

# BREADCRUMBS

June 2013

The Newsletter of the Irving Park Community Food Pantry  
Celebrating Twenty-Eight Years of Service to the Community

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## Walk with Us on June 29<sup>th</sup>!

The Irving Park Community Food Pantry is signing up walkers and taking donations for the 28<sup>th</sup> annual Hunger Walk to be held on Saturday, June 29<sup>th</sup> at Soldier Field. Registration begins at 7 a.m. and walkers step off at 8:30 a.m.



*Last year's Hunger Walk team prepares to step off.*

Best of all, participants don't need to actually walk the 5K (3.2-mile) route along the lakefront—they just need to be present that morning to encourage the others. That includes kids! And IPCFP receives a bonus credit to our account from the sponsor, the Greater Chicago Food Depository, for each walker. We also receive bonus funding up to \$5,000 to supplement what we raise in our own account.

To participate, click on the Hunger Walk link on the Pantry's website ([www.irvingparkfoodpantry.org](http://www.irvingparkfoodpantry.org)) You can participate in three ways:

**1. Donate to the Pantry's Team.** Click on the Hunger Walk logo on the Pantry's webpage to make a donation to our team or an individual walker. You also can sign a walker's pledge sheet, donate at our website through our secure link, or bring a donation to the Pantry office. Please designate that your donation is for the Hunger Walk, as every donation we receive for it increases the bonus funds we receive from GCFD.

**2. Join the Team.** Individuals can join the Pantry's walkers and raise funds. Each walker gives us a bonus payment from GCFD. To join, go to our Team Page and click on the Join Team link. Or, from the main Hunger Walk page at [www.chicagosfoodbank.org](http://www.chicagosfoodbank.org), search for "Irving" in the Team Search.

**3. Organize a Hunger Walk Team** of at least 10 walkers. Each walker signs up pledges to sponsor their walk. Go to the Hunger Walk page at [www.chicagosfoodbank.org](http://www.chicagosfoodbank.org) to sign up your team.

When signing up or donating, please use the Pantry's agency number (#A00113). We hope to see you there!

## Julie Kult Joins Pantry as New Client Resources Coordinator

Julie Kult has joined the Pantry's staff as the new Client Resources Coordinator. She will help identify appropriate resources to meet specific client needs. These include housing, health, substance abuse, employment, and, legal and financial assistance.



Julie takes the position held by Belma Torres, who is taking a full-time position at a hospital. She also is joining the Pantry's board of directors.

"We are excited about Julie's enthusiasm and experience," says Executive Director John Psiharis. Her experience includes working for two years in Guatemala as a Human Rights Worker, overseeing a Soup Kitchen and serving as a culinary instructor.

## Thank You for Student Donations!



*Disney students were still smiling after their work day.*

Thank you to the young volunteers from Disney II Magnet School, who worked at the Pantry in April during their break. They bagged food, took out trash, and broke down boxes, double-bagged and sorted food. It was a pleasure to work with them.

We also received a much-needed donation of socks thanks to the efforts of St. Viator Elementary School's Student Council and the fifth- through eighth-graders who attended the school's "Sock Hop" bash on Friday. As part of the theme, they collected 93 pairs of socks for our clients!

Thank you to both schools for their participation in our activities!



*St. Viator's Student Council reviews its sock haul.*

## Visit us on the Web and Facebook!

Visit our website at [www.irvingparkfoodpantry.org](http://www.irvingparkfoodpantry.org) to learn about Pantry news and events and read our regular blog. You also can "Friend" us on Facebook to keep up with news, photos and current events. We currently have more than 450 Friends!

## Marsha Niazmand Named Pantry Volunteer of the Year At Lunch

Marsha Niazmand was named Volunteer of the Year at the Pantry's annual Volunteer Luncheon held at the end of May at Mirabell at 3454 W. Addison St. Carol Schultz and Pat Eisenhart also were acknowledged for their years of service as they retire from our board of directors.

Marsha has volunteered at the Pantry for more than 10 years and put great effort into expanding our distribution of pet food into a full-time operation. She has sought out regular donors, organized deliveries and coordinated volunteers to help each week. Today, about half of our clients receive food for their dogs, cats and other pets.



*Marsha Niazmand is presented with the Volunteer of the Year award by Volunteer Manager Lee Stein and Executive Director John Psiharis.*

Thank you to Marsha for her efforts, and to all of our volunteers for caring so much about our clients. And thank you to the staff of Mirabell for hosting us for a delicious lunch!



*John Psiharis presents Carol Schultz (left) and Pat Eisenhart with orchids to symbolize the Pantry's appreciation for their years of service to the board of directors.*