



The Pantry Shelf

Project Concern of Cudahy - St. Francis
Newsletter - Fall 2008

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: by appointment
only - call 211

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

Email Address:

projconcern@msn.com

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.

PROJECT CONCERN

Project Concern of Cudahy-St. Francis is an emergency food pantry that serves these two communities. Hunger Task Force is the pantry's main contributor of food. Individual donations provide 40% to 50% of the nonperishable food items that are distributed.

Individuals & community organizations are encouraged to refer people to Project Concern. The pantry provides 3 to 4 days of food, personal care products, clothing and household items to individuals & families that meet income criteria. The pantry also provides information and referral services to other social service agencies and government programs.

Project Concern is an Equal Opportunity Provider.



A REASON TO VOLUNTEER AND TO HOPE

"One must wager on the future. To save the life of a single child, no effort is superfluous. To make a tired old man smile is to perform an essential task. To defeat injustice and misfortune, if only for one instant, for a single victim is to invent a new reason to hope."

Elie Wiesel, Nobel Laureate writer.

Project Concern gives you many ways you can defeat misfortune.

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 food, or clothing.
3. Make a monetary donation to Project Concern. Monetary donations allow the pantry to purchase food, personal care items and help pay for operating costs.
4. Volunteer your time. There are many volunteering opportunities:

- Stock, sort, and organize donations
- Deliver food to the homebound
- Pick up donations or supplies
- Provide a Thanksgiving Basket
- Sponsor a child for a Holiday gift
- Share a special skill to accomplish a specific task, like a graphic



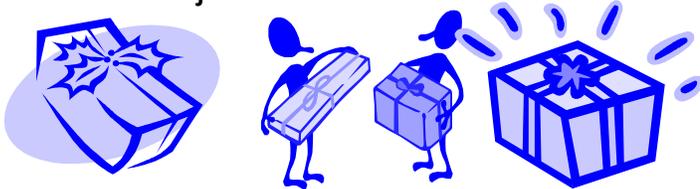
designer helping redesign outreach materials, a webmaster sprucing up our website, or an electrician installing new lighting.

Donations can be dropped off during normal operating hours. Checks can be made payable to Project Concern and sent to our mailing address. If you wish to donate, an envelope with our address is included in this newsletter. 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.

2008 HOLIDAY ASSISTANCE SIGN-UP

Project Concern is looking for individuals and groups that will “sponsor” patrons' children and then will purchase one 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, 2008**. 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 wish list 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



DONATIONS - DONATIONS - DONATIONS

Thank you, thank you, thank you, to all those that donate to Project Concern. During the May “Stamp Out Hunger” Letter Carrier food drive, Project Concern collected over nine tons of food. If you are interested in donating to Project Concern we do ask that you do not leave donations outside of the Project Concern entrance.

Please remember we cannot accept:

- Large Appliances
- Stained Mattresses or Pillows
- Items that are dirty, broken, unsafe or missing parts.
- Items recalled by Consumer Product Safety Commission.



PLEASE REMEMBER—do not leave donations outside in front of the Project Concern entrance. Sitting in the elements often damages donations. The donations also block the doorway making it difficult to get in or out of the building. If you cannot drop off donations during normal operating hours please call the director and arrange for a time to drop off your donations.



FOR YOUR INFORMATION

Dates Project Concern will be closed
Friday, Nov. 28
Dec. 24, 26, 29, 31 to Jan. 2 & 3

THANK YOU !!!

On behalf of our patrons, Project Concern thanks all our many donors and volunteers. The following are some of our donors & collaborators:

UMOS-W2, Hunger Relief Fund
Food for the Hungry Inc.

Cudahy & St. Francis-Community Development Block Grants
Ladish Foundation, Cudahy Lions Club,
Vilter Foundation, Wixon Spice, National Tissue,



For your convenience a envelope with Project Concern's address is included with this newsletter so you can easily make a donation if you wish. Project Concern and its patrons rely on the kindness and involvement of people and businesses in our community.

DELIVERIES TO THE HOMEBOUND

Project Concern extends its services to the homebound. However, the homebound must meet the same income guidelines as all other patrons and must have a written statement from a medical professional confirming their inability to pick up their food from Project Concern.

Pantry volunteers will make a delivery of food once a month to those qualifying for this service. To arrange a home delivery contact the pantry at 744-0645.



THOUGHT FOR TODAY

‘Happiness consists of living each day as if it were the first day of your honeymoon and the last day of your vacation’

Anonymous

EARLY NEGLECT PREDICTIVE OF FUTURE AGGRESSIVE BEHAVIOR

When it comes to predicting aggressive behavior among children, neglect in the first two years of life may be just as important as abuse. That's according to a longitudinal study conducted by Jon Hussey, research assistant professor of maternal & child health in the UNC School of Public Health & a fellow at the Carolina Population Center. Hussey said, "Understanding the consequences of early childhood neglect will help us plan programs & other interventions to benefit these children throughout their lives." Data from the Administration for Children & Families Show that almost two-thirds of U.S. child-maltreatment cases reported each year are related to neglect. Read the full article at: <http://uncnews.unc.edu/news/health-and-medicine/early-neglect-predicts-aggressive-behavior-in-children.html>

NO SURPRISE

FAST FOOD ISN'T GOOD FOR TEENS

The high-fat, high-sugar, high-sodium food served at fast-food restaurants can have dire consequences on teenagers' immediate and long-term health. An alarming new study has found that more than 1 in 5 teens eat fast food more than 3 times a week, and that for young men the statistic grows to 1 in 3. The University of Minnesota School of Public Health study also found differences among teens' fast-food consumption based on a variety of factors, including income, hours of weekly employment and friends attitude toward nutrition. Read the full article at: <http://www.sph.umn.edu/about/news/releases/fastfood031908.html>.



NOTE: *The information in this newsletter is designed for educational purposes only. You should not substitute this information for any professional, medical attention, diagnosis or treatment. If you have any medical, legal or other concerns consult with a professional.*

The *Pantry Shelf* is written by Project Concern Staff

MONEY SAVING TIP\$

CUSTOM GLASS CLEANER

Save money and get sparkling clean windows and glass using the following directions.

1/2c. Water

1/2c. Ammonia

1/2c. White vinegar

Mix together and put in spray bottle.

Save a few extra dollars by drying the window with crumpled newspaper.

USING LEFTOVERS

Be creative—Keep a leftover container in your freezer. Put leftovers in the container, even small amounts of rice or vegetables and when you have enough leftovers, take it out, thaw and add a few fresh items, herbs or a dash of soy sauce and now you have a yummy soup. Use leftover chicken or beef bones to make stock for soup. Simmer bones in water to extract flavor. Freeze stock in ice cube trays and have stock on hand to add to any dish. Cook rice in stock, add to spaghetti sauce, or use for soup.

Recipe Corner

Chicken Broth in a Slow Cooker

INGREDIENT

- 2 1/2 pounds bone-in chicken pieces
- 6 cups water
- 2 stalks celery, chopped
- 2 carrots, chopped
- 1 onion, quartered
- 1 tablespoon dried basil

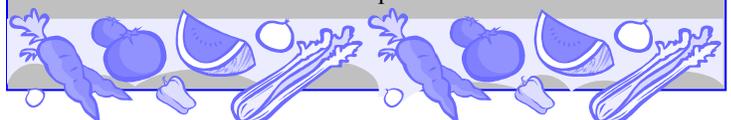


DIRECTIONS

1. Place the chicken pieces, celery, carrots, onion, and basil in a slow cooker.
2. Cook on Low setting for 8 to 10 hours. Strain before using, and discard vegetables. Chicken may be removed from the bones, and used in soup.

"This is the recipe I use to make chicken broth for use in other recipes. Because it's done in the slow cooker, you don't need to fuss with it. I like to use breasts and wings, but any bone in pieces will make a nice broth."

From Micki Stout - www.allrecipes.com



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Major Financial Sponsors are:

Hunger Task Force of Milwaukee
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Vilter Foundation
Stark Investments
Hunger Relief Fund



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