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Hunger Shouldn't Be an Option



Kids Helping Kids with After School Snacks

Local school children from Congregation Beth Shalom found a unique way to help Squirrel Hill families in need when the kids donated their time and artistic skills on November 6 to pack up and decorate after-school snack bags for the Squirrel Hill Community Food Pantry's youngest clients.

Each white lunch bag was hand-decorated with pipe cleaners, stickers, glitter and markers by the youngsters (who ranged in age from kindergarten to second grade) and filled with their donations of shelf-stable individual packs of applesauce, granola bars and small boxes of raisins. The purpose of the exercise was to draw attention to the needs of the Pantry's younger clients, who often come home from school with no after-school snack waiting for them. When parents visit the Pantry to do their shopping this month, those with younger children take a snack bag for each of them -- while supplies last.

Some of the colorful bags pictured below were decorated with slogans such as "Feed the World" and crayon drawings of the USDA's food pyramid.



Donor Spotlight: Jones and Fisher Families

Right in tune with the holiday season, the Squirrel Hill Community Food Pantry wanted to shine a light on the kindness and generosity of two of our donor families. Every year for the past three years, the Jones and Fisher families of Monroeville have made it a family

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For every \$18 you donate, the Squirrel Hill Community Food Pantry can purchase \$72 of food for clients.

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[Squirrel Hill Community Food Pantry](#)



Would you like to know what's happening at the Pantry's parent organization, [JF&CS](#)?

mission that instead of Hanukkah presents, they pool their holiday gift budgets and give to the Pantry.

On December 4, the families made a visit to Sam's Club and donated a whopping 984 pounds of food to help the SHCFP during the holiday season, buying cases of soup, canned vegetables, canned tuna, canned salmon and boxed cereals.

The SHCFP thanks the Jones and Fisher families as well as all of our donors who help us this time of year and year round!



Signup for our brief newsletter and get JF&CS news delivered weekly to your inbox.

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SHCFP's New Gluten Free Offerings

The Squirrel Hill Community Food Pantry is happy to announce that starting in 2012 the Pantry will feature a gluten free section. The Pantry, along with other food pantries in the area, was asked by the Pittsburgh Community Food Bank to take part in this project to fill a need for those clients who have food sensitivities to gluten.

More Americans today are being diagnosed with celiac disease, a chronic autoimmune disorder of the intestines that is triggered by the ingestion of gluten -- the protein found in wheat, rye and barley. People can still enjoy many grains that do not have gluten, like rice, corn, soy, potato, quinoa, millet and buckwheat.

With this in mind, the SHCFP has added gluten free food items to our Foods of the Month wish list. Please see the list below ([or click here to print it](#)) and consider purchasing one or more of these gluten free (GF) items on your next shopping trip! Thank you for your support.

- January- GF Soup
- February- GF Hot Cereal
- March- Rice and GF Boxed Meals
- April- GF Cereal
- May- GF Breakfast or Protein Bars
- June- GF Pasta and Grains
- July- Rice and GF Boxed Meals
- August- GF Snacks (Rice cakes, soy chips, applesauce)
- September- GF Cold Cereal
- October- GF Breakfast or Baking Mixes
- November- GF Pasta and Grains

An Apple a Day Keeps the Doctor Away

Healthy eating really does cost more. For low-income families struggling to feed themselves and their families, fruits and vegetables are out of reach -- especially at this time of year when produce must be transported into Pittsburgh from warmer regions.

That's why we're committed to making sure that those who come to our Squirrel Hill Community Food Pantry (SHCFP) have not only a sufficient supply of non-perishable food items, but also the fresh produce required for good health.



As you know, we do a specific fundraiser each year for this purpose. You may have received this and even responded -- we've gotten lots of generous contributions already. Thank you for your generosity!

The SHCFP operates with the support of caring people like you. Without the money, food and time/volunteer donations received, we would not be able to survive. It's simply too expensive a program, but a program our community cannot do without.

If you haven't already made your 2011 Fresh Produce donation, please mail it in or go online and donate now. Just select "Sq Hill Pantry Fresh Produce" in the Program Designation drop-down on the [Donation page](#).

Donating to the Pantry

What do we need this month? The December Foods of the Month are hot cereal and soup. We also need extra donations of non-food products, such as shampoo, dishwashing soap and paper products! You can drop donations off at the Pantry or place them in the yellow donation baskets at the following locations: Tree of Life-Or L'Simcha, Rodef Shalom, Temple Sinai, Adat Shalom, Beth Shalom, Shaare Torah and the Anathan Club.



Remember the Pantry when you're doing your shopping and spot a "Buy one, get one free" - consider keeping one for your family and donating the other! Not sure what foods the Pantry needs? Refer to our [Pantry Shopping List](#).

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.



Calling all volunteers

Individual volunteers, schools and community groups are vital parts of our Pantry's operation. Prior training is not required for most volunteer opportunities. You only need to be committed and enthusiastic individuals who have some free time and want to help. Children are welcome when accompanied by an adult.

Since many of the duties require multiple people, this is a great opportunity to spend some quality time with your family, friends or group while providing an essential service to our community's most vulnerable.

Many of our volunteer spots are filled through August, but we are currently in need of volunteers for **drop-off recycling** - volunteers with valid driver's licenses to deliver our numerous cardboard boxes to the recycling facility (2-3 volunteers weekly). We also need volunteers with valid driver's licenses to **pick up bread donations** Monday through Friday mornings from Giant Eagle. Any volunteers would be a huge help!

Pantry Hours

Monday: 9:00am - 12:30pm (and 5:00 - 7:00pm by appointment only)
 Tuesday: 9:00am - 12:30pm and 1:30 - 3:00pm
 Wednesday: 9:00am - 12:30pm
 Thursday: 9:00am - 12:30pm and 1:30 - 3:00pm
 Friday: 9:00am - 12:30pm
 One Sunday a month by appointment only

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

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