

Saint Francis of Assisi Food Pantry
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Saint Francis of Assisi Food Pantry Newsletter February, 2023

"We are our brothers' and sisters' keepers"

Santa Brings Joy to the Pantry!

Our very own special Santa made several guest appearances at the pantry the week before Christmas. Santa visited with our clients' kids and they couldn't have been more awestruck. Each child received a toy of their choosing and left with a delighted smile on their face.

Over the Thanksgiving and Christmas holidays, we provided food to 475 families, which included 1,714 household members. Throughout 2022, we assisted 23,071 families consisting of 56,380 individual household members. It was a busy year and 2023 is continuing on a record-setting pace!



Upper R: Pantry volunteers Burke Squires as Santa with super-sized elf Roy Ballew

Positive Prescription Pantry Results

In 2018, the Food Bank of Northern Nevada began a pilot Prescription Pantry program which connects patients living with food insecurity to the nutritious food they need to help them better manage chronic conditions such as diabetes and heart disease. With prescription in hand from their medical provider, patients come to participating food pantries to obtain the healthy food prescribed for their situation. Better nutrition can improve health while reducing hospital visits, doctor visits and prescription drugs.

To date, nearly 39,000 patients have participated in the Prescription Pantry program, of which St. Francis of Assisi was an original partner, and the results show that patients with diabetes have reduced A1C scores indicating an improvement in their diabetes status. See the following page for statistical results for 2022. We are proud to be part of this valuable program that improves the health and well-being of food insecure people in our area.



Our heartfelt thanks to pantry volunteer **Burke Squires** who was an exceptionally jolly Santa, the energetic and community-minded **Nevada Woodchucks** Woodworking Club of Panther Valley who made and donated dozens of endearing handcrafted wooden toys (a few samples are below), and our many community supporters. Because of you, Christmas was a little brighter and more memorable for kids living in poverty in our community.





FOOD BANK
OF NORTHERN NEVADA

Prescription Pantry Program Washoe County 2022 Results

Food Bank of Northern Nevada operates the Prescription Pantry program with funding with a Fund for a Healthy Nevada grant from the State of Nevada. This innovative project brings together the Food Bank of Northern Nevada with seven of its partner agencies and five local healthcare providers in Washoe County to reduce food insecurity and improve patient health through prescriptions for healthier foods. Each patient at participating healthcare agencies is screened for food insecurity using the Hunger Vital Sign™ tool. Patients who screen positive are issued a prescription for food at participating healthy food pantry locations. A1C data was collected for patients who visited a healthy food pantry four or more times within the 12-month period. Each partner agency operates as a Healthy Pantry, meaning they have foods on hand that can promote and improve health such as increased fresh fruits and vegetables, whole grains, lean or plant based proteins and low-fat dairy products.

People Served



38,962

Unduplicated

102,354

Instances of Service
(Duplicated Number)

4,942

Prescriptions Redeemed

Outreach Results

729

People Connected
to Medicaid Benefits



158 Households Connected to SNAP Benefits

Estimated 95,802 meals generated from SNAP

Estimated \$309,440 in Benefits Generated

Estimated \$476,538 in Local Economic Impact Generated



Meals & Pounds

1,562,483

Total Meals

1,874,980

Total Pounds of Food



465,489

Pounds of Fresh Produce

348,493

Pounds of Frozen/Canned Fruits & Vegetables

192,638

Pounds of Meat

195,174

Pounds of Plant-Based Protein

200,412

Pounds of Dairy



Evaluation Results

Since visiting this pantry, have you
been able to avoid skipping meals?

69%

YES

31%

NO

92% of participants reported that visiting the pantry
is helping their family consume more *fruit*.

95% of participants reported that visiting the pantry
is helping their family consume more *vegetables*.



55% of all patients who had at least two A1C's drawn
have their A1C in a downward trend.

The greatest change in observed patients was:

After 21 visits to a pantry, a patient reduced
their A1C from 12.1 to 5.7

Participating Partner Agencies: Adventist Community Services- Center of Influence, Community Health Alliance- Wells and Sparks Pantries, The Community Food Pantry, Renown Food Pantry, Sparks Seventh Day Adventist Church Pantry, and St. Francis of Assisi Food Pantry

Participating Health Care Partners: Community Health Alliance, Renown Health, Care Chest, Northern Nevada HOPES, and the University of Nevada Student Outreach Clinic.

FBNN.org

Healthy Food. Every Person. Every Day.

Tons of Turkeys for Thankful Families

Just prior to Thanksgiving and again at Christmas time, the pantry distributed frozen turkeys to clients with 2 or more household members, along with stuffing mix and vegetables. Our clients were surprised and immensely grateful to receive the turkeys and trimmings so that they could make a hearty holiday dinner for their families. In total, we provided 475 appreciative families with turkeys in November and December of last year.

Our sincere thanks to the following generous donors who brought so much joy to our clients and their families at the end of a very difficult and discouraging year:

- 🌻 Dr. William Keenan
- 🌻 Mary Robertson
- 🌻 Saint Mary's Regional Medical Center
- 🌻 Soulful Seeds



Sprouts Donates “Grab & Give” Bags

Sprouts Farmers Market has donated dozens of their “Grab & Give” bags to the pantry along with generous donations of food from the store. Throughout the holiday season, Sprouts customers can purchase pre-packed “Grab & Give” bags which contain food from Cascadian Farm, Annie’s and LaraBar. The bags are then given to local food pantries and we are most grateful to be one of the fortunate recipients.

Our sincere thanks to Sprouts Farmers Market for their continued generosity and year-round support of the less fortunate in our community. We appreciate you!



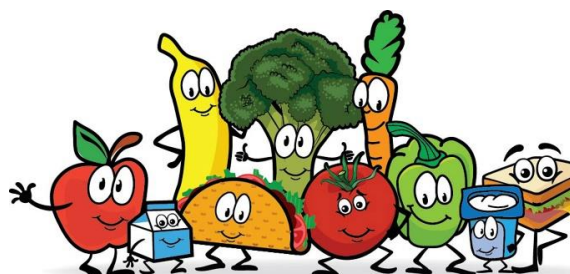
Pantry Supports Hot Meals for the Homeless

The pantry provided healthy ingredients to a good-hearted local woman, who every year in the fall prepares a large quantity of hot food to distribute to homeless people living in downtown Reno. We are happy to be part of this kind and thoughtful effort to bring a nutritious hot meal to those living on our city streets.



Pop-Up Healthy Food Classes Offered to Clients

In collaboration with the Food Bank of Northern Nevada, the pantry is hosting healthy food classes for our clients. As part of the Food Bank's “Healthy Pantry Initiative”, instructor Frankie Ortiz offers classes on a variety of topics including Healthy Snacks and How to Store Food Properly. Clients who attend are entered in a drawing for coming to class, and in the photo below the winner in one of the classes held at the pantry is proudly standing with a crockpot she just won.



The Bargaquast Family Makes a Difference

The pantry has been blessed with another generous donation from Brett and Morgan Bargaquast. With \$7,000 in generous donations from family, friends and neighbors in Incline Village, they went on a shopping spree at Costco to purchase cleaning products, diapers, paper products and hygiene products for the pantry. They donated \$3,000 in leftover funds to the pantry. The Bargaquast family and their friends and neighbors have been loyal pantry supporters for many years and we are profoundly grateful for their commitment to making a difference in the lives of those in need in our area.



UNR Baseball Players Pitch In

Six enthusiastic members of the University of Nevada Reno baseball team volunteered to help at the pantry during our Wednesday evening hours on Oct. 19. They had fun and our clients loved seeing them in action. We hope they and other UNR students come back soon!



Grocery Delivery Drivers Needed

For the past 9 months, the pantry has been participating in the *Ride United: Last Mile Delivery* program sponsored by a partnership between Door Dash and United Way of Northern Nevada and the Sierras. This program provided free delivery of groceries from the pantry to disabled homebound clients. However, to our great disappointment funding was not renewed.

Because this grocery delivery program is very valuable to our homebound disabled clients, we are hoping to continue it on our own or partner with another local non-profit. We have the food, but we urgently need volunteer drivers to deliver the groceries from the pantry to the homes of clients in the Reno area. We typically pack 3 bags of groceries per client and deliver to 6-8 clients per week.



Never Too Many Toiletries!

In mid-October, the Church of Jesus Christ of Latter-day Saints in Reno held a hygiene products drive for the pantry. They dropped off boxes and boxes of shampoo, lotion, soap and other toiletries greatly cherished by our clients, especially as inflation has increased prices so significantly. We sincerely thank our friends at the Church of Jesus Christ of Latter-day Saints for their thoughtful and generous donation.

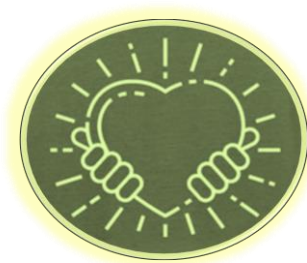


Serving Hope Dinner is Returning This Fall

After 3 years of regretfully postponing our big annual fundraiser due to the COVID-19 pandemic, we are planning to hold the next **Serving Hope Spaghetti Dinner** this Fall. It was held last on October 26, 2019, at the Atlantis Casino Resort Spa in Reno and was then cancelled in 2020, 2021 and 2022 due to the COVID-19 pandemic.

We are eagerly looking forward to gathering once again with all of our loyal pantry supporters to share a hearty spaghetti dinner while updating all of you on pantry activities and new initiatives that we have implemented over the last 3 years. We draw tremendous inspiration from our many caring friends in the community and hope to once again visit with all of you in person next fall. We'll let you know when we've set a definite date and all the other important details.

Serving Hope Spaghetti Dinner



Until we see you this fall, know that we are eternally grateful for your ongoing financial support, which has kept the pantry doors open these past 3 years and hopefully will continue to sustain us until our in-person gathering this Fall. The need in our community is greater than ever and we know that together we are making a vital difference in the daily lives of those who are in need of healthy food. As it is said, "First we eat, then we do everything else."

Toiletry and Cleaning Items Needed for Seniors

We provide our senior clients with toiletries, personal care items and cleaning products. Can you help? Small size items are needed such as the items listed to the right and more. You can drop off donations during pantry hours:

- Golden Groceries for Seniors – Thursday 11 am - Noon
- Monday, Tuesday & Thursday every week 1 - 3 pm
 - 3rd Wednesday of each month - 5 - 7 pm

Amazon Smile Program is Ending

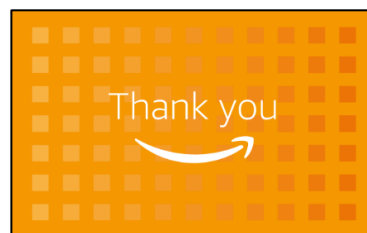
On January 18, Amazon announced that it is ending its long-running Amazon Smile program that provided a modest .5% donation to charities selected by its customers, based on their spending. The program was launched in 2013 and will end Feb. 20, 2023.

In the announcement, Amazon noted

"In 2013, we launched Amazon Smile to make it easier for customers to support their favorite charities. However, after almost a decade, the program has not grown to create the impact that we had originally hoped. With so many eligible organizations – more than 1 million globally - our ability to have an impact was often spread too thin."

This program donated approximately \$500 million worldwide to charities during its 10 years in operation.

We are sorry to see this program end, but certainly appreciate all of you who have participated in it over the years and directed an Amazon Smile donation to St. Francis of Assisi Food Pantry. Thank you very much!



SOAP

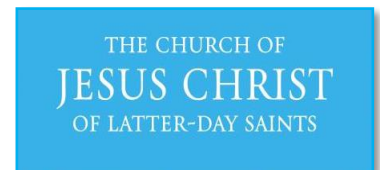
Bar or Liquid Body Soap
Laundry Soap
Small Bottles of Dish Soap

OTHER

Deodorant
Hand & Body Lotion
Paper Towels
Razors & Shaving Cream
Shampoo & Conditioner
Toilet Paper
Toothbrushes & Toothpaste



Thank you
FOR YOUR SUPPORT



WORLD MARKET.



We couldn't do it without you.

