



Louise's Pantry NEWSLETTER



EXPO MILAN 2015

Dear Friends,

On July 30, I had the opportunity to take part in EXPO 2015 in Milan, Italy. The EXPO, which runs through October 2015, presents the challenges and innovations in meeting the food needs of nearly 8 billion people on planet Earth. With the raw capacity to feed billions more, too often the mechanics of production and distribution, along with economic disparities and military conflicts lead to food deserts, obesity, and malnutrition on a global scale.

Countries from around the globe hosted centers from which they reflected on their unique answers to food, hunger, and the sustainability needed to feed the planet. The U.S. pavilion, American Food 2.0, a unique structure in the form of a vertical farm, provided an array of media focusing on innovation in the production of and access to food. The food court was a camp of U.S. food trucks offering a variety of healthy, tasty, and diverse American food experiences. With emphasis on healthy eating and farming innovation, the U.S. pavilion

underscored the growing phenomenon of how Americans view and engage with our food. The welcome at the entrance reads: *"America takes food seriously. Working together, each of us can improve the future of food so all of us can thrive."*

These words echo the foundational approach of Louise's Pantry. We take

food seriously—working to ensure nutrition, fill gaps in food access and find ways to help our participants thrive, even in the face of socio-economic barriers a household may face. In this edition of the Louise's Pantry Newsletter, you will learn about the growing need and expanded resources we are developing, see how families are bridging the nutrition gap through Louise's Pantry, and understand the new USDA "My Plate" model that we are serving up in our client choice pantry at Thorpe.

Thanks to you and so many others who believe in food equity, hundreds of our client households have the opportunity to thrive.

How to help:

Donate

www.tiny.cc/LPDonate
(212) 982-7800 ext. 12

Volunteer

info@nazarethhousingnyc.org

Start a Food Drive

tiny.cc/LPFoodDonations



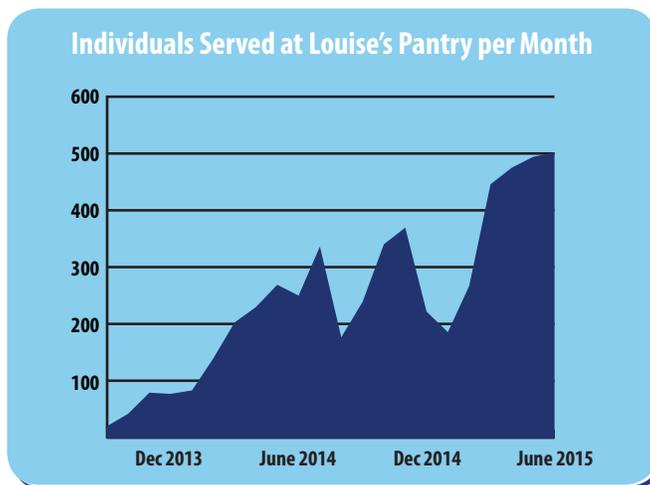
Michael Callaghan, c.o.
Executive Director

Louise's Pantry Grows to Meet the Need

In 2013, Nazareth Housing began the management of the Thorpe Pantry in the Bronx. In this coming year, we will be bringing this critical resource into Louise's Pantry to ensure its sustainability and impact.

Every week, thanks to our supporters, pantry participants receive plentiful bags of food containing items such as fresh fruits and veggies and healthy proteins and grain. More Than Food, Louise's Pantry provides clothing, baby supplies, hygiene products and other household goods to support the well-being of our families.

Both the Bronx and Lower East Side sites began as responses to heightened community need and both were initially supported by the generosity of a few



friends and supporters. Today, Louise's Pantry continues to be a crucial resource for our neighbors struggling to maintain food security.

Facilitating both pantries' growth and increased impact, the Hunger Prevention & Nutrition Assistance Program (HPNAP) and Emergency

Food & Shelter Program (EFSP) have come forward with grant assistance to help meet community demand for lasting resources. The Church of the Magdalene and Scarsdale Congregational Church faithfully donate food every month in support of our Bronx efforts, and corporate support from Starbucks, Russell Investments, and the BJ's Foundation enable Louise's Pantry to serve an expanded variety of goods.

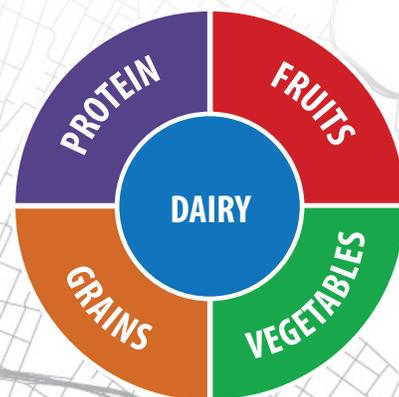
Our partners make it possible for Louise's Pantry to fill the growing healthy food gap that so many families and seniors are facing.

Spotlight on THE BRONX

The choice food pantry at Park Avenue Thorpe (PAT) strives to educate community members on the value of proper nutrition by following the MyPlate model described by the USDA. Food at the pantry is categorized into the five areas of the MyPlate model: vegetables, fruits, grains, dairies, and proteins. Pantry visitors are free to choose food from these five areas to suit their family's unique needs.

The pantry has organized the flow in distribution that has allowed PAT staff and pantry volunteers to build stronger relationships from each point of contact. PAT continues to implement strategic practices to address the root of food insecurity and promote health and wellness in our community.

The food pantry at PAT currently provides nutritional meals to 140 low-income families every week.



The USDA MyPlate model, used by Louise's Pantry, serves as a template to help families make healthier food choices.



Volunteers Making a Difference

Painting the Pantry

A lively group from Morgan Stanley, which included Thorpe Family Residence Board Member Steve Wronski, generously volunteered their time on June 18th to paint the entirety of the Thorpe Family Residence Food Pantry.

Thank you to all the volunteers from Morgan Stanley for the kindness and support given to Park Avenue Thorpe. It was a great experience that will make the pantry a welcoming place for residents in the Bronx.

Summer Barbecue

In July, Nazareth Housing hosted its annual Summer Barbecue in the courtyard of O'Toole Center for Family Services & Outreach. Over 90 residents stopped by during the afternoon. Volunteers from the German American Chambers of Commerce helped clean building interiors before spending the afternoon serving food and doing arts and crafts with children.

Become a Volunteer!

Email: info@nazarethhousingnyc.org

Call: (212) 777-1010



The Pantry's Impact

At the beginning of May, a single father of three was laid off from one of his part time jobs. He was forced to make ends meet with a 50% pay cut and a monthly food stamp allowance of just \$194. It became an impossible task to keep his children and himself sufficiently fed each week.

One day, he saw his neighbor come home with a blue bag filled with groceries. When asked, the neighbor explained its origin: Louise's Pantry.

The following week the two of them came to Louise's Pantry together, and after a quick intake, the father of three left with a four full bags of groceries to help feed his family.

Over the summer, the father has come to the pantry on weeks that he needs to help fill in the nutritional gaps for his family. With the help of Nazareth Housing's employment workshops, he is keeping his spirits high and making significant progress towards a second position. Until then, Louise's Pantry will help him meet the weekly food needs for his family.



Furniture for Families

For many families who move into shelter apartments, they own only what they carry on their backs. While Nazareth Housing does fully furnish all shelter apartments, we love giving families furniture they can call their own and household items they can take with them when they move into permanent housing.

Every Thursday the Nazareth Housing Van leaves its home in the Lower East Side to spend the day driving around New York City picking up furniture from donors and dropping off furniture to families in need.

The families we deliver to typically earn between \$251 and \$1500 per month, and are often without key pieces of furniture such as bed frames and sofas. Often the causes of homelessness and lack of furniture are linked, for example flooding in an apartment forcing a move, but also destroying the family's furniture as well.

The furniture donation program restores the dignity that comes with a fully furnished living space — and with dignity comes the strength to overcome the barriers to safe and secure housing.



IN THE PAST 12 MONTHS...

671 pieces of furniture and household goods were donated to **327** families.

Donations we accept/Donations we deliver



Bed Frames



Sofas



Tables & Chairs



Dressers



Linens



Curtains



Utensils



Appliances

WORKSHOPS

In an effort to further lower food insecurity, nutritional workshops are hosted at Nazareth Housing that educate people on nutritional basics, making healthy choices, using the MyPlate food guidance system, and maintaining healthy lifestyle choices.

The Pantry also refers clients to GrowNYC greenmarkets, where they can exchange SNAP benefit funds for tokens (pictured right), which can be then used to purchase fresh seasonal produce straight from local growers. These markets often offer produce much cheaper than chain grocery stores, and allow clients to make each SNAP dollar go farther in feeding their families.

The goal of these workshops and partnerships is to supplement the food provided by the pantry. Not only are clients receive food when they need it most, but they learn about proper nutrition, cooking techniques, and where to shop for cheap and healthy food.

The combination of these services ensure that visits to the food pantry are seen a temporary bridge on the road to being permanently food secure.

