



The Pantry Shelf

Project Concern of Cudahy - St. Francis
Newsletter - Fall 2006

Pantry Hours:

Monday: 9:00am to Noon
3:00pm to 6:00pm
Wednesday: 9:00am to Noon
Friday: 9:00am to Noon
First Saturday of the month:
9:00am to 11:00am
Tuesday: 10:00am to 1:00pm
by 211 appointment only

Call 211:

For referrals to services and emergency housing and food needs when Project Concern is not open.

Location:

Corner of Plankinton & Kirkwood Ave. lower level of Nativity of the Lord Parish, 4611 S. Kirkwood Ave.

Phone Number:

414-744-0645

Mailing Address:

P.O. Box 100093, Cudahy, WI 53110

Website:

www.projectconcerncudahy.org

Mission:

Serve low-income individuals and families by feeding the needy, meeting emergency basic needs and providing a bridge/safety net to help them become self-sufficient.

What is Project Concern?

Project Concern of Cudahy - St. Francis is a food pantry that provides emergency food and personal care items for households whose income is 185% of the poverty line, this is a guideline set down by the federal government. The goal of the pantry is to help alleviate hunger, demonstrate community compassion and provide patrons with referrals to other community resources and to address the underlying causes of poverty through advocacy and empowerment. The pantry provides to those that qualify, food for 3 –5 days of balanced meals a month from the 5 food groups, based upon the USDA Food Pyramid guidelines.

A board consisting of community leaders, clergy and representatives from Cudahy and St. Francis govern Project Concern. The pantry has 1 part-time Director and 2 part-time Outreach Specialists. Additionally over 50 regular volunteers do a variety of invaluable tasks that keep the pantry humming.

Hunger Task Force provides much of the food that the pantry distributes. However, the pantry still needs additional help to respond to the immediate nutritional needs of low-income people living in the cities of Cudahy and St. Francis. Project Concern works with local congregations, businesses and the community at large to meet those needs.

How Can You Help? Let Us Count the Ways:

1. Select Project Concern, to receive the benefit of the Pick 'N Save "We Care" program. Project Concern's "We Care" account number is 627325.
2. Hold or participate in a donation drive to collect personal care items, (shampoo and soap, cleaning products, dish soap and laundry detergent), food, and/or new clothing.
3. Collect or give a monetary donation. Monetary donations allow Project Concern to purchase items that the pantry may run short off, such as bathroom tissue and diapers.
4. Volunteer your help. There are many volunteering opportunities for example stocking, sorting and organizing donations. A volunteer could also deliver food to the homebound, pick up donations, and help with office duties and cleaning the pantry.
5. Share a special skill to accomplish a specific task, like a graphic designer helping redesign outreach materials, a web master sprucing up our website, or an electrician installing new lighting.
6. Apply to become a Project Concern Board member to help set the course of the pantry.

Donations can be dropped off during normal operating hours. Checks can be made payable to Project Concern and sent to our mailing address. Volunteers can work during the hours that are most convenient for them. If you are interested in helping Project Concern or have any questions please call 744-0645

Midwest Experience Dramatic Increase in Child Poverty

Excerpt from *The New Poor: Regional Trends in Child Poverty Since 2000* By the National Center of Children in Poverty

"In 2004, across the nation, approximately 13% of children living with employed parents—more than 1 out of 8 children—were poor. Since 2000, the Midwest was the only region to experience an increase in poverty among children with employed parents. The Midwest failed to recover from the 2001 recession as rapidly as did other regions, in part, because of the loss of relatively well-paid Midwestern manufacturing jobs. At the same time, the number of jobs in the service industries in the region has risen. Service jobs not only have lower earnings and fewer opportunities for full-time employment, but they are also less likely to offer benefits such as health insurance, paid vacation or holidays.

The Midwest experienced a 29% increase in the number of children living in poor families, rising from 2.2 million in 2000 to more than 2.8 million in 2004. With over one-half million children (634,075) added to the poverty rolls of the region, this rise in child poverty was far the largest of any other region over the last five years and has been the driving force behind the overall increase at the national level."

Project Concern is seeing an increase in the number of families with young children coming to the pantry for help. The pantry served 3,209 children in 2005. Two annual special projects are done with children especially in mind. During the month of July school supplies are collected and then distributed in August to children of pantry patrons. During the month of November the pantry tries to enlist sponsors that will purchase a Christmas gift for a child or children of pantry patrons.

This donation drive is called **Project Concern 2006 Christmas Holiday Assistance Sign-up**...Project Concern is looking for individuals and groups that will "sponsor" patrons' children and then will purchase one the item from the child's wish list.

Patrons requesting holiday gifts for their children must complete the Holiday Assistance Sign-up form and return it to Project Concern before **October 31, 2006**. Only children 17 years of age and younger will be eligible to receive gifts. Forms are available at Project Concern. Patrons are asked to select only moderately priced items.

Sponsors are given the child's wishlist and asked to deliver the unwrapped item to Project Concern during the month of November. If you have any questions or want to be a sponsor, please contact Project Concern at 744-0645.



Holiday Giving Program

There is more than one way to give to the pantry, Project Concern HOLIDAY GIVING PROGRAM is the gift for the person who has everything and cares about others. Gift givers make a monetary gift to Project Concern in the name of a friend or family member. Project Concern will then send a custom made "Thank You" to the person of your choice. This gesture will add new meaning to your holiday season and help people in need. Contact Project Concern at 414-744-0645 to arrange to make a gift. Place your order between November 16 and December 15.



Meet the Staff

Dick Buschmann a former Project Concern board member and retired Milwaukee County Social Service Administrator was hired as the Director of the emergency needs pantry. In July Dick hired two Outreach Specialists to assist patrons during pantry hours, and to meet the patrons' needs beyond food and clothing by connecting patrons to social service agencies that will help them become self-sufficient.

The new Outreach Specialists come to Project Concern with experience and knowledge of the area. Mary Ellen Mikulay is a familiar face at Project Concern; she is a former Director of Project Concern and a long time resident of Cudahy. Debby Pizur is new to Project Concern but not the area. She grew up in Cudahy, lived in St. Francis in the past and currently is the part-time Director of the Family Life Center a nonprofit, family resource center.

They are all excited by this new opportunity to help the residents of Cudahy and St. Francis with emergency food, clothing, household items and connecting pantry patrons to resources such as applying for W-2, Food Stamps, Child Care, Medical Assistance, Supplemental Security Income, Social Security Disability, employment services, emergency energy assistance, legal services, mental health and domestic violence services and housing service. The Community Outreach Coordinators and Director of Project Concern are available to speak to community and school groups about Project Concern and its services.

Where to Get Help for Alcohol & Other Drug Abuse

IMPACT provides free and confidential alcohol and other drug abuse assessment, referral, consultation and guidance by certified counselors and other professionals. Just call 414-256-4808 to receive a telephone consultation, or to make an appointment for an in-office assessment. If you are concerned about your drinking or that of someone you love, access...IMPACT's Online Alcohol Self Test by going to www.impactinc.org.

Or try www.drug-rehabs.org. It is part of a not-for-profit social betterment organization. Services are provided at no cost. This organization assists people in finding a drug rehab for their specific alcohol or drug addiction problem. There are many different types of drug rehab centers, drug rehabilitation, and substance abuse treatment programs (i.e. Out-patient, In-patient, Residential treatment, Long term treatment, Counseling, Meetings, etc.) www.drug-rehabs.org will inform you of all the different treatment options. Caseworkers are available 24 hours a day, 7 days a week. Call toll free 866-845-8975 they can help!

Resources for supporting recovery from addiction are:

AA SUPPORT (Alcoholics Anonymous)

Days: Every Wednesday **Time:** 5:30 pm

Place: St. Stephen's Church Hall (North side of the Church)
5580 South Howell Ave.

Fee: Free—Donations appreciated

A 12-Step support group.

You can locate other AA Support Groups by visiting www.area75.org.

WOMEN FOR SOBRIETY "NEW LIFE"

Date: Every Thursday **Time:** 6:30-7:30 pm

Fee: Free—Donations appreciated

Place: Family Life Center 5880 South Howell (St. Stephen Parish Old School Building).

Women For Sobriety, Inc. is a non-profit organization dedicated to helping women overcome alcoholism and other addictions. Our "New Life" Support Group program helps achieve sobriety and sustain ongoing recovery. The group will be led by WFS Certified Moderator. For more info call Phone: (215) 536-8026 or the Family Life Center (414) 483-2685...www.womenforsobriety.org.



Thought for Today

"I cannot say whether things will get better if we change; what I can say is they must change if they are to get better." G.C. Lichtenberg, German physicist, writer.

Your Opinion is Important!

To better serve the needs of the community, Project Concern is doing a community survey, to aid in our outreach goals. Project Concern is curious to learn how many community members are familiar with Project Concern's services, volunteering opportunities and donation needs.

The Project Concern Community Survey is contained in this newsletter and will also be mailed to a variety of community members and professionals. We ask that you complete the survey and return it to Project Concern, P.O. Box 100093, Cudahy, WI 53110.



The Pantry Shelf is written and edited by Project Concern Staff.

Recipe Corner

Fig Drop Cookies

From Diana Rattray, Your Guide to Southern U.S. Cuisine.

INGREDIENTS:

1 c. dried figs, cut in small pieces

1/2 c. water

1/2 c. shortening

1/2 c. butter, room temperature

1/2 c. granulated sugar

1/2 c. brown sugar, packed

1 egg

1 teaspoon vanilla

2 c. sifted all-purpose flour

2 teaspoons baking powder

1 teaspoon salt

PREPARATION: In saucepan, combine figs and water. Cook for about 5 minutes, stirring frequently, until mixture is a thick paste. Cool.

Cream shortening, butter, sugars, egg, and vanilla until light and fluffy. Into another bowl, sift flour, baking powder, and salt. Add sifted dry ingredients to the creamed mixture, blending well. Stir in fig paste until well blended. Drop by spoonfuls onto greased baking sheets. Bake at 375° for 11 to 14 minutes. Cool completely before storing in a tightly covered container.

Makes about 30 to 36 cookies

Major Financial Sponsors are
Hunger Task Force of Milwaukee, Ladish
Foundation and the Cudahy Lions Club
UMOS-W2

PROJECT CONCERN
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