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Hunger Shouldn't Be an Option



Be sure your summer plans include volunteering at the Pantry

Looking for a fun and rewarding project for your kids this summer? Or is your teen looking to get a head start on a high school service project? Whether it's to fulfill a requirement or to simply engage in a meaningful activity, summer is the perfect time for kids and teens to volunteer at the Pantry!

While summer is a great time to relax and take time for yourself, it is important to remember that people in our community are still in need of food. There are many ways that children and teenagers can make a difference in the lives of those less fortunate during the summer months:

- **Become a summer volunteer** -- Teenagers are eligible to participate in many of the regular volunteer activities. Certain positions fill up very quickly, so call early and plan ahead to secure a good schedule! (*Children under the age of 13 must be accompanied by an adult.*)
- **Organize a food drive** -- Pair up with your local synagogue or church to organize a food drive. Or, get your neighbors in on the action by going door to door with your children to collect donations. And if there's enough time before the end of the school year, have your children talk to teachers about organizing a food drive as a year-end service project.
- **Help with the Centerpieces for Tzedekah program** -- Looking for something creative and love to assemble gift baskets and make bows? Come assemble beautiful baskets of food used as centerpieces in lieu of flowers for celebrations. Volunteers are needed to help wrap and deliver the baskets.
- **Help us recycle** -- We need volunteers to help us transport boxes to a recycling center. A vehicle, valid driver's license and a commitment to recycling is all that is required!
- **Use your green thumb** -- If you love to garden, Adat Shalom is also looking for volunteers for their community garden. Produce from this garden is donated to the Pantry. Contact Adat Shalom to sign up for this volunteer job by calling 412.820.7000.

If you or your children are interested in any of these opportunities, please [contact us](#) as soon as possible. Volunteering at the Pantry is a great opportunity for children to experience the warm feelings of giving back to the community while working together with their family and friends!

Many thanks to a generous donor, *Right by Nature*

May 2011

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For every \$18 you donate, the Squirrel Hill Community Food Pantry can purchase \$72 of food for clients.



Endowment Campaign at \$1.9 million and growing!



Create a legacy to end hunger in our community. Establish an endowment or make a charitable bequest to help ensure we can continue to provide food and supportive services to our community's most vulnerable. Contact [Barry Rude!](#), our development

Goodbye to a great community partner and donor to the Pantry: *Right By Nature*. *Right By Nature* closed their doors for business on April 30th.

A grocery store in the Strip District that specializes in organic food, *Right By Nature* has donated food to the Pantry weekly for the past 8 months. Their much-valued donations always included fresh produce, dairy products, eggs, bakery items, frozen pizza, and specialty items like organic or gluten-free frozen dinners.

Their final donation to support the Pantry was over 2,100 pounds of perishable food including fresh fruits, eggs and dairy products.

We want to thank *Right by Nature* for all that they have contributed to our Pantry. We are grateful for their staunch support and for their last, large donation -- their generosity will be greatly missed.

DONATE PERIOD: feminine product drive

The Pantry is asking for donations of pads, tampons and liners for our female clients as part of our DONATE PERIOD campaign. Feminine products are expensive and cannot be purchased with SNAP (food stamps) or WIC (federally-funded program for women, infants, and children) benefits. As with many paper goods, feminine products are rarely donated and costly for hunger organizations like ours to purchase. But helping is easy! Spread the word to your friends, family, and neighbors. Keep us in mind when you are shopping, or host your own drive. Remember to be a pad pal and help local women go with the flow!

Feinstein appeal concluded: Donating to the Pantry

For the 14th consecutive year, philanthropist Alan Shawn Feinstein of Rhode Island pledged \$1 million towards the fight against hunger. Organizations such as ours are eligible for a portion of this grant, based on their percentage of the total raised during the months of March and April by those participating in the challenge.

Although we continue to raise funds for the Pantry all year long, the Feinstein challenge period has ended. Thanks to your generosity, we were able to raise over \$57,000 and 3,829 pounds of food.

We also are grateful to the Jewish Federation of Greater Pittsburgh, who partner with us in this appeal since we began participating!

If you missed donating during the Feinstein challenge, please do not hesitate to donate at any time via mail or by going online. As you can imagine, the resources required to run the Pantry are considerable and we could not operate without your support.

What do we need this month? The May Food of the Month is canned fruit.



officer, at 412.422.7200 for more information.



Become our fan on Facebook.

Squirrel Hill Community Food Pantry



Would you like to know what's happening at the Pantry's parent organization, JF&CS?

Signup for our brief newsletter and get JF&CS news delivered weekly to your inbox.

[Join Our Mailing List!](#)

Remember the Pantry when you're shopping and spot a "Buy one, get one free" -- consider keeping one for your family and donating the other! Not sure what foods the Pantry needs? Refer to our [Pantry Shopping List](#).

Another way to donate to the Pantry is through our *Centerpieces for Tzedakah* program. You can rent our food baskets in lieu of flowers as celebration centerpieces and bimah baskets, and your tax-deductible donation helps to feed individuals and families that rely on the Pantry. The baskets are decorated with beautiful bows in the colors of your choice, and each has a card attached acknowledging your support. Some *Centerpieces for Tzedakah* patrons supply their own bows or have their baskets decorated by florists or other party professionals. It's an easy, meaningful way to add significance to your special occasion. [Contact us](#) for more information or to place an order.



Calling all volunteers

Individual volunteers, schools and community groups are vital parts of our Pantry's operation. Prior training is not required for most volunteer opportunities. We just are looking for committed and enthusiastic individuals, who have some free time and want to help. Children are welcome when accompanied by an adult.

Since many of the duties require multiple people, this is a great opportunity to spend some quality time with your family, friends or religious group, for example, while providing an essential service to our community's most vulnerable.

We need your help to:

- Provide client shopping assistance - aid clients with shopping options (2-4 volunteers daily)
- Stock shelves - restock shelves as inventory gets low (2-4 volunteers daily)
- Checkout clients - help clients pack their bags after shopping (2 volunteers daily)
- Pack client bags - groups of people to pack bags in an assembly line for our homebound clients and seniors (25-30 volunteers monthly). *We are filled through October 2011 for this task, but please contact us to discuss other volunteer opportunities for your group.*
- Deliver to clients - volunteers with valid driver's licenses to deliver food to homebound clients and seniors (2-4 volunteers weekly)
- Sort donations - weigh and sort food donations (4-5 volunteers weekly)

- Pack produce and bulk food - assist with packaging bulk items into client portions (8-10 volunteers weekly)
- Drop-off recycling - volunteers with valid driver's licenses to recycle our cardboard boxes (2-3 volunteers weekly)
- Train other volunteers - seasoned volunteers to provide orientation and training for new volunteers

If you are interested in volunteering and would like more information, please [contact us](#). We know that you will enjoy the experience and leave with a sense of pride in our community's commitment to ensure no neighbor goes hungry.

Pantry Hours

_Monday: 9:00am - 12:30pm (and 5:00 - 7:00pm by appointment only)
Tuesday: 9:00am - 12:30pm and 1:30 - 3:00pm
Wednesday: 9:00am - 12:30pm
Thursday: 9:00am - 12:30pm and 1:30 - 3:00pm
Friday: 9:00am - 12:30pm
One Sunday a month by appointment only

*Please contact the Pantry at
412.421.2708
for appointments outside of the normal business hours.*

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