



# The Pantry Shelf

Project Concern of Cudahy - St. Francis  
Newsletter - Spring/Summer 2009

## 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 5 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.**



## STAMP OUT HUNGER...



May 9, 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 9 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 8 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 9th 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.

## *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.

## MOTHER'S DAY

Don't have a clue what to get your mother for Mother's day or would like to find a way to honor you mother? Make a donation in your mother's name to Project Concern. Project Concern will send your mother a card announcing your donation.



## QUOTES ABOUT MOTHERS

**Charlotte Gray:** Becoming a mother makes you the mother of all children. From now on each wounded, abandoned, frightened child is yours. You live in the suffering mothers of every race and creed and weep with them. You long to comfort all who are desolate.

**Napoleon Bonaparte:** Let France have good mothers, and she will have good sons.

**Aristotle:** Mothers are fonder than fathers of their children because they are more certain they are their own.

**Abraham Lincoln:** All that I am or ever hope to be, I owe to my angel Mother.

**George Washington:** My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute all my success in life to the moral, intellectual and physical education I received from her.

## PROJECT CONCERN PARTNERING WITH UMOS

Project Concern is funded through a grant from UMOS. UMOS is a private, non-profit corporation. UMOS mission is to provide programs and services which improve the employment, education, health, and housing opportunities of under-served populations. Two of the programs are:

**The FoodShare Employment and Training Program** - assisting people who get food stamps to find a job through work activities and education and training.

**W-2 Program** - providing a wide range of employment services and training help to eligible residents to get and keep a job through, trial jobs, community service jobs, W-2 Transitions positions and case management.

For more information visit Project Concern or contact UMOS directly...

UMOS Corporate Headquarters

2701 S. Chase Avenue, Milwaukee, WI 53207

Phone: (414) 389-6000 Fax: (414) 389-6047

Toll Free: 1-800-279-8667



## JOIN IN AND VOLUNTEER

The Bureau of Labor Statistics annual report on volunteering shows 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 744-0645 or Cudahy-St. Francis Interfaith 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 & collaborators:



**HUNGER TASK FORCE**

UMOS-W2, Hunger Relief Fund

Food for the Hungry Inc.

Cudahy & St. Francis-CDB Grant

Ladish Foundation, Cudahy Lions Club,

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.

## Hug Coupon

Hugs are fat-free, sugar-free and require not batteries. Hugs reduce blood pressure, body temperature, heart rate, and help relieve pain and depression

Redeem this coupon at your nearest participating human being

*Returns cheerfully accepted*

## IMPORTANT DATES



To better serve Project Concern patrons regular staff and volunteer meetings will be scheduled for the following dates from 11am until noon. This will mean patrons will not be served during these time.

**The second Monday of the month** - June 8, August 10, October 12 and December 14, all 11am

**The third Wednesday of the month** - June 17, August 19, October 21 and Dec. 16, all 11am

**The fourth Friday of the month** - June 26, August 28, October 23 and the third Friday December 18, due to the holidays.

**Meetings will also be on the last Monday of the month at 3pm.** The pantry will open on these dates at 4:00pm, June 29, August 31, October 26 and December 28.

The **First Saturday of the month**, we will not close early a brief meeting will be held from 11–11:30am. The dates are June 6, August 1, October 3 and December 5.



## PROJECT CONCERN WILL BE CLOSED

May 25, July 3, Sept. 7, Nov. 27

Dec. 23, 25, 30 and Jan. 1.

Please call 211 if you have an emergency food need when the pantry is closed.

**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.*

## TIPS FOR FRESH PRODUCE



Begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.

- ♦ **Cut away any damaged or bruised areas** on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be discarded.
- ♦ All produce should be **thoroughly washed before eating**. This includes produce even organically or home grown, or purchased from a grocery store or farmer's market. Wash fruits and vegetables under running water just before eating, cutting or cooking.
- ♦ **Even if you plan to peel** the produce before eating, it is still important to wash it first.
- ♦ Washing fruits and vegetables with detergent or soap or using commercial produce washes is not recommended.
- ♦ **Scrub firm produce**, such as melons and cucumbers, with a clean produce brush.

**Drying produce** with a clean cloth towel or paper towel may further reduce bacteria that may be present.

From: <http://www.foodsafety.gov/~dms/prodsafe.html>

## Recipe Corner

### Healthy Zucchini Salad

#### INGREDIENT

- 1 pound zucchini, thinly sliced
- Juice 1 lemon
- 1 tsp extra-virgin olive oil
- Freshly ground black pepper
- 4 tbsp finely chopped fresh basil

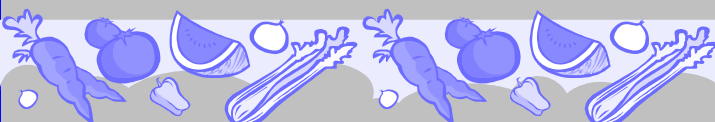


#### DIRECTIONS

Arrange thinly sliced zucchini in a shallow bowl. Drizzle with lemon juice and olive oil. Add a generous grind of freshly ground black pepper and sprinkle fresh basil on top. Serve at room temperature. Serves 4-6

**Per Serving:** Calories 34, Calories from fat 11, Total Fat 1.3g (sat 0.2g), Cholesterol 0mg, Sodium 3mg, Carbohydrate 4.4g, Fiber 1.5g, Protein 1.3g

From Fiona Haynes - <http://lowfatcooking.about.com/>



# PROJECT CONCERN OF CUDAHY-ST. FRANCIS

4611 S. Kirkwood Ave., Cudahy WI 53110

414-744-0645

projconcern@msn.com

www.projectconcerncudahy.org



## Upcoming Event:

Stamp Out Hunger Food Drive  
Saturday, May 9, 2009



PROJECT CONCERN  
Of Cudahy-St. Francis  
P. O. Box 100093  
Cudahy, WI 53110

Postal Customer

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