



# The Pantry Shelf

Project Concern of Cudahy - St. Francis

## Spring 2010

### *Pantry Hours*

#### **Monday**

9:00 am - Noon  
3:00 pm - 6:00 pm

#### **Wednesday**

9:00 am - Noon

#### **Friday**

9:00 - Noon

#### **First Saturday of the month:**

9:00 am - 11:00 am

#### **Tuesday**

by appointment only  
call 211

#### **Project Concern will be closed**

April 2, 3, 5, 7 and 8 • Spring Break  
May 31 • Memorial Day  
July 5 • 4th of July  
September 6 • Labor Day  
November 24 & 26 • Thanksgiving  
December 24, 27, 29, 31 • Christmas  
Reopen Jan. 3, 2011

### *Call 211:*

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

### *Location*

4611 West Kirkwood Avenue  
Corner of Plankinton and Kirkwood  
Avenues Lower level of Nativity  
of the Lord Parish

### *Phone*

414-744-0645

### *Mailing Address*

P.O. Box 100093  
Cudahy, WI 53110

### *E-Mail Address*

projectconcern@msn.com

### *Website*

www.projectconcerncudahy.org

## *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 and community organizations are encouraged to refer people to Project Concern. The pantry provides 3 to 5 days of food, personal care products, clothing and household items to individuals and families that meet income criteria. The pantry also provides information and referral services to other social services agencies and government programs.

### **Project Concern is an Equal Opportunity Provider.**

## *Stamp Out Hunger...*

Help stamp out hunger May 8, the Saturday before Mother's Day. Be a part of the largest food drive in the nation by leaving non-perishable food by your mailbox so your letter carrier can pick it up and deliver it to Project Concern. If you want to help with the Stamp Out Hunger Food Drive you can volunteer on Saturday, May 8 from between 11am to 5pm to collect and sort the food brought in by the letter carriers. Please call 744-0645 to volunteer for an hour or two or the whole day if you have the time. There is a lot of work, but a lot of fun, too. Work with your neighbors and friends to... **STAMP OUT HUNGER.** Project Concern relies on the Stamp Out Hunger Food Drive to meet the needs of our patrons. Last year Project Concern collected almost 7 tons of food. A fabulous amount of food, but the food was given out in just 3 months along with approximately 8 tons of food from Hunger Task Force. If you would like you can drop off food donations on May 8 or during the pantry's normal hours operation. If you would like to make a monetary donation please make checks payable to Project Concern and an envelope with our address is included in this newsletter. If you are interested in helping Project Concern or have any questions please call 744-0645.

## *A Benefit of Volunteering: Better Health*

Over the past two decades we have seen a growing body of research that indicates volunteering provides individual health benefits in addition to social benefits. This research has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer. Comparisons of the health benefits of volunteering for different age groups have also shown that older volunteers are the most likely to receive greater benefits from volunteering, whether because they are more likely to face higher incidence of illness or because volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing. Some of these findings also indicate that volunteers who devote a "considerable" amount of time to volunteer activities (about 100 hours per year) are most likely to exhibit positive health outcomes. *Source: National Corporation of Community and Service*

"Everybody can be great because everybody can serve."

— Martin Luther King, Jr.

## Join in and Volunteer

The Bureau of Labor Statistics annual report on volunteering show that 26.4% of the population volunteered through or for an organization at least once between September 2007 and September 2008. A few highlights from the report are: Women volunteer at a higher rate than men (29.4% of women compared with 23.2% of men), across all age groups, educational levels and other major demographic characteristics. Married persons volunteer at a higher rate 31.6% than those who have never married 20.4%.

If you are looking for a volunteering opportunity, contact Project Concern at 744-0645 or Cudahy-St. Francis Interfaith at 483-4474.

## Please Remember...

### **DO NOT leave donations outside of the Project Concern entrance.**

Items sitting in the elements often get damaged. 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 and arrange for a time to drop off your donations.

## Thank You!

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

**Hunger Task Force**

**UMOS-W2, Hunger Relief Fund**

**Food for the Hungry, Inc.**

**Cudahy and St. Francis-CDB Grant**

**Ladish Foundation**

**Cudahy Lions Club**

**Wixon Spice**

For your convenience, an 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.

## Spring Vegetables — Enjoy the Harvest

- **Artichokes** are harvested in the spring. Look for artichokes with tight, compact leaves and stems that have been freshly cut.
- **Arugula** is an aromatic salad green. It is also known as rocket. Rinse the leaves in cool water and dry on paper toweling. Wrap leaves tightly in plastic or a zip lock bag.
- **Asparagus** is harvested from March through June. The thickness is not an indication of tenderness. They are a good source of folic acid, vitamin A, B vitamins and vitamin C.
- **Carrots** where do we start. They are nutritional heroes, they store a goldmine of nutrients. No other vegetable or fruit contains as much carotene as carrots, which the body converts to vitamin A. Also an excellent source of vitamins B and C as well as calcium pectate. You can just peel and eat or add them to any dinner. Raw or cooked, they are hard to beat.
- **Cherries** are ready to harvest at the end of spring. They contain many vitamins, minerals and compounds which have many health benefits and a number of anti-oxidants which help "mop up" free radicals. We have a great source for cherries in Door County.
- **Green onions** and scallions another great source of flavor. They can be added to almost anything. A side garnish with a sandwich, add to a salad, toss into a sauce, or top a pizza. They are a great source of vitamin A and onions contain a substance that prevents the formation of blood clots.
- **Peas** come into season in the spring and continue into summer. This springtime favorite is loaded with vitamins A, B-1, B-6, C, and a supersized serving of osteoporosis-fighting K. A great ingredient to toss into salads.
- **Parsley** greens peek up in the spring and last all summer in your garden. Easy to grow and good for you. It contains three times more vitamin C than oranges and is a good source of manganese, calcium, and is exceptionally high in potassium, with one whole gram of potassium in 4 oz. It also helps fight body odor by eliminating internal toxins.
- **Rhubarb** is the first fruit of spring in many areas - look for heavy stalks with shiny skin. Use it in pies, desserts and sauces. Always needs a little sugar to offset its strong acidity.
- **Spinach** baby spinach springs up in the spring tender and tasty. It's known as the 'Powerhouse of Nutrients' among all green leafy veggies, the spinach is one of the most beneficial and healthy vegetables. It is filled with vitamins, proteins, anti-oxidants and essential nutrients that promote overall good health and well-being. Eat spinach as soon as you can, storage in the refrigerator causes quick vitamin loss.
- **Strawberries** are ready for picking near the beginning of June. You can pick your own at several farms in southeast Wisconsin. They are the most popular berry fruit in the world. This bright red fruit not only tastes great, but has a unique phenol content gives them heart-protective, anti-cancer, and anti-inflammatory properties.



## Recipe Corner

### Roasted Asparagus

In place of the lemon juice, you can drizzle a little balsamic vinegar over the asparagus.

#### Ingredients

1 lb fresh asparagus spears

1-2 Tbsp olive oil

2 cloves garlic, crushed

Kosher Salt

Freshly grated black pepper

Juice of 1 lemon

#### Instructions

Wash asparagus. Cut the tough ends off of the asparagus and discard.

Place the asparagus spears out in a single layer in a baking dish. Drizzle olive oil over the spears, roll the asparagus in the oil until completely coated. Sprinkle with crushed garlic, salt, and pepper. Roll again so that the ingredients are evenly distributed.

Place pan in oven and cook for approximately 8-10 minutes, depending thickness of asparagus spears, until lightly browned and tender when pierced with a fork. Drizzle with a little fresh lemon juice before serving.

Serves 4.

Temp. 400°F

*If life gives you lemons,  
put them to work!*



#### *Ant deterrent*

Pouring lemon juice around areas that ants frequent is said to repel them.

#### *All purpose cleaner*

An equal amount of lemon juice and water added to a spray bottle is an effective kitchen and bathroom cleaner and can also be used on walls (spot test first).

#### *Microwave*

Heat a bowl of water and lemon slices in your microwave for 30 seconds to a minute; then wipe out the oven. Stains will be easier to remove and old food odors neutralized.

#### *Fridge*

Half a lemon stored in your fridge will help control and eliminate unpleasant smells.

#### *Toilet*

Mix 1/2 cup borax and a cup of lemon juice for a powerful toilet cleaner that will leave it smelling extra clean!

#### *Lime scale*

Use a half lemon to clean the lime scale off a sink or taps/faucets; rinse well.

#### *Dishes*

A teaspoon of lemon juice added to your dishwashing detergent can help boost grease cutting power.

#### *Drains*

Hot lemon juice and baking soda is a good drain cleaner that is safe to use in septic systems.

#### *Glass and mirrors*

4 tablespoons of lemon juice mixed with half a gallon of water makes an effective window cleaner.

#### *Furniture*

2 parts olive oil or cooking oil mixed with 1 part lemon juice makes for an excellent furniture polish!

#### *Cuts, stings and itches*

A small amount of lemon juice pour onto minor wounds can help stop bleeding and disinfect the injury (it will sting a bit). Lemon juice applied to itches, poison ivy rashes and wasp stings is said to relieve discomfort.

#### *Hands*

The smell of fish can linger on your hands, even after scrubbing with soap - rubbing your hands with lemon juice will neutralize the smell and leave your hands smelling wonderful.

Isn't it incredible that a simple lemon offers so much of what we need!

### The State of Wisconsin

has taken over the food stamp system for Milwaukee County. People can apply for FoodShare (food stamps) or Badger Care health insurance by going to [www.access.wi.gov](http://www.access.wi.gov).

To report changes, ask questions and manage your case call 1-888-947-6583 or visit: 7630 W. Mill Road Northwest health Center.

*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 OF  
CUDAHY - ST. FRANCIS**  
4611 South Kirkwood Avenue  
Cudahy, WI 53110  
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## *Upcoming Events*

### *Stamp Out Hunger...*

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### *School Supply Drive*

May, June, July  
Drop off donations at Project Concern.

### *Stockbox Program*

to begin March 2010  
Food program for special populations  
Call Project Concern to find out if you are eligible.

# *Spring*

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U.S. POSTAGE  
**PAID**  
Cudahy, WI  
Permit No. 25