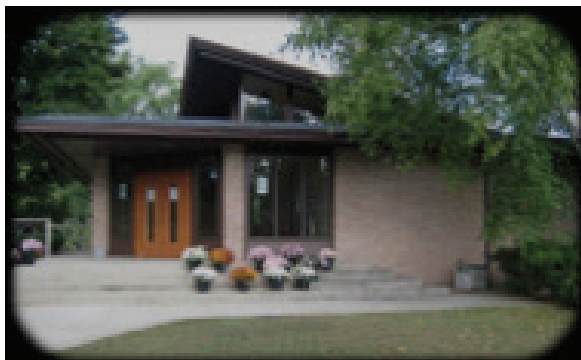
Host a Food Drive

If you'd like to host a food drive, please call the EFPN office to coordinate publicity. We are always happy to announce special food drives on our website.

Community Garden at Holy Family Episcopal Church to Benefit EFPN

Holy Family Episcopal Church on Swede Avenue is starting a community garden on their church property. Dedicated volunteers who work in the garden will be allowed to keep some of the produce with the agreement that a large percentage of it will be donated to EFPN. EFPN clients will also be encouraged to volunteer at the garden. We are always looking for sources of produce for our clients, and EFPN is grateful to Holy Family for undertaking this major project. Check their website at www.holyfamily-episcopalchurch.org for updates on this project and to volunteer to work in the garden.

We also encourage others who grow vegetables to consider planting a row for the hungry and donate your produce to an EFPN pantry.



Welcome, Kristina Garski!

The Board of Directors welcomes Kristina Garski as the Network's first manager. Kristina joins EFPN with a strong history of project management, most recently working for Gerace Construction. Kristina is a member of Blessed Sacrament Church and has volunteered with the mobile food pantries held there. The board is excited to have Kristina assist the board and volunteers more efficiently to deliver our programs and provide help for those in our community who are hungry.

Volunteer Opportunities

Check our website for opportunities to volunteer. The Network has over 700 volunteers who help to make our programs run. Volunteers distribute food at each of our eight pantry sites, assist in the Mobile Food Pantries, collect and sort food, and are an integral part in the Backpack Buddies program. We are always in need of more helpers.

Wish List

EFPN has a new office and a warehouse. Below are some items we are in need of for these new areas. If you are interested in donating an item listed below, please call 486-9393. Thank you!

- A small vacuum for the office
- 4 sturdy chairs for the office table
- High-volume shredder
- Handle and lock for the door
- Fireproof safe
- Refrigerators and freezers for the warehouse
- High-volume copier

Eight Foods That Help Fight Spring Allergies

by Sandeep Godiyal for www.naturalnews.com

With a diet enriched with these foods, individuals can find relief to help fight off spring allergies: citrus fruits for vitamin C; red grapes for antioxidants and resveratrol; broccoli for vitamin C; collard green for phytochemicals and carotenoids; nuts for magnesium and vitamin E; apples for quercetin, antioxidants, and polyphenols; fish for omega-3 fatty acids; and onions and garlic for quercetin. Learn more at www.naturalnews.com.

Mobile Food Pantries

On January 16, another successful Mobile Food Pantry was held at the Midland Civic Arena. Sponsored by the Midland Lions Club, this event helped feed close to 250 families in need. Thanks go to over 60 volunteers who distributed food. Here are upcoming Mobile Food Pantries:

- March 20 at Faith United Methodist Church, Coleman
- May 16 at Trinity Lutheran Church, Midland
- June 20 at Blessed Sacrament Church, Midland

SUGGESTED DONATIONS

Breakfast Foods: biscuit & pancake mix, syrup, hot & cold cereals • **Beverages:** drink mix (iced tea, fruit punch, etc.), powdered milk, juice, hot cocoa, coffee, tea • **Proteins:** beef stew, peanut butter, tuna • **Starches:** mac & cheese, pizza mix, pasta, rice & potato mixes, Hamburger Helper • **Canned Goods:** canned fruits & vegetables, soup, canned meals, tomato & spaghetti sauces • **Accompaniments:** catsup, mustard, salad dressing, jam/jelly, crackers • **Desserts:** gelatin mix, pudding mix, cake & brownie mixes, cookies • **Special Diet:** low-salt, low-sugar, sugar-free items • **Personal Care:** bar soap, shampoo & conditioner, shaving supplies, toilet paper, deodorant, toothpaste, toothbrush • **Baby Needs:** diapers & wipes, diaper ointment, baby food, non-expired formula, baby shampoo & lotion • **Housekeeping:** dish detergent, laundry detergent, cleaning supplies, paper towels

Year-End Results are Fantastic!

Over \$216,000 was received through the Network to support the Programs of the EFPN in fiscal year 2012, with over \$90,000 in November and December alone! The board set the budget for fiscal year 2013, and below is a listing of our key programs and budget expenses:

- \$54,000 for the Backpack Buddies Program to feed at current enrollment 730 kids for 31 weekends during the school year will provide over 135,000 meals through the school year.
- \$70,000 budgeted for food purchases to supplement donated items. This use of donations when combined with donated food items will support 2,400 families in addition to the 1,000 families supported through the HELP Pantry.
- \$20,000 allocated to provide each client family with a \$10 gift certificate for use to buy perishable food items we can't always stock at the pantries (like milk, eggs and meat).
- \$7,000 is being budgeted to hold 8 mobile food pantries. If we average 250 households per MFP, this will provide food assistance to 2,000 families during the year.
- \$36,000 toward supplemental nutrition items as part of our partnership with Cancer Services and some limited incontinence supplies to support clients of Senior Services.
- \$10,000 to partner with Aldersgate United Methodist Church to deliver a Thanksgiving Basket program for 450 families (with the primary expense being gift certificates to help acquire a turkey).
- \$40,000 for a part-time manager, client coordinator, substitute, and general administrative costs (about 10% of the annual expenses).



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MIDLAND, MI
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MIDLAND COUNTY EFPN LOCATIONS

Please call before delivering food & supplies to pantries

Bullock Creek Outreach Pantry

at Messiah Lutheran Church
1550 S. Poseyville Rd. (corner of Gordonville Rd.) • 835-7143

Coleman Food Pantry

at Coleman City Hall • 465-6961

HELP Pantry

at Memorial Presbyterian Church
1310 Ashman St. (use Allen St. entrance) • 835-6759

North Midland Family Center Pantry

2601 E. Shearer Rd. • 689-7770

SAMS Food Pantry

hosted by St. John's Episcopal Church at
503 S. Saginaw Rd. • 631-2260

Sanford Food Pantry

at Sanford United Methodist Church
2560 N. West River Rd. • 687-5353

Wheeler Road Church of Christ Pantry

1123 E. Wheeler Rd. • 835-8559

West Midland Family Center Pantry

4011 W. Isabella Rd. • 832-3256

Annual Meeting Celebrating 30 Years!

Thank you to all who have supported us during the past 30 years. We are able to continue our outreach to those in need in Midland County because of the generosity of our supporters. You provide us with food items, money, and time that help drive us to meet our mission "Always Food in Every Home." Together we are making a difference in the lives of others.

The Midland County EFPN will hold our annual meeting on Monday, April 8 at Whiting Forest **beginning at 5:30 p.m.** At this annual business meeting, we will elect board members and officers as well as celebrate the 30th anniversary of the founding of EFPN with dinner by Simple but Elegant Catering. The cost for the meal is \$15.00 per person and is payable at the door. Make checks payable to Midland County EFPN. Please register for the dinner by contacting Karen Dastick at 832-1706 or dastick@chartermi.net by Tuesday, April 2.