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Hunger shouldn't be an option

Fresh Produce Appeal

We're committed to providing healthy food to our Pantry clients, and we know that nutrient-rich, fresh fruits and vegetables are essential components of our diets. But fresh fruits and vegetables also can be expensive...many Pantry clients, including older adults and families with young children, cannot afford these important foods. With your support, we are able to fill that void.

You probably received our annual *Fresh Produce Appeal* in the mail. Your financial donation helps us to secure and distribute wholesome, nutritious fresh produce to Pantry clients facing crises of poverty and hunger, and we thank you for giving generously. You can donate to our *Fresh Produce Appeal* online through our [donation page](#).

You also can donate using our virtual food drive, where you can pledge dollars toward specific fresh produce items. It's an easy and fun way for families to sit down at the computer together and decide what to give. For children especially, placing the items into the online shopping cart can make quite an impact. [Click here to try it now](#). (Actual product mix and quantities may vary, depending on availability and need, but all will purchase fresh produce.)

If you already have made your donation, thank you. And, if you have yet to do so, thank you in advance. Through your generous support of the Squirrel Hill Food Pantry, you truly make a difference in the lives of those who are struggling. [Read the personal account](#) of one Pantry mother, who shared her thanks for our generous community in a guest column of The Jewish Chronicle on Thursday, November 26th.

Season's greetings

Many of you are preparing to celebrate Hanukkah, Christmas, the New Year and other winter holidays with your families. Thanks to your support and the generosity of many community organizations, our Pantry clients will be able to delight in the season with their families, too.

The Jewish Community Center (Squirrel Hill and South Hills locations), Hillel JUC and many area youth groups are hosting toy drives to collect presents for Pantry children. In addition, for the first time this year, the Pantry is a *Toys for Tots* distributing organization, which means the children of Pantry families each will receive a new toy for the holidays. For parents struggling to feed their families, parents who might otherwise not be able to give

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Would you like to know what's happening at the Squirrel Hill Food Pantry's parent

organization, JF&CS? [Email us](#) to sign up for the Item of Note, and get JF&CS news delivered weekly to your inbox. (Please include the word "subscribe" in your email subject.)

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their children gifts, this is a special, much-appreciated program.

Between community toy drives and *Toys for Tots*, the Pantry will be an exciting place this month for our families, and we look forward to sharing in their joy.

If you'd like to organize a winter holidays gift collection or food drive with your family, organization or business, please [contact us](#) at the Pantry.



Pantry Director Becky Abrams and host Allison Sanders at the Pantry's Pampered Chef show. Thanks to Allison for donating a portion of event proceeds to the Pantry - and thanks to all of you who ordered. Happy cooking!

Donating to the Pantry

If you'd like to donate to the Pantry, you can do so online via our [annual campaign](#), [Fresh Produce initiative](#) or [tribute fund](#) in honor or memory of someone special. To host a traditional kosher food drive using one of our yellow collection barrels, please [contact us](#) for more information.

What do we need this month? The December Food of the Month is vegetable oil, which many Pantry families will use to cook latkes (potato pancakes) for Hanukkah and other special foods for the holidays this month.



Photo courtesy of ohmeaghan/Creative Commons.

Remember the Pantry when you're doing your holiday meal shopping and spot a ""Buy one, get one free" - consider keeping one for yourself and donating the other!

As with all donations to the Pantry, please check that donated food

is kosher and marked with one of the following symbols:



Another way to donate to the Pantry is through our *Centerpieces for Tzedakah* program. You can rent our food baskets in lieu of flowers as celebration centerpieces and bimah baskets, and your tax-deductible donation helps to feed individuals and families that rely on the Pantry. The baskets are decorated with beautiful bows in the colors of your choice, and each has a card attached acknowledging your support. Some *Centerpieces for Tzedakah* patrons supply their own bows or have their baskets decorated by florists or other party professionals. It's an easy, meaningful way to add significance to your special occasion. [Contact us](#) for more information or to place an order.

Volunteer at a Sunday packing

On two Sundays every month, Pantry volunteers pack more than 400 bags of nonperishable food and fresh produce. Sunday packings take place from 9:00 - 10:30am and are a great service project for individuals, families and groups.

While pre-scheduling is recommended, if you find some last-minute time on a Sunday packing day, we won't turn you away! To learn more or reserve your space please [contact us](#).

Note that spaces for groups fill quickly, and for this reason we ask that you schedule your group at least one month in advance.

Upcoming Sunday packings with open spaces:

December 20th
 January 10th
 January 24th
 February 7th
 February 21st

Other Pantry volunteer opportunities

Can't make a Sunday packing but still seeking a hands-on volunteer project?

Come join us as we unload a delivery truck for the Greater Pittsburgh Community Food Bank. Our monthly deliveries include 8,000 pounds of kosher food, but don't worry! We unload it just a few pounds at a time. If you're able to help us lift* and sort Wednesday, December 16th, Wednesday, January 13th or Wednesday, February 10th at 9:00am, please [contact us](#) to reserve your space.

*Volunteers should be able to lift and carry up to 40 pounds multiple times.

The Pantry also needs volunteers with vehicles for two activities: food drive pickups and recycling drop offs. Several area schools, congregations and organizations accept kosher food donations. The Pantry needs volunteers to empty our yellow collection barrels and deliver the food to our distribution center on Forward Avenue. We also need volunteers to take bottles, cans, cardboard and paper from our distribution center to a recycling center. To learn more about either of these opportunities [contact us](#).

Pantry Hours:

Monday - Thursday 9:00am - 12:30pm

Friday 9:00am - 11:30am

2 Sundays a month 11:00am - 1:00pm

*Please contact the Pantry at
412-421-2708
for appointments outside of the normal business hours.*

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