



CORALVILLE ECUMENICAL FOOD PANTRY NEWSLETTER

THE PANTRY IS LOCATED AT 203 1ST STREET IN CORALVILLE.

MARCH 2016

FROM THE DIRECTOR

Brace yourself.

This month, I'm going to use this space to offer a brief pitch on why you should consider volunteering with us. Ready? Here we go.

Reason #1: It's a great way to meet (great) people.

Our community is filled with some stellar human beings. I'm here to tell you that you can meet one or more of these fine folks when you volunteer at the pantry. In my experience, I've found that some of the kindest and most interesting people are those who volunteer.

Reason #2: You may learn a new skill.

There are so many ways for you to lend a hand at the pantry. You can help stock shelves, bag groceries, directly assist clients, enter data into a spreadsheet, prepare and demo a healthy recipe, plan a fundraiser, organize a food drive, write a grant, or help craft the very newsletter in your hands.

Reason #3: You get to actively make our community a better place.

Are you tired of listening to the laundry list of issues facing our community, not knowing how to make a difference? When you volunteer with us, you are helping to fulfill the most basic human need for thousands of people in our community. It's real. It's meaningful. And it's measureable.

Convinced?

To take the next step, sign up to attend our next Volunteer Orientation (www.cefoodpantry.org/volunteer) or email volunteer@cefoodpantry.org with additional questions.

John Boller
Executive Director

JANUARY 2016 STATISTICS

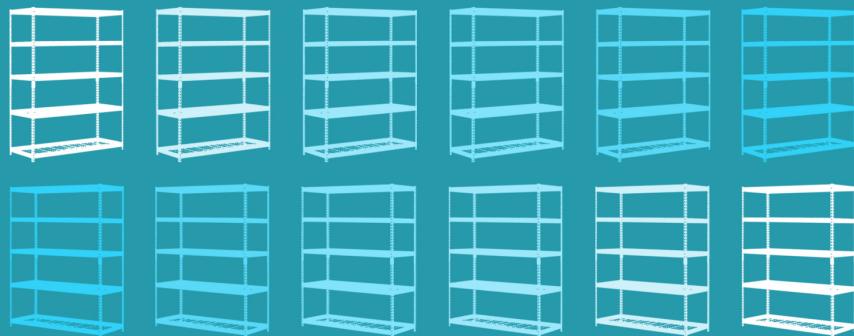
Families Served: 284

Children Served: 401

Individuals Served: 934

Food Distributed: 15,683 LBS

SPONSOR A SHELF



Moving Lesson #1: You can't take everything with you.

The food pantry owns a collection of massive wooden shelving units that were hand-built and donated by a local community member when we first opened our doors in 2009. Over the last 7 years, these shelves located in our client-shopping area have housed over one million pounds of food. Like most things used over and over again, the shelves have accumulated quite a bit of wear and tear. It is safe to say that their "shelf life" (pun intended) is on the verge of expiring.

The solution? In preparation of our big move to the new facility, we hope to purchase a number of much more sleek, much more portable, high-quality metal shelving units (food-safe and adjustable!) to replace our trusty old wooden shelves. We will need approximately 12 shelving units, each close to \$150 a piece.

This is where we could use your help! To help keep our moving and renovation costs minimal, we are asking our supporters to **consider making a one-time \$150 donation** to cover the cost of a shelving unit. In return, we will recognize you as an official "Pantry Shelf Sponsor" in an upcoming newsletter and via social media.

Before making a donation, please contact us (director@cefoodpantry.org) to let us know of your upcoming gift. This way, we can plan ahead successfully.

What are you waiting for? Sponsor a shelf today!

A donation form is included on the back side of this newsletter—be sure to include "Sponsor a Shelf" in your check memo.



MAKE A DIFFERENCE

Our mission is to engage our community in providing food for our neighbors. It is the goal of CEFP to foster collaboration with all Coralville residents, businesses and organizations to end hunger in our community. Every \$1 donated to the Coralville Ecumenical Food Pantry becomes \$5 worth of food. Help us continue to provide food for our neighbors in need by making a financial gift today.

Thank you for your support!

DONATIONS CAN BE SENT TO OUR MAILING ADDRESS AT:

CORALVILLE ECUMENICAL FOOD PANTRY

PO Box 5523

CORALVILLE, IA 52241

Secure donations can also be made online at www.cefoodpantry.org

We are a 501(c)(3) organization (Tax ID #: 42-1136292)

VOLUNTEER SPOTLIGHT

You know what they say: the family that volunteers together, sticks together.

A family of four, devoted to their faith and community, the Schafer family first became acquainted with the pantry through their church. Starting last summer, when Maureen, Jim, Adriana and Lauren saw more free time open up in their schedules, they decided to spend time as a family giving back to those in need.

Nowadays, any given combination of the Schafer family can be found lending a hand at the pantry, particularly on Saturdays. Maureen notes that the family wanted to "give more than just a check or money," and figured, "what better way to give than with their time?" Over time, the Schafer's have grown close to others who spend time at the pantry, viewing fellow volunteers and customers as "extended family." Maureen finds one part of the pantry to be particularly special: "It has been especially touching when pantry clients donate items to the pantry or volunteer their time. They appreciate the assistance and want to give back as well."

The Schafer's hope to be a source of motivation for other families to get involved. 13 year old Lauren especially wishes to see more volunteers her age become involved in meeting the community's needs. The pantry wishes to extend our utmost gratitude to the Schafer family for all they do!



Special Shout Outs

Did you happen to catch us at Coralville WinterFest in January? Special thanks to volunteer Britney Goodell for putting together healthy and creative winter-themed snacks to share with the community. Additional gratitude to the rest of the Goodell clan as well as Dan & Sidney Hansen.

COMMUNITY SPOTLIGHT

First Christian Church of Iowa City and Coralville strives to be a "movement for wholeness in a fragmented world." As one of our organization's founding partners, the church has been intimately involved—through tireless service and financial support—with the pantry's hunger-relief efforts since the very beginning.

First Christian Church Pastor John McKinstry says that members of the congregation are encouraged to "give compassionately and joyfully, just as God gives to his children." Members of the church are involved with the pantry in countless ways; whether serving on the organization's Board of Directors, volunteering during pantry shifts, donating food and finances, holding fundraisers for the pantry, or assisting with construction projects. Just last month, the congregation raised money for the pantry through an after worship "Chili Cook Off." In January, the church's "Work Camp" crew spent an entire morning cleaning up and clearing out the pantry's new facility. The same team plans to come back and help the pantry officially move all of its belongings when the time comes.

Pastor McKinstry feels the growth of the pantry, as an organization, has been a sign of progress. "I am particularly pleased that we are increasingly cooperating with other food pantries in our area, and that we have a vision for our future," he notes. "The need and our support have both grown, and the cooperation of many congregations has got to be pleasing to God."

We thank First Christian Church for their dedication to helping others. Readers looking to get involved can keep their eyes and ears open for upcoming announcements for the week long work camp to help in the pantry's moving process.



DONATION FORM

Every \$1 donated to the Coralville Ecumenical Food Pantry becomes \$5 worth of food.

NAME: _____

ADDRESS: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL ADDRESS: _____

YOUR CONTRIBUTION: \$5 \$10 \$25 \$50 Other Amount _____

\$100 \$250 \$500 \$150 Sponsor a Shelf