



The Pantry Shelf

Project Concern of Cudahy - St. Francis
Newsletter - Fall 2007

PROJECT CONCERN

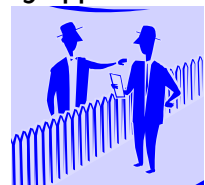
Project Concern is an emergency food pantry serving Cudahy and St. Francis. The pantry provides for 3 to 4 days of food, personal care products, clothing and household items to individuals and families that meet income criteria. The guidelines/criteria for services are set by the federal government. Hunger Task Force is the pantry's main contributor of food. To be served by the pantry an individual can make no more than \$1511 per month and a family of 3 cannot have a gross income over \$2560 per month.

Individuals and community organizations are encouraged to refer people to Project Concern.

VOLUNTEERING OPPORTUNITIES AT PROJECT CONCERN

Project Concern has many ways people can volunteer.

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 cost.
4. Volunteer your time. There are many volunteering opportunities:
 - Stock, sort, and organize donations.
 - Deliver food to the homebound
 - Pick up donations or supplies
 - Help with office duties
 - Help clean the pantry
 - 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.
 - Apply to become a Project Concern Board member to help set the course of the pantry.



DOANTE

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.

Pan-

try 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 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

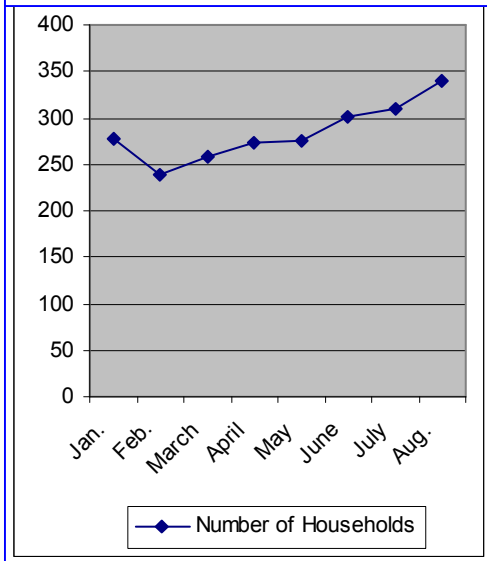
Website:

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.

**NUMBER OF HOUSEHOLD SERVED PER MONTH
JANUARY TO AUGUST 2007**



HELP FOR 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.

DONATIONS - DONATIONS - DONATIONS

Thank you to all those that donate to Project Concern.

We do ask...

that you do not leave donations outside of the Project Concern entrance. If you cannot drop off donations during normal operating hours please call the Director and arrange for a time to drop off your donations.

Please remember we can not accept:

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



IN THE USA...

Nearly 13% or 37 Million Americans live in a state of hunger, hardship and poverty. (Catholic Campaign for Human Development)

PROJECT CONCERN STAFF

- Dick Buschmann, Director
- Debby Pizur, Outreach Coordinator
- Hector Orenco, Outreach Specialist
- Irene Miller, Outreach Specialist

PROJECT CONCERN 2007 CHRISTMAS HOLIDAY ASSISTANCE

Project Concern is looking for individuals and groups that will "sponsor" Project Concern patrons' children. Individuals will purchase one item from the child's Christmas wish list and asked the item be deliver to the unwrapped item to Project Concern during the month of November.



Patrons requesting holiday gifts for their children must complete the Holiday Assistance Sign-up form and return it to Project Concern before **October 31, 2007**. 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.

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.



A SPECIAL THANK YOU TO...



Hunger Task Force is Project Concerns largest donor of food. Our Regular Volunteers and Major Supports: UMOS-W2, Hunger Relief Fund Cudahy and St. Francis City Community Development Block Grants Ladish Foundation, Cudahy Lions Club, Vilter Foundation, Stark Investments.

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

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

WHAT DOES THAT MEAN?

What the heck do all those "date" terms mean on our food packages? The following is a list of terms that can help you decipher some of the language you find on products.

Types of Dates:

- A **"Sell-By"** date tells the store how long to display the product for sale. You should buy the product before the date expires.
- A **"Best if Used By (or Before)"** date is recommended for best flavor or quality. It is not a purchase or safety date.
- A **"Use-By"** date is the last date recommended for the use of the product while at peak quality. The date has been determined by the manufacturer of the product.
- **"Closed or coded dates"** are packing numbers for use by the manufacturer.
- An **"Expiration Date"** is the last day the product should be eaten.
- A **"Packaged Date"** does not tell you how long the food will be good but when the product was produced.
- For More info about food safety and to keep up-to-date on food recalls go to....

www.fsis.usda.gov/Food_Safety_Education/index.asp



HAND SANITIZER AND CHILDREN

Accidental ingestion of hand sanitizer is likely to be non toxic to children. However any exposure should be called to the Poison Center 1-800-222-1222). The benefits of using hand sanitizer outweighs the small risk of exposure. Please keep your sanitizers out of reach of young children and supervise its use.



PROJECT CONCERN COMMUNITY SURVEY RESULTS

Project Concern did a Community Survey in Fall 2006. Sixty two surveys were returned. The conclusion reached after analyzing the data was most people were aware of Project Concern but not all of the people knew that the pantry serves both Cudahy and St. Francis. The vast majority of respondents knew Project Concern accepted donations, but fewer people were aware that Project Concern accepted toys and food.

Approximately a third of those answering the survey said they would volunteer. Volunteers are an essential part of Project Concern and are always needed. On page one of this newsletter there are suggestion on how people can help.

Over half of the people answering the survey either indicated they did donate or would donate to Project Concern. The pantry is only able to serve people if it gets donations. Donations are accepted during regular operating hours.

Most people (77%) never referred anyone to Project Concern. The pantry would like all community members to help us get the word out about our services and to refer people to us if they need food, clothing, or information that can help them improve their situation.

THOUGHT FOR TODAY

You cannot hope to build a better world without improving the individuals. To that end each of us must work for his own improvement, and at the same time share a general responsibility for all humanity, our particular duty being to aid those to who we think we can be most useful. Marie Curie (1867-1934)

Acorn Squash Cooking Tips

- You'll need to remove the fibers and seeds from the center of the acorn squash before steaming, broiling or baking.
- A sturdy knife to slice acorn squash in half is a necessity. To make the squash easier to cut, pierce the skin in a few spots, place it in a microwave oven and heat on high for 2 minutes. Let stand for another few minutes before carving.
- When halving, cut through the stem end to the point rather than across the diameter.
- To prevent halves from rocking on the baking tray, cut a small slice off the bottom to flatten it.
- The ribbed shape of the acorn squash makes peeling it virtually impossible, but wonderful for stuffing with a wide variety of fillings.

Recipe Corner

Spicy Acorn Squash Stew



Ingredients

- Vegetable cooking spray
- 4 (6-inch) corn tortillas, cut into one-half-inch strips
- 1 pound skinned, boned chicken breasts, cut into one-inch cubes
- 1/4 cup all-purpose flour
- 4 cups canned no-salt-added chicken broth, undiluted
- 2 cups peeled, cubed acorn squash
- 1 cup sliced carrot
- 1 cup sliced onion
- 1/2 cup sliced celery
- 1 1/2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 2 cloves garlic, minced
- 1 cup chopped fresh cilantro

Instructions

Coat a baking sheet with cooking spray. Place tortilla strips on baking sheet; coat strips with cooking spray. Bake at 400 degrees for 9 minutes or until crisp. Set aside.

Combine chicken and flour in a heavy duty, zip-top plastic bag. Seal bag and shake until chicken is well coated.

Coat a Dutch oven with cooking spray; place over medium-high heat until hot. Add chicken mixture; sauté five minutes or until chicken begins to brown. Remove chicken from Dutch oven and set aside.

Combine broth and next eight ingredients in Dutch oven. Bring to a boil; cover, reduce heat and simmer 10 minutes. Add chicken and simmer 10 additional minutes, or until vegetables are tender and chicken is done. Stir in cilantro and top with tortilla strips just before serving.

Yield: 4 servings

Recipe from: Health Journal

PROJECT CONCERN OF CUDAHY-ST. FRANCIS

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www.projectconcerncudahy.org



Major Financial Sponsors are:

Hunger Task Force of Milwaukee

UMOS-W2

Cudahy & St. Francis City

Community Development Block Grants

Ladish Foundation

Cudahy Lions Club

Vilter Foundation

Stark Investments

Hunger Relief Fund



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