

# St. George Food Pantry

## *We Feed His Sheep*

### Letter from the Director



In this issue of our Newsletter, you'll see pictures of new happenings at the St. George Food Pantry. The beautiful mural and spruced up kids' spot

are great improvements to our client area, and we're not finished yet... more to come! I can't get over being excited about our new van; well, it's "new" to us. No more worries about hauling food in an old vehicle that could break down at any moment! Lastly, thanks so much to the UC Mechanical Engineering

students. They restored some used bicycles and donated them to Food Pantry families. New happenings, yes, but our mission never changes. We are here to serve people who need food assistance: bottom line. God bless!

*Janet Cavanaugh*

## Pantry Updates



The mural that was featured in the Winter newsletter is now complete! The folks at Beau Vita West, with the help of staff member, Erin, completed the mural. The mural adds color and energy to the lobby and we are grateful for the dedicated folks at Beau Vita West.

Our van is used to take volunteers to and from the Freestore Foodbank to gather food and supplies for our clients. Our former van was 14 years old and had been loaded with 1,500-2,000 pounds of groceries every week, leaving the engine in need of a major overhaul. In early Spring, we purchased a 2014 Ford van that has plenty of space to transport food, supplies, and volunteers. With the purchase of the new van we hope to have dependable transportation for years to come!



Our clients will often bring their children to the Pantry with them to get their groceries and supplies. Volunteer Dan Parsley gave the kids' area a makeover, so it's more inviting and kids can have a safe place to play while at the Pantry.

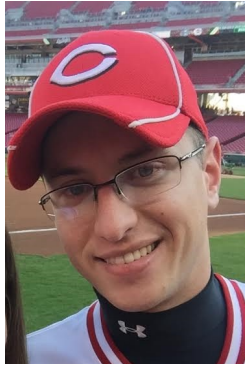


## Meet P.J. Abel

I've been volunteering at the Food Pantry every Tuesday morning for about five years. My job is to keep the Pantry clean. I sweep, vacuum and generally straighten up all the areas of the Food Pantry. Sometimes I bag donuts or do any extra chores Janet asks me to do. Recently, I've been volunteering every other Tuesday evening at the window giving out the bags of food. I enjoy meeting all the Food Pantry clients. I also take care of my four granddaughters, Baleria, Alma, Jazmin and Jennifer. They are the light of my life! One Tuesday morning, I needed to bring Jazmin with me to the Food Pantry. She was four months old. To keep her safe, I put her in one of the Pantry grocery carts and she slept soundly!! I hope to continue volunteering at the St. George Food Pantry for a long time to come.

## Volunteer Spotlight:

### Brandon Christman



*How did you learn about the Pantry?*

I attend the University of Cincinnati as a Biomedical Engineering major. During my freshman year, I parked my car in Corey Garage and lived in Calhoun

Hall. I would walk by the Food Pantry every time I went between my car and my dorm. However, I didn't know of a good contact person to reach out to in order to start volunteering. I'm a weekly attendee of Mass at Saint Monica-Saint George Church, and after Mass one weekend I happened to pick up a parish bulletin. I saw that there was a section for the Food Pantry and that I should contact Janet Cavanaugh. It started out as trying to fulfill my community service hours for my Cincinnati scholarship, but it has evolved to so much more as I continually exceed my "minimum requirements" to be able to renew my scholarship. When I volunteer, fulfilling my scholarship requirements is the last thing on my mind! It's just pleasing to do some good for the community that has given so much to me. I'm simply paying it forward!

*How long have you been working at the Pantry?*

I have been working at the Pantry for 4 years, going on 5. I try my best to schedule my classes around my regularly scheduled volunteer time of every other Tuesday night.

**Saint George Food Pantry**  
Dennis Street off Calhoun, Corryville

**Mailing address:**  
SGFP, 328 W. McMillan St. Street  
Cincinnati, OH 45219  
(513) 751-8771

**Hours:**  
Monday & Tuesday - 6:00pm - 7:30pm  
Last Fridays - 1:00pm to 2:30pm  
Last Saturdays - 10:00am to 11:30am

**E-Mail:**  
[stgeorgepantry@zoomtown.com](mailto:stgeorgepantry@zoomtown.com)

So far, I've only had to take a leave for one semester due to a mandatory class conflicting with my volunteer time.

*What is your favorite part about working at the Pantry?*

The people that I work alongside are the absolute best. Don, Janet, Chuck & Mary Ann, and PJ are the friendliest and most caring people you will come across. We all have our jobs when we volunteer, and it makes the Pantry run like a well-oiled machine. Don and Janet take care of the front desks, Chuck and PJ take care of counter/distributing bags, Mary Ann stocks shelves, breaks down cardboard boxes, and all the other small things that makes everyone else's job easier, and then I'm in charge of making up the bags and taking things out to clients' vehicles, if necessary. Seeing the pleasure of people when they get an item that you can tell they really needed is incredible. It can be something as simple as a bar of soap or a roll of toilet paper, or something as extravagant as a whole turkey for Thanksgiving.

*Do you have a favorite memory during your time at the Pantry?*

Once we were working on a very cold night and it was going to get even colder with the wind chill below zero degrees. A gentleman who I've seen hanging around campus a lot came in, and he was very clearly a homeless individual. Having neither a place to go nor a way to stay warm, he asked us if we had anything we could give him. After much scrounging through the Pantry, we were able to find blankets, gloves, hats, and other warm articles. When we came back to the counter to give the things to the man, he was extremely overcome with happiness, and he wouldn't stop thanking us. Although it was no perfect fix, because I'm sure the man still had to spend a very cold night outside, it at least gave him some form of relief and warmth.

*What is your favorite hobby?*

I'm an avid runner, and I stay in shape by training for half and full marathons. Over the past few years, I've run three half marathons (the Flying Pig), one full marathon (Dayton Air Force Marathon), and I'm currently training for another half marathon this August in Cleveland. I also like to run various other race distances throughout the area. Conquering the hills of Cincinnati truly builds character.

## Thanks to BikeWorks!



Engineering students from the University of Cincinnati gifted the Pantry with five bicycles in April. The students are a part of a group called BikeWorks and their sole mission is to restore bikes for those who need a reliable source of transportation. Thank you to these hardworking Mechanical Engineering students for their commitment to helping those in need!

## George Winston Concert a Success



Well-known pianist George Winston performed at Live at Ludlow Garage in April. Mr. Winston chose our Pantry to staff the merchandise table and receive 100% of the profits.

The Callahan ran the booth and were able to raise over \$500, as well as collect two boxes of canned goods! Thanks to our volunteers and to George Winston for his generosity. To learn more about George Winston, visit his website at [www.georgewinston.com](http://www.georgewinston.com). George Winston CDs are available for sale. Contact [justjoanathome@gmail.com](mailto:justjoanathome@gmail.com)