

# St. George Food Pantry

## *We Feed His Sheep*



### “Have A Blessed Day...”

How often we hear “Have a blessed day” when we’re out and about: at the drive-thru, at the grocery store, passing folks on the street...

Many clients say it when they leave messages on the answering machine at the Food Pantry. Many clients tell me this as they are leaving the Pantry with their groceries. I’d only been the Food Pantry director for about 6 weeks when I realized that it is because of these clients that I AM having a blessed day! It truly is a blessing to be able to help them out when they are in need.

A young family, newly arrived from Venezuela, gave me the opportunity to practice speaking Spanish. They were moved to tears when they saw how much food we were able to give them. They explained that they were used to stores with long lines and very little on the shelves, and people fighting over the last item available. I, too, was moved to tears by their story and their gratitude. They said that even though they have always lived in Venezuela, no one there would help them. They are strangers here and everyone wants to help them. We are truly blessed to be living in the “Land of Plenty.”

Another phrase we often hear is “Thank you for your service” when speaking to veterans. Food Pantry Board Member and Saturday team leader, Jessica, saw

a need for food and help for veterans during her work at the VA. Thanks to her, we are now serving multiple veterans each week. Veterans, we thank YOU for the opportunity to be of service to you!

More blessings come to us in the form of all of the volunteers who come during the day to help sort donations, and organize and clean the pantry, as well as the regular evening volunteers who provide direct client service. Their continuing help, welcoming words, and friendly smiles, and the ongoing support from Janet as I learn the details, have made the transition very smooth.

Thank you to all the volunteers who pick up food from various vendors – Donna picks up Graeter’s; Cheryl picks up Panera & Kroger; Dan, George & Joe pick up weekly from the Freestore Foodbank; Bill brings fresh eggs from his farm; Mary Lou & Dick collect a monthly truckload of food, supplies, clothes, and hygiene items; and there are many more, too numerous to mention!

Thank you to the adult participants and staff from Stepping Stones/Beau Vita West, Easter Seals, and Bobbie Fairfax school – all of whom who are fun to work with and work so quickly – cheerfully doing things that others may not enjoy - like bagging sticky donuts and strongly-scented soap powder!

Thank you, ALL -- It is YOU who have blessed MY day!

### 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](mailto:stgeorgepantry@zoomtown.com)



### Queens Of The Mat

Queens of the Mat is a Brazilian Jiu Jitsu (BJJ) group started in December 2015 to grow, empower and strengthen the women's BJJ community. The group is founded on three pillars. The first is a free open mat for the women to come together in a non-competitive environment. The second is a chosen charity as a way to give back to the community. The third is going out

to lunch after open mat as a way to connect and build relationships off of the mat.

There are four open mat sessions per year and each benefits a different charity. Founder Keri (pictured) felt that a food pantry would benefit from donations in the summer as schools are out and there is an increased need. Her goal is to have a consistent relationship with each of the charities and she hopes to continue working with the Saint George Food Pantry every summer. We are very blessed to receive the generous contributions from this dedicated group! To learn more, check out their Facebook page: “Queens of the Mat.”

## Volunteer Spotlight: Easterseals

The Easterseals organization annually provides resources to more than a million people and families living with a disability. They offer hundreds of home- and community-based services and supports, categorized into five distinct areas: Live, Learn, Work, Play and Act.

Easterseals learned about the Pantry over a year ago and the participants have been volunteering two Tuesdays each month since then. At the Pantry, the group stocks shelves and bags food and hygiene supplies for our clients.



Jill Cates, Business Development Manager for the Neighborhood HUB programs stated:

*“I look for volunteer opportunities that enhance the HUB participants’ integration into the community. Learning job skills is also a goal of these volunteer opportunities.”*

The Pantry really appreciates the friendly faces, valuable services, and positive attitudes of all of the participants who come to help us.

*“Participants love being a part of the community and providing services for others,” said Neighborhood HUB Team Lead MyDell Mincy.*

Thank you to Easterseals for their faithful dedication to the Pantry! For more information visit [www.easterseals.com](http://www.easterseals.com).

## Janet’s Retirement Party

A retirement celebration was held for former director Janet Cavanaugh on July 9<sup>th</sup> in the Saint Monica - Saint George parish hall. About 150 people came to celebrate Janet’s 26-year career at the Pantry!

Thanks to the generosity of our long-time sponsors, Union Savings Bank, the guests enjoyed delicious food and drink while board members, volunteers, friends, and family recounted stories and fond memories of Janet.

We even had a celebrity in our midst: Kurt Reiber, President & CEO of the Freestore Foodbank presented the Pantry with a large account credit in honor of Janet’s many years of service!



## Cooking For The Family

St. Francis Seraph Ministries, Findlay Kitchen, FarmChef Services LLC, and Healthy Harvest Mobile Market have partnered for a 5-week hands-on culinary program. The aim is to increase knowledge of healthy food choices and cooking skills, teaching families to live and cook healthfully for themselves in an effort to prevent health problems related to diet. No cooking experience is necessary to participate!

Jamie Stoneham, known as “The Farm Chef,” was on site at the Pantry providing information and recruiting clients. If you know someone in your community who would benefit from the program, please give them the following information:

**Where:** Findlay Kitchen, 1719 Elm Street, Cincinnati, OH, 45202

**Cost:** \$10.00 (scholarships available)

**When:** Mondays, October 9-November 6, 5:30 p.m.-8:00 p.m., or Wednesdays, October 11-November 8, 10:30 a.m.-1:00 p.m.

**Register online at:** <http://www.sfsministries.org/our-ministries/cooking-for-the-family/> or call (513) 549-0542

