



# *The Pantry Shelf*

Project Concern of Cudahy - St. Francis

## Fall 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**

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 2010 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 deliver 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 29, 2010. 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 15 and December 15.

## **Wisconsin's Senior Dining Program: 38 Years of Food, Fellowship, & Fun!**

The Older Americans Act (OAA) Nutrition Program (called Senior Dining in Wisconsin), is the largest and most visible, federally funded community-based nutrition program for older persons. This program seeks to: 1) reduce hunger and food insecurity; 2) promote socialization; and 3) promote the health and well-being of older individuals by assisting such individuals. Meals are available to all individuals age 60 and over. Meals are served at approximately 600 locations throughout Wisconsin. Participants are asked to contribute what they can afford to contribute toward the cost of the service.

Kelly Senior Center in Cudahy • 6100 South Lake Drive • 414-481-9611.



"We make a living by what we do,  
but we make a life by what we give."

– Winston Churchill

## 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**

**Feeding America SE WI**

**Hunger Relief Fund**

**Food for the Hungry, Inc.**

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

**Ladish Foundation**

**Cudahy Lions Club**

**Patrick and Anna M. Cudahy Fund**

**Grainger Foundation**

**Rotary Club of Mitchell Field**

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.

## Vinegar—The Natural, Safe Way to Clean

- **Deodorize the sink:** Pour 1 cup baking soda, followed by 1 cup hot vinegar, down the drain. Let sit for at least 5 minutes, then rinse with hot water.
- **Deodorize the garbage disposal:** Make ice cubes out of vinegar. Run the disposal with a few vinegar ice cubes and cold water.
- **Clean the fridge:** Use a mixture of half water, half vinegar to wipe the interior shelves & walls.
- **Bust oven grease:** If you've got grease spots on the oven door, pour some vinegar directly on the stains, let it sit for 15 minutes, and wipe away with a sponge.
- **Remove stains in coffee cups:** Create a paste using of equal parts vinegar and salt (or in lieu of salt, baking soda) and scrub gently before rinsing.
- **Treat Tupperware stains (and stinkiness):** Wipe the containers with a vinegar-saturated cloth.
- **Remove stickers or labels:** Cover the sticker with a vinegar-soaked cloth. Let it sit overnight—it should slide right off by morning.
- **Shine porcelain sinks:** A bit of vinegar and a good scrub should leave them sparkling.
- **Clean grout:** Pour on vinegar, let it sit for a few minutes then buff with an old toothbrush.
- **Clean the shower door:** Spray them down with vinegar pre-shower, or post (after you've squeegeed the glass) to remove hard water deposits.
- **Polish linoleum floors:** Add 1 cup of vinegar for every gallon of water used to wash the floor.
- **Disinfect wood cutting boards:** Wipe down wood boards with a wash of vinegar.
- **Clean the microwave:** Fill a microwave-safe bowl with 2 cups water and ½ cup vinegar. Heat it on full power for 3 - 4 minutes until it comes to a boil. Keep the door closed for a few minutes longer to let the steam fill the microwave, loosening the grime. Remove the bowl (carefully!) and wipe down interior walls with a sponge.
- **Polish patent leather accessories:** Give them a rub with a vinegar-soaked cloth. Buff with a dry cloth.

## Welcome, Baby!

Day: Wednesdays – 10 weeks,  
starting September 15

Time: 11:30 am until 1:00 pm

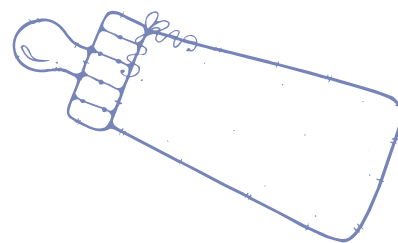
Place: Family Life Center

1441 W Oakwood Road, Oak Creek, WI 53154  
762-0552

Facilitator: Gail Green

Fee: Free - Donations appreciated

**Welcome, Baby!** will give you an opportunity to meet other new and expecting parents. It will help you prepare for the arrival of your baby and learn about how babies grow and develop. You will also find out about other community resources related to parenting. Join us and explore the joy of being a parent while enjoying snacks and surprise gifts. Welcome, Baby is a collaboration with The Parenting Network.



## Recipe Corner

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### Roasted Root Vegetables

3 carrots, peeled and cut in pieces  
2 turnips, peeled and slice  
3 small potatoes, scrubbed cut in pieces  
1 parsnip, peeled, trimmed, and  
cut diagonally into 1-inch-thick slices  
2 large onions, trimmed,  
peeled and halved  
2 large beets, peeled and cut  
into thick wedges  
1 shallot, chopped  
1 kohlrabi bulb, peeled and cut into thick wedges  
1/2 head garlic, separated into cloves, unpeeled  
1 t. rosemary, sage, or thyme  
Salt  
Black pepper  
Olive oil

#### Directions

Preheat the oven to 400 degrees F.  
Put all the vegetables and the herb sprigs in a large baking dish. Season well with salt and black pepper, drizzle generously with olive oil, and toss them with your hands to coat them evenly.  
Put the baking dish in the preheated oven and cook, tossing the vegetables occasionally, until they are tender and golden brown, about 1 hour.  
Serve the vegetables from their baking dish or transfer them to a platter to accompany a roasted main course.

## The Nutrition Source

Aside from not smoking, the most important determinants of good health are what we eat and how active we are. The Nutrition Source is designed to get you started down the path toward the healthiest diet possible. In the What Should You Eat section, you'll find eight key tips for eating right, plus their bottom line recommendations on carbohydrates, protein, fats, fiber, vegetables and fruits, calcium and milk, alcohol, and vitamins. You can also learn more about a food pyramid that's actually based on the latest science: the Healthy Eating Pyramid, created by the Department of Nutrition at Harvard School of Public Health. A lot of confusing information about nutrition gets batted about in the media and on the Web. The Nutrition Source will cut through all that confusion, providing clear tips for healthy eating and dispelling a few nutrition myths along the way. Knowledge for healthy eating at [www.hsph.harvard.edu/nutritionsource/index.html](http://www.hsph.harvard.edu/nutritionsource/index.html).

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**FoodShare Wisconsin** – a recipe for good health FoodShare Wisconsin was created to help stop hunger and to improve nutrition and health. FoodShare helps people with limited money buy the food they need for good health. Each month, people across Wisconsin get help from FoodShare. They are people of all ages who have a job but have low incomes, are living on small or fixed income, have lost their job, retired or are disabled and not able to work. FoodShare Wisconsin web links:<http://dhs.wisconsin.gov/foodshare/index.htm><http://dhs.wisconsin.gov/foodshare/feligibility.htm>, how to get Food Share benefits<http://dhs.wisconsin.gov/em/imagencies/index.htm>, where to apply for Food Share<http://dhs.wisconsin.gov/forms/F1/F16019B.pdf>, Food Share application (a fillable, printable form)<https://access.wisconsin.gov/>, to see if an individual or family may be able to get FoodShare Benefits before applying, use the "Am I Eligible" tool<http://dhs.wisconsin.gov/foodshare/fpl.htm>, monthly income limits for Food Share

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## WIC

### Special Supplemental Nutrition Program for Women, Infants and Children

The purpose of the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is to promote and maintain the health and well-being of nutritionally at-risk pregnant, breastfeeding and postpartum women, infants and children. WIC provides supplemental nutritious foods, nutrition and breastfeeding information, and referral to other health and nutrition services. WIC promotes and supports breastfeeding. Contact the Cudahy WIC Clinic at the Cudahy Health Department, 5050 South Lake Drive, (414) 769-2229 for the further information.

***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  
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***Upcoming Events***

***Holiday Giving...***

Thanksgiving Baskets

Holiday Gifts

***Fall***