Mom! I’m hungry, what is there to eat? For many families and individuals hunger is an ongoing problem. Project Concern and the CSFI Program for the Elderly partner together with Hunger Task Force to make sure no one goes to bed hungry.

How Can I Help? There are 3 ways to help:
1.) Leave nonperishable food items near your mail box to be picked up on Saturday, May 7th, by 9am.
2.) Help collect food from letter carriers in Cudahy between 9am and 5pm.
3.) Help sort donations as they come into the food pantry between 11am and 5pm, on May 7th.

Helping with the food drive is an excellent way to teach your children, of any age, that working with the community to help others is a wonderful, rewarding experience. You can even get a group together and work as a team. It’s fun!

YOU CAN MAKE A DIFFERENCE
Everyone is welcome to help, one hour or two, or the whole day if you have the time.

STAMP OUT HUNGER!
If you are interested in volunteering, please contact us at 744-0645 or

(more info inside →)

Free disposal of your unused prescription drugs - Cudahy Police Department Lobby (Open 24 hours/day)

Why do unused medications need to be disposed of properly?
- Unused medications are harmful to the environment
- Unused medications contaminate the water supply
- Unused medications are hazardous to children, adolescents, and pets

Sharps Disposal
- Sharps disposal is available for all Cudahy residents who use syringes or blood testing equipment in their homes.
- Sharps must be placed in a rigid, puncture-proof container such as a laundry detergent bottle with a secure lid.
- A biohazard label should be placed on the outside of the container (the health department will supply a sticker if needed). Sharps can be brought to the Cudahy Health Department at 5050 S Lake Drive during normal business hours, 8-4:30PM, for FREE disposal.
- Proof of residency in Cudahy is required.++

Kind Hearts are the gardens
Kind Thoughts the roots
Kind Words the flowers
Kind Deeds the fruits
Phone: 414-744-0645
Fax: 414-744-0645
Email: projconcern@msn.com
Twitter: “Project Concern”
Mailing Address:
P.O. Box 100093
Cudahy, WI 53110-0093
Location:
4611 S. Kirkwood Ave, Lower Level
of the Nativity of the Lord Parish
Cudahy, WI 53110

Hours of Operation:
Monday 9:00 am to Noon
3:00 pm to 6:00 pm
Wednesday 9:00 am to Noon
Friday 9:00 am to Noon
1st Saturday of the month
9:00am to 11:00 am
By appointment
      Wednesday & Friday from 12:30pm to 2:30pm
Website: projectconcerncudahy.org
Like us on Facebook:
      Project Concern of Cudahy-St. Francis

Food Pantry Services:
♦ Emergency food in collaboration with Hunger Task Force.
♦ Shopping for clothing, household items, toys and more.
♦ Personal care products.
♦ Information and referral services.
♦ Birthday cake mix and gift for children
♦ Seasonal programs:
      School Supplies for students.
      Special holiday food baskets for families with children.
      Holiday gift program for children 17 and younger.

All services are provided free of charge.

Donation Suggestions

Recent studies list the healthiest food items to donate are:
♦ Canned proteins—tuna & chicken & salmon
♦ Infant cereal & Stage 1 baby food
♦ Canned Fruit cocktail & pineapple in light syrup
♦ Dried or canned beans, black, red, pinto, etc.
♦ Canned tomatoes or tomato sauce
♦ Brown rice and whole wheat pasta
♦ Cooking oils, olive, sunflower and canola
♦ Oatmeal
♦ Spices—black pepper, salt, cinnamon, etc.
♦ Other food items we need are:
♦ Peas, yes peas!
♦ Kid friendly soups
♦ & cream soups

Last year Project Concern collected over 5 tons of food during Stamp Out Hunger. This is an impressive amount of food, however the food only lasted for 3 months to supplement the 14,000 pounds of food given by Hunger Task Force each month.

We thank Hunger Task Force for supplying Project Concern with food and for inspecting our pantry and providing training, to ensure that we are working at their standards of excellence.

Dee’s Now Famous Volunteer Pretzel Salad

Mix and press into 9 by 13 pan:
2 cups pretzels (crushed, not fine)  3/4 c. margarine melted
3 Tablespoons sugar  Bake at 400 for 8-10 minutes

Mix and stir until dissolved:
6oz strawberry jello into 2 cups boiling water     cool then add 2
10oz packages strawberries.    Place in fridge for 30 minutes

Mix:
8 ounces cream cheese with  1 cup sugar and 2 cups cool whip.
Spread on cooled pretzel mixture. Pour jello mixture on top and refrigerate. Let set 4 to 5 hours before serving.

Recipe Corner
Volunteer your way to a happier and healthier life!

Helping others can actually help you. Studies have shown that people who volunteer for a cause they believe in have received definite health benefits. In Canada teens who gave their time and energy to others found that they lost weight and gained a much more positive attitude toward life and the needs of others. One or two hours a week can make a difference in someone's life, and yours as well!! At Project Concern and CSFI we have opportunities for all:

- Deliver food to homebound seniors.
- Drive seniors to appointments.
- Help with or hold a fundraising event.
- Hold a food, clothing, or personal care item drive.
- Research and request donation.
- Run errands, picking up donations.
- Work in the office of either organization.

Volunteer forms are available on our websites and at our offices. Contact either Project Concern or CSFI Program for the Elderly for more information.

WAYS TO CARE

Our organizations depend on your donations. If you wish to donate, there is a self-addressed envelope included in this newsletter. Please indicate on the envelope which organization you wish to give to: CSFI Program for the Elderly, Project Concern or Both. Undesignated donations will be used by the organization in the greatest need at the time the donation is made. For those who prefer the convenience of online giving visit our website and click on the

Donate Now button. THANK YOU!!!!!
“ECRWSS”

POSTAL CUSTOMER

Project Concern and CSFI

Closing Dates

May 6th, 7th, & 9th
Stamp Out Hunger Food Drive
May 27th & 30 – Memorial Day
June 17th—Cleaning Day
July 1st, 2nd, & 4th
Independence Day Weekend
August 19th—Cleaning Day
September 2nd, 3rd & 5th
Labor Day Weekend
October 31st—Halloween

DROPPING OFF DONATIONS?
Project Concern welcomes your donations of clothing, household items, toys, books, etc. The pantry appreciates your kindness but doesn’t have the ability to launder or repair donated items. Items not accepted are mattresses, large pieces of furniture, items that are broken, missing pieces, stained, torn or containing hazardous materials. Please only drop off donations when our facility is open. Items left outside can be damaged by the weather and pose a hazard to anyone trying to get in or out of the building.

RESOURCES NUMBERS

2-1-1 IMPACT 24 hour helpline

- Aging Resource Center of Milwaukee County - (414) 289-6874
- Hunger Task Force for Senior Benefit Specialist - (414) 588-7132
- SDC Senior Benefit Enrollment Service - (414) 906-2706
- JFS Counseling for Disabled Seniors - (414) 225-1374
- Domestic Violence 24 hour hotline - (414) 933-2722

Thank you to:

HUNGER TASK FORCE
FREE & LOCAL

Project Concern and CSFI Program for the Elderly are equal opportunity providers and employers.