

BREADCRUMBS

October 2015

The Newsletter of the Irving Park Community Food Pantry
Celebrating Thirty-One Years of Service to the Community

Party with the Pantry on Oct. 25th

The Irving Park Community Food Pantry will hold its seventh annual Beer & Wine-Tasting event from 3 to 5 p.m. on Sunday, October 25th at Abbey Pub (3420 W. Grace St.). Tickets are \$40 apiece, with funds used to aid our food-purchasing budget.

A variety of wines from around the world will be available, as well as craft beers from Chicago and other locations. Peter Litton will once again be providing the wine selections for this event, with local craft breweries donating their wares. To order tickets, call 773-283-6296 or order online at

www.irvingparkfoodpantry.org.



A variety of wines and local craft beers will be available to taste at the Pantry's benefit at Abbey Pub on the 25th

In case you were wondering, there is no Bears game that day. More information will be available on Facebook and on our website as the date draws near.

Make the Pantry (Amazon) Smile

Don't forget to use the Amazon Smile feature at Amazon when you shop for the holidays. If you use the bookmark (which doesn't change how you shop at the site) and designate the Irving Park Community Food Pantry as the recipient, the Pantry will receive 0.5% of the price of all purchases.



Volunteers (l-r) Janice Jarrett, Sue Uchida and Pam True organize coats during the Pantry's 2014 coat distribution to clients (one per family).

Coat Distribution Underway

We are distributing winter coats to our clients this month and are still accepting donations, so please check your closets for any gently used coats that you can do without and bring them to the Pantry.

They can be left with food donations at the bottom of the stairs at the Grace Street entrance at the Irving Park United Methodist Church or delivered on Wednesday mornings during the Pantry's operating hours (9 a.m. to 12:30 p.m.). All sizes and shapes of coats for winter use, for children and adults, are needed.

Pet Food Needed for Clients

We are the only food pantry in Chicago to give our clients pet food, but donations from our usual sources have dwindled recently. We are always in need of pet food, especially cat food as well as litter and other supplies, toys, etc. Thank you to the Community Animal Rescue Effort for their partnership in this program and to all the CARE volunteers who coordinate this valuable effort.



Volunteers harvest some of the herbs from the Pantry's Home Grown garden for distribution to clients.

Nutrition, Garden Classes Team

Our latest series of nutrition classes began in September with 14 clients. The classes are being taught by our new nutrition consultant, Jessica Peralta, program assistant for the Expanded Food and Nutrition Education Program at the University of Illinois Extension program.

Participants in our Project Home Grown program, which held summer classes on planting, growing and harvesting vegetables to be planted in our new Home Grown garden, will hold a combined class with our regular nutrition class on October 21st.

Participants in the Project Home Grown, a partnership with Three Brothers Garden operated by Carlson Community Services, will join with the nutrition class to prepare a recipe using the same types of ingredients they grow. Project Home Grown is funded by a grant to Three Brothers Garden from the ChiDiterod Foundation.

Thanks for School Supply Help

Thank you to everyone who donated time, material or money to our annual school-supply distribution in September for our client's school-age children. This year, we provided bags of supplies to 287 children.

Thank you to Audra Nelson, Erika Teijeiro-Ficht and Vanessa Valez for organizing this year's program and to the parents and students of Disney II Magnet School for assembling and helping to distribute the supplies. Special thanks to Chief O'Neill's and the Magic Mushroom Summer Program at the Irving Park Lutheran Church for their donations of supplies

See Us at the Farmers Market

Stop by the Pantry's booth at the GIPNA Farmers Market held at Independence Park. The final two markets of the year will take place on October 11th and 28th. Volunteers will be available to answer questions, accept donations and sell its cooler tote bags (for a \$10 donation).

MB Provides Donation, Volunteers

Thank you to the MB Bank Foundation for providing a \$2,000 donation to our operating fund. MB Bank also has created a special program in which customers who open a checking account meeting certain conditions will receive \$100 with an additional \$50 donated to a charity of the customer's choice, including the Pantry. To learn more about the program, contact Steven Acosta at 773/442-3110 or sacosta@mbfinancial.com



MB Bank's 11 volunteers gathered for a quick photo before beginning their day's work at the Pantry.

Thanks also to the 11 volunteers from MB Bank who worked at the Pantry on September 9th. They gathered food bags, greeted clients, broke down boxes, ran numbers and performed a variety of chores, giving a lot of volunteers a well-deserved day off!

We also appreciate the large tote bags they provided that we distributed to clients to help them carry their groceries home.

Pantry Serves 1,529 Clients

In August, the Pantry served 1,529 people in 513 households, including 60 new households with 158 people, as well as 98 people in 34 households for our Tuesday night distribution.

Our volunteers helped two households with three people apply for SNAP benefits, while our Pet Food Corner supplied 226 households with pet food. Thank you to everyone who supports our efforts to continue to be "Neighbors Helping Neighbors!"