

Saint Francis of Assisi Food Pantry  
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## Saint Francis of Assisi Food Pantry Newsletter October, 2022

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

### Volunteering is a Work of **Heart** Join Us!

A Volunteer Appreciation Luncheon was held at the home of pantry founder and President Cindy Becher on Wednesday, June 22. Volunteers enjoyed a delicious luncheon and small pantry-themed gifts from Cindy in appreciation of their efforts throughout the year to keep the pantry doors open, welcoming those in need among us. We love our volunteers!



Top L: Susan Britt; Roy Ballew; Chuck Rice

Lower L: Kerry McKinney; Cindy Becher

Right, from left: Mary Ann Eberlein; Don Eberlein,  
Wayne Backlund; Kerry Backlund; Joan Wulff

And we could really use MORE volunteers! Thanks to the pandemic, many of our original helpers did not return to volunteering and some days we find ourselves very short-handed. At the same time, we are experiencing a steady increase in the number of clients seeking food assistance.

When the pantry is open, volunteers are needed to assist in each of the 4 rooms of the pantry, as well as to check in clients and keep track of our shopping carts. Without enough help, we really struggle to meet the need and distribute food efficiently. The bottom line is that we have enough food, we just need more helping hands to give it away!



If you have an interest in helping in the pantry when we are open, or in picking up food and other items outside of pantry hours, we would love to hear from you! The volunteer commitment is very flexible – just tell us when you are available and we will get you started! It's easy and fast-paced work, there's lots of good camaraderie with clients and fellow volunteers, and you will have great satisfaction at the end of the day knowing you made a HUGE difference in the lives of the people you served. Doing good does you good!

To volunteer, contact Cindy Becher on her cell phone (775.772.2759) or by email ([cdbecher@aol.com](mailto:cdbecher@aol.com).)



### We Celebrate Grocery Outlet!

Every July, Grocery Outlet stores throughout the country hold their *Independence from Hunger* food drive. Through this bighearted retailer's longstanding commitment to fighting food insecurity and our local community's generosity, we were blessed to receive \$500 in gift cards from the Reno Grocery Outlet on Kietzke Lane and we couldn't be more grateful. We used the gift cards to purchase bags of food from Grocery Outlet, naturally!





## Soulful Seeds Gives Abundantly

We are delighted to receive fresh produce during the summer and fall months from Soulful Seeds, a local non-profit founded two years ago by Earstin Whitten and his wife Dee Schafer-Whitten. Mr. Whitten grows organic vegetables and donates them to local non-profits including St. Francis of Assisi Food Pantry.

Mr. Whitten grew up in poverty in rural Arkansas, one of 15 children of parents working as cotton sharecroppers who earned very little for their backbreaking labor. The family relied on the produce they grew, including cabbage, carrots, potatoes, okra, corn and beans, for essential nutrition. The indelible lessons of his hardscrabble childhood motivated the Vietnam War veteran and retired insurance executive to pursue his late life mission of growing fresh, organic produce for those in need.

For more information or to support this worthy organization, see the website at <https://www.soulful-seeds.com>.



*Earstin Whitten and Cindy Becher*

## New Fridge and Freezer Join the Family

We are electrified to announce the arrival of a shiny new 2-door commercial freezer and gloriously expansive new 3-door commercial refrigerator at the pantry. The freezer was donated through a grant from the Food Bank of Northern Nevada and the refrigerator was donated by the Robert Z. Hawkins Foundation, along with dozens of sturdy collapsible shopping carts for our disabled clients. We couldn't be more grateful for the immense generosity of these two stellar non-profit organizations in Reno!

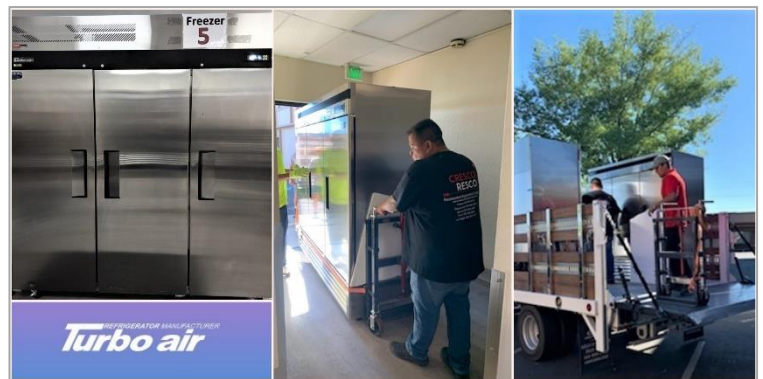
These superb new appliances enable us to store more fresh and frozen food so that we have sufficient supplies on hand for the increasingly larger volume of clients who are coming to the pantry for groceries. Our profound thanks to the Food Bank of Northern Nevada and the Robert Z. Hawkins Foundation for their support of the pantry and ongoing commitment to improving the lives of those in need in our community. We are ever grateful to them. ♥

## A Sad Goodbye to Dick Johnson

With great sadness, we have learned that our loyal volunteer Dick Johnson passed away on Thursday, September 8, due to complications from Parkinson's disease. He passed away peacefully at home in hospice care. His funeral will be held at Our Lady of the Snows Catholic Church, 1138 Wright St. in Reno, at 10 am on Thursday, Oct. 13.

Dick Johnson and his wife Cathy were founding members of St. Francis of Assisi Food Pantry. He and Cathy were there from beginning, helping to raise funds before the pantry opened in April, 2016, and thereafter. Dick served as a Board member for several years and volunteered several times a week in the pantry until ill health prevented it.

We were blessed to have Dick in our corner for the past 6 years. By his commitment, compassion, hard work and generous spirit he inspired all of us, volunteers and clients alike, over the years. Godspeed to our good and loyal friend – he will be greatly missed. ♥

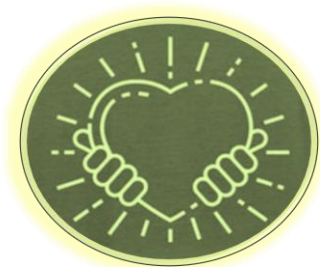


## Serving Hope Dinner Returning in Fall, 2023

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** in the Fall of 2023. 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 next fall, know that we are eternally grateful for your ongoing financial support, which has kept the pantry doors open these past 2 ½ years and hopefully will continue to sustain us until our in-person gathering next 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
  - 3<sup>rd</sup> Wednesday of each month - 5 - 7 pm



## Support the Pantry While You Shop!

If you are like many who shop online at Amazon, especially during this time of staying safe at home, we encourage you to log into Amazon Smile and choose St. Francis of Assisi Food Pantry as your designated charity. When you shop at Amazon Smile, which is identical to the regular Amazon website, the Amazon Smile Foundation will donate .5% of the dollar value of your eligible purchases to the pantry, at no cost to you.

Here's how to set it up:

1. Using your usual Amazon sign on information, log into <https://smile.amazon.com/>
2. Amazon will prompt you to choose a charity.
3. Search for **Saint Francis of Assisi Food Pantry Reno** and select it. It will remain your selected charity until you change or delete it.
4. Log in and shop at <https://smile.amazon.com/>

That's it! Very easy and you will be helping support the pantry with every purchase you make. On a quarterly basis, the Amazon Smile Foundation combines donations generated from all purchases designated for the pantry during the previous 3 months and automatically sends a donation to us. Just be sure to always log into <https://Smile.Amazon.com> to make the magic happen!



### SOAP

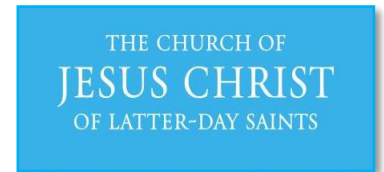
Bar or Liquid Body Soap  
Laundry Soap  
Small Bottles of Dish Soap

### 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.

