



PANTRY TID BITS

NEWSLETTER

Fall-Winter, 2011-2012

Wakefield Food Pantry, Inc.

P. O. Box 426

132 Meadow Street, Sanbornville NH 03872

Tel: 522-3094

Hours: Wednesdays 10-1 and 5-7

A 501 (c) 3 Public Charity

*The Wakefield Food Pantry is pleased
to serve individuals and families in
Wakefield and Brookfield*

Welcome to the 2nd edition of "Tid Bits"
– a quarterly newsletter about the Wakefield Food
Pantry. Our mission:

Working towards a hunger free community.

Cliff's Kitchen A new sign graces
the Food Pantry kitchen in recognition of Cliff
Bardsley and his TEN+ years of service managing
the Food Pantry. Thank you, Cliff. You inspire
all who know you.

F.I.T. "Families in Transition" is the name
given to our newest program. After learning from
Paul School Social Worker that 47 children who
receive subsidized breakfasts and lunches during
the school year will likely be underfed during the
summer, the F. P. acted quickly to close that gap
with an innovative F.I.T. program. Partnering
with Lovell Lake Market and a generous
anonymous donor, \$10,000 was broken into \$25
vouchers to feed these children weekly (following
the WIC guidelines) throughout the summer.

In addition, Lovell Lake Market gave us a 10% discount on the voucher cards. The cards given out equated to 3,190 meals and 1,595 snacks. Collaborations like this make everyone feel good!

Farm Fresh Produce arrived every week this summer from Sherman Farm in Conway. Picked that morning by volunteers and delivered to the Pantry, the garage at the Pantry/Rec.Dept. was used as an "open air" market. MacKenzie Farm also provided wonderful produce. Recipients were able to pick what they needed – fresh corn, giant lettuce, tomatoes and more.

Farm Fresh Produce – Summer 2011



Cliff Bardsley and Giant Lettuce!



Numbers Matter – Did you know that in 2004 the Food Pantry served, on average, 19 recipients a week? And in 2011, the Pantry serves, on average, 50 recipients a week? As of the beginning of September, the Pantry served 40,032 meals to 191 families in Wakefield and Brookfield for the year 2011 – and the year isn't over.

Volunteers Matter - With the increase in Recipients ... and folks who volunteer to help only during the Summer, the Food Pantry welcomes a variety of helpers – here are some specifics:

1 or 2 times/month – with truck or SUV pick up food from the Manchester Food Bank.

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1st Thurs/month – from 12-1:00 help unload and stock shelves.

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Tuesdays Produce PickUp Hannaford/Ossipee 7 am

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Tuesdays Produce “Rescue” from 8:30-10 a.m., at the Pantry.

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Wednesdays Food Distribution from 9:30-1:00 and from 4:30-7 p.m.

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Wednesdays Computer Registration from 9:45-1 and from 4:45-7

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Interested in any of the above? Have questions? All volunteers receive an orientation and supervised training. Call Janet Miller at 522-5058 or leave a message at the Food Pantry 522-3094 and you will be sent an application.

You Matter – The Pantry needs your support to keep the shelves stocked. Donations of current canned and unopened dry goods are gratefully accepted and can be brought to the Pantry on Tuesdays from 8 am – 10 am.

Items always needed include canned fish and meats, canned soups, canned fruits and vegetables, spaghetti and sauce, cereals, low-salt and low-sugar items, and non-perishables such as toilet paper, bar soap, shampoo, and toothpaste and tooth brushes. Monetary donations can be mailed to PO Box 426, Sanbornville, NH 03872 and are fully tax deductible as the Pantry is a 501 (c) 3 non-profit organization.

Reduction of deliveries from the Food Bank. We have enjoyed twice a month delivery from the Food Bank until now. The Food Bank will only deliver once a month in the future.

Therefore, **We Need** a volunteer willing to make the trip to Manchester once a month (3 hr round trip). Without a volunteer pick up, we will be getting **HALF** the Food Bank food. Please call if you can volunteer once a month – pick up truck or vehicle with ample cargo room is recommended. You will need to attend a class at the Food Bank to become a registered shopper before you are allowed to come into the Manchester Warehouse.

Computerization? Yes, the Wakefield Food Pantry is becoming computerized. With the use of grant funds, we now have a new laptop computer and registration software and are registering all Recipients. This new way of registering folks streamlines data collection and reporting. It also eliminates repetitive paperwork for Recipients.



Books for Newborn to 18

The Food Pantry continues its FREE book program to the children of Recipients. Donations of NEW and gently used books are most welcome.

How to Contact Us:

Questions or Volunteering Information, please call

Janet Miller at 522-5058

or

Pam Knight at 522-3097

Book Donations, please call

Kim Proulx at 522-0089