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Hunger shouldn't be an option

A year in review

2009 was a year of challenges for many individuals and families throughout the country, and our neighbors in Squirrel Hill were no exception. Thanks to your support as donors and volunteers, we were able to provide food and supportive services to those living in our community who, without our help, would have gone to bed hungry.

Here's a quick glance at the Squirrel Hill Food Pantry in 2009:

In 2009 the Squirrel Hill Food Pantry served more than 730 people - the highest number served in the Pantry's 11-year history.

On average the Pantry distributed 14,000 pounds of kosher food, including 3,000 pounds of fresh produce, to 500 people each month in 2009. This was an additional 5,000 pounds of food distributed each month as compared to our 2007 averages.

To accomplish our work in 2009, the Pantry relied on more than 380 volunteers who provided 1,900 hours of support through bag packings, client deliveries, food drive pickups and recycling drop-offs.

Our sincere gratitude to you for your commitment. And we look forward to working together again in 2010, as we strive to reach our mutual goal of ending hunger in our community.

Keeping clients warm: UJF Women's Philanthropy food drive

The UJF Women's Philanthropy is warming homes and hearts this winter.

Now through Thursday, February 4th the UJF Women's Philanthropy is collecting kosher soup and kosher hot chocolate for our Pantry clients. You can help by bringing kosher soup (canned or boxed) or packages of kosher hot chocolate whenever you attend UJF [events](#) or by dropping your food drive donation off at the Pantry.

Volunteers are invited to attend a [special packing](#) of the kosher soup and kosher hot chocolate collected during the food drive on Thursday, February 4th (10:00am - 12 noon at the Pantry). For

January 2010

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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.)

facebook

Do you have a Facebook account?

[Become a fan of the Squirrel Hill Food Pantry!](#)

And don't forget to invite your Facebook friends.

[Join Our Mailing List!](#)

more information or to RSVP for the special packing please contact [Jessica Blose](#) at 412-992-5210.



Photo courtesy of RobertCouse-Baker/Creative Commons.

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 January Food of the Month is peanut butter.



Photo courtesy of Foodistablog/Creative Commons.

Remember the Pantry when you're doing your 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:

February 7th
February 21st
March 7th
March 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, January 13th at 9:00am 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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