

## Saint Francis of Assisi Food Pantry Newsletter April, 2018

*"We are our brothers' and sisters' keepers"*

### Happy 2<sup>nd</sup> Birthday to the Pantry!

St. Francis of Assisi Food Pantry opened its doors to clients on Monday, April 4, 2016. During our first month of operation, we served 204 households. Nearly two years later, we are serving an average of 800 families per month. That represents an impressive quadrupling in the number of families we are helping each month! We appreciate the support from our volunteers, donors and supporters –we couldn't do it without all of you! It truly takes a community effort to provide the food or the means to purchase it, pick up the food, stock the shelves and hand the food to our clients. Thank you!!!

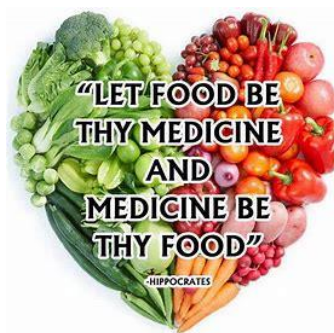


### Volunteer Appreciation Luncheon

All volunteers are invited to our Volunteer Appreciation Luncheon being held on **Saturday, April 28** at the Tamarack Junction Casino at 13101 S. Virginia St. in Reno. Invitations will be mailed to volunteers with more details.



### Food is Medicine



We announced several months ago that Saint Francis of Assisi Food Pantry is now a Prescription Pantry, collaborating with Renown Health, Northern Nevada Hopes, Community Health Alliance, Care Chest and Northern Nevada Food Bank to help connect food-insecure patients with much needed healthy food critical to battling diabetes or cardiovascular disease. Urban Roots, one of our valued partners, is also collaborating in the program by providing participating pantries with fresh locally grown produce at no cost. We were selected as one of the pantries to pilot this innovative new program, which will last for 2 years. It began in September, 2017 and will go through September, 2019.

In a recent press release, Al Brislain, President and CEO of the Food Bank of Northern Nevada said, "We know that access to adequate food along with proper nutrition is important to the health of Northern Nevada families. We are thrilled to be part of this collaborative effort to increase food security and improve health outcomes for thousands of people in our community who are also facing serious health issues."

Since the Prescription Pantry program's beginning in fall of 2017, more than 9,000 people have been served including families of patients. The program's goal is to serve 19,000 people a total of more than 886,000 meals during its first year of operation. We couldn't be more excited to be part of this important new initiative in Northern Nevada!

## Check Out Our Healthy Picks!

A founding principle of St. Francis of Assisi Food Pantry is to provide our clients with fresh healthy food, along with low-sodium and low-sugar products, whole grains and wholesome dairy items. Below is a small sample of the food recently available in the pantry for our clients!



## Farmacy



One should eat to live, not live to eat. -Molière

## Volunteers in Action

Our volunteers are on the go picking up human food, pet food, baby food and toiletries.



From L: Johnathan Morrison; Christopher Becher; Barbara Reyes



Wayne & Karrie Backlund deliver pet food in a blizzard



From L: Volunteers Shirley Bennet & Beverley Smith



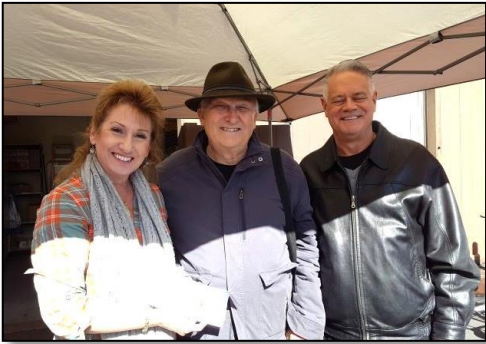
From L: Volunteer Cheryl McCaffrey & Megan McCaffrey



## Knights of Columbus Make Donation

A big thank you to two local Knights of Columbus councils for their generous donations to the pantry! The Knights of Council 893 from St. Rose of Lima Church in Reno presented Cindy with a check in March. Many of the St. Rose Knights are also active volunteers in the pantry, giving us a double dose of their legendary charity and service.

We also received a generous donation from the Knights of Columbus-St. John Vianney Council from Manogue High School. We are truly blessed and grateful to have their support!



From L: Cindy with Knights Dave Wertzberger and Mark Wimbush

## Prescription Pantry Program is Growing



First paragraph below excerpted from the Nevada Big Give website for the Food Bank of Northern Nevada:

Not long ago, Lynne headed to the grocery store on a mission. Ready to take control of her health, Lynne, who is diabetic, had done a lot of research on the types of foods that would be best both for herself and her 14 year old granddaughter, who lives with her. But something shifted when she got to the store. "I saw the prices, and thought 'There's no way I can afford to eat this way.'" Lynne left the store that day feeling frustrated and defeated. Sharing her frustrations with her healthcare provider, Lynne learned about a new program being piloted by the Food Bank of Northern

Nevada. Through this program, she obtained a prescription for the type of food she needs from her doctor and discovered she could obtain the food at no cost at St Francis of Assisi Food Pantry, one of the food pantries in Reno participating in the Prescription Pantry program. Says Lynne, "I'm really grateful knowing there are places like this and people supporting them who care about what happens to me". We are thrilled to be part of this positive healthy outreach to our community!

We conducted an interview on Feb. 6, 2018 with our client Amanda and her friend Michelle. Amanda is 28 years old and participates in the Prescription Pantry program. Her physician states that she needs to be on a carbohydrate-controlled diet and needs heart-healthy food to improve her medical conditions.

Question	Answer
Has the pantry impacted your eating habits?	<p><b>A:</b> This pantry has improved Amanda's life "amazingly". She explained, "There are 3 of us in the house, so we can't always afford much food, except for maybe cheap junk food. It's very hard to feed 3 adults and 2 dogs on a very small budget".</p> <p><b>M:</b> "We work and a lot of our money goes to pay rent, gas and bills".</p>
How has the pantry changed your life?	<p><b>A:</b> "We're not eating all that junk stuff or just canned stuff. We actually have access to fresh food and milk, which is very expensive. The cereal and bread selection here is great".</p>
What about going to other food pantries?	<p>Amanda and her housemate have visited other food pantries in the Reno area, but "They are nothing like this".</p> <p><b>M:</b> One of the other pantries they've visited was "very rude and cold. You're not allowed to choose individual food items there". At this pantry, however, "People help you and you don't get lost and confused".</p>
What is your overall impression of St. Francis of Assisi Food Pantry?	<p><b>A:</b> "This pantry is an absolute gift. It is very welcoming and there is no discrimination, no judgement".</p> <p><b>M:</b> "The staff and volunteers here are caring, patient and helpful".</p>

## Together We're Making a Difference

In the past 9 months we have received generous grants from the following foundations which allow us to continue providing the less fortunate in our community with healthy food at no cost to them.

- ♥ **Robert Z. Hawkins Foundation**, which has provided us with donations this year that are critical to sustaining our programs and allow us to keep the doors open for all in need. Their steadfast generosity and ongoing support have been invaluable!
- ♥ **Terry Lee Wells Foundation**, established in 1999 by Terry Lee Wells, a native of Reno. During her lifetime and subsequently through her foundation, Terry supports organizations in Northern Nevada that help to improve the quality of life for the underprivileged, with a special emphasis on women and children.
- ♥ **Food Bank of Northern Nevada**, Northern Nevada's premier hunger relief agency providing emergency food services to more than 95,000 people each month through a network of more than 140 partner agencies in Northern Nevada and the eastern slope of the Sierra in California.



## Our Food Barrels Get Around!

A big thank you to these local organizations who allowed us to place our food barrels at their locations including:

- St. Francis of Assisi Catholic Church in Incline Village
- Girl Scouts of Sierra Nevada office in Reno
- Covenant Presbyterian Church in Reno

## Pantry Volunteers Get CPR & 1<sup>st</sup> Aid Training

In February, Pantry Director Cindy Becher and six pantry volunteers completed CPR and First Aid training through Certified CPR in Sparks. The class covered adult and pediatric CPR, how to use an Automated External Defibrillator (AED) as well as a broad range of basic First Aid procedures. If you are interested in this training, please let Cindy know in case we are able to make arrangements for it again in the future.



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