

St. George Food Pantry

We Feed His Sheep



Recollections From Janet

Editor's note:
Director Janet
Cavanaugh
officially
retired on June
30, 2017 - but
we hope to see
her here often!

Twenty-six years ago, this mom of six children, who had lived her whole life on the West Side (note the caps) decided to spread her wings. I applied for the job as Buyer for the St. George Food Pantry (SGFP) in the Clifton/Corryville area of the city. Then, shortly afterward, I was appointed the Director of the Food Pantry. After the merger of St. George Church with St. Monica Church, SGFP was re-located in the lower level of the Corryville Catholic School.

So much has happened throughout the years. Many changes have taken place but our mission has remained firm: to provide food assistance for those who live in our community.

But it's become so much more than I would have ever believed: The challenges of the Christmas Gift Program; bikes restored by UC students; school supplies and back packs available for our kids; Union Savings Bank, our HUGE supporter; Moeller High School families who donate 375 boxes of food every year; many, many food drives, both large and small, but all important; awesome support from

Annunciation Church and Mt. Auburn Presbyterian Church; adults with disabilities volunteering; financial support from generous donors and, of course, our committed Board members and volunteers. They are the backbone that keeps the SGFP doors open for those who are burdened with poverty. They do so much more than give out food. They have been my backbone as well.

I've had the privilege to share in so many life stories and been given the friendship of so many people. It's hard to express the experience of being able to meet with so, so many people of such varying backgrounds and cultures. We are truly a Pentecost Pantry! We are a family united in caring for one another.

What a great blessing I've been given! I thank you from the bottom of my heart and ask for your prayers. With the grace of God, I hope to keep a foot in SGFP. So 'til we meet again.....

Love and Blessings,

Janet

Expansion of Pantry Services

The Pantry has been blessed so far in 2017 and the Board has been looking for ways we could extend our blessings to the community. With the closing of the Kroger in Walnut Hills, residents of that area were left with limited options for food. The Pantry expanded to serve the residents of the Alms Hill apartments, a 200 unit affordable housing community on Victory Parkway, as well as the women residing at the new Anna Louise Inn on Reading Road in Mt. Auburn.

Another population that we now serve is Hamilton County Veterans. The V.A. Hospital is just down the street from the Pantry and we wanted to provide an option for veterans that struggle with food insecurity. Many veterans have already started coming in. In April 2017 a V.A. provider referred a veteran to the Pantry. When the provider called to check up on him, the veteran said he had gone to the Pantry the night before and was overwhelmed with gratitude. He said that all of the volunteers were so warm and welcoming and he has more food in his cupboard than he has had in months. Thank you to the Monday night crew for helping this Veteran have a great first experience with us!

If you know a veteran in need in Hamilton County, all they need to bring is their Veteran/Military ID. A piece of mail with their current address is helpful but not required.



Clean Out The Pantry

The annual Pantry clean out was held in February 2017. Leftover gifts and extra items from the holidays were distributed to clients. This included coats, clothes, toys, and household items. Everything was arranged on tables and each client was escorted around the Pantry to shop with the help of a volunteer.

Board Members Say Farewell to Janet

Dan Parsley: "In my 17 years of volunteering at the Food Pantry, I have seen Janet bring incredible compassion to her clients and care in running the Pantry. She has also brought that same care, compassion, and fun to the volunteers. She has been and still is a true blessing!!"

Janet Pecquet: "When I watch Janet work with the Food Pantry patrons, I clearly see that she treats them with respect and dignity. She opens her heart and provides them with nourishment for both body and soul. She will be greatly missed."

Barbara Kallmeyer: "Dear Janet! Thanks to you our family now has a tradition: 'Christmas at the Pantry'. We all so enjoy helping to organize the gift from the churches and then even the youngest help with the giving of the gifts! All of this happened because you asked me to serve on the Board."

Jessica Zaccagnini: "I always have admired how hard she works, the compassion that she shows her volunteers and clients, and her positive attitude in even the most chaotic of times. She has been a blessing to our community and an inspiration to me!"

Fred Redder: "Janet Cavanaugh is the Mother Teresa of Corryville!!"

Joan Callahan: "When Janet first applied for the job, someone on the search committee wanted to know if she had a college degree that would qualify her for the position (yes, she does). But when she told us that she managed a household of her 6 children, her husband and a dog, I knew she'd be just right for the job."

Over the years, Janet has become a second mother to me, and an adopted Grandma to my kids."

Brenda Beluan: "I first met Janet back in grade school. She was my youngest sister's dance teacher at St. Catherine of Sienna School in Westwood. I remember the year when she was pregnant with Matt. Imagine my surprise when I met up with them again at SMSG many years later. It was great to get reacquainted with them."

Cindy Lewis: "Our major bond over the years has been sharing stories of Matt and my sister Francene who had Down Syndrome. I admire all the time and energy that Janet puts into Matt's life. It reminds me of my Mother's joys and pains with Francene. Janet and I have laughed about their funny sayings and peculiarities. We cried together when Francene died suddenly. As well as being an excellent food pantry director, Janet is an awesome mother."

Meredith Turner: "Janet, you are light for this world. Thank you for inspiring me and showing me that, to have joy, you must share it."



New Director Announced

Joan Monnin Callahan, a 30-year volunteer with the pantry, will take on a new role as the Director on July 1.

We were blessed with other applicants who had potential but the Search Committee overwhelmingly accepted Joan's application.

Saint George Food Pantry

(513) 751-8771

Serving Zip Codes 45217, 45219, 45220 and all Veterans in Hamilton County

Physical Address:

2554 Dennis Street, off Calhoun, in Corryville

Mailing address:

328 W. McMillan St., Cincinnati, OH 45219

Hours:

Monday & Tuesday - 6:00pm to 7:30pm
Last Friday of the month - 1:00pm to 2:30pm
Last Saturday of the month - 10:00am to 11:30am

E-Mail:

stgeorgepantry@zoomtown.com