

# Food For Thought

"Lend a hand to help feed your fellow man"



806 Fayette Street • Bastrop, Texas 78602 | (512) 303-0033 | [www.BastropFoodPantry.org](http://www.BastropFoodPantry.org)

## COOKING WITH LOVE & SPICES FOR A CAUSE



Kamini Kapoor is of Indian origin and has been cooking for almost her whole life. On July 27 she hosted a cooking class/pop up supper club, and it was a lot of fun and a big hit. The students loved the cooking class. Everyone enjoyed the food, wine pairing, and the goodwill generated during the event. "The best compliment I got was that the food, wine, and service were like a five-star restaurant, but the camaraderie was the best thing of all." (Kamini Kapoor)

Ms. Kapoor's guests extended great generosity and goodwill they donated \$600.00 to the Bastrop County Emergency Food Pantry. To help our community. Not bad for a first trial run event. Once again the food was amazing.

THE NEXT EVENT WILL BE ON SEPTEMBER 28. This time the menu will be Indian Cuisine. I will post the menu by the first week of September. The event will be open to 20 people and will be held in my cooking schoolhouse on my ranch. Please check our website [www.bastropfoodpantry.org](http://www.bastropfoodpantry.org) for more information about this event.

## 4TH ANNUAL SENIOR HEALTH & WELLNESS FAIR

On Thursday, August 15, 2019, we held our 4th annual Senior Health and Wellness Fair here at the Jewell Hodges' Support Center. There were approximately fifty to sixty attendees; that number includes both clients and their caregivers or family members. We had six wonderful vendors – Area Agency on Aging, AGE of Central Texas, Central Texas Food Bank, Clear Captions, LLC., Texas Health and Human Services Community Partner Program, and WellMed – that provided clients with information that is beneficial to their health and well-being as well as their families. Central Texas Food Bank gave a live cooking demonstration and handed out samples of Pineapple Fried Rice. WellMed provided blood pressure screenings and held their own prize giveaway.

We would like to give a special thank you to the volunteers that participated in the event. Each of you means the world to us and we would not be able to hold such a successful event without you! Mark your calendars: the next one is scheduled for August 20, 2020.



## ACTIVATE. EDUCATE. VOLUNTEER. DONATE.



Please support the BCEFP through AmazonSmile! Please sign into Amazon Smile at <http://smile.amazon.com>. Sign in and select the Pantry as your nonprofit organization! Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to BCEFP!

Please don't forget to sign in and out each time you volunteer at the Bastrop County Emergency Food Pantry & Support Center Inc. We would like for you to **PRINT** your first and last names on the **Volunteer Log Sheet**. **Your volunteer hours count in more ways than you know.**

- ✓ Volunteer hours help to provide matching dollars for grants.
- ✓ Volunteer hours helps the agency plan accordingly to meet the needs of our clients.
- ✓ Volunteer hours show how vested the community is in the agency mission.

Thanks!



**REMEMBER: Volunteer names for the Donation Center do not show up on the monthly calendar.**

**PLEASE NOTE:** Please make sure you have a volunteer badge and gloves on at all times and closed-toed shoes are required when at the Pantry.

### TRAINING CLASSES

**Scanner Training** – any volunteer working in the Whole Grains Program will need to participate in a short Scanner Training please contact Tresha Silva at [director@bastropfoodpantry.org](mailto:director@bastropfoodpantry.org) to set up a date to train.

**Volunteer Orientation** – September 10, 2019 at 9:30am

**Food Safety Training:** TBA

## OUR IMPACT

Our Impact: June 26 – July 25, 2019  
Client Service Report Month Ending July 25th FY19

Volunteer Hours:	284 hrs		
	# of Clients	Pounds	Members in Household
NIBBLES	0	0	0
Brown Bag	91	2189	123
Commodities	85	2145	87
Emergency Asst.	180	17009	517
Fresh Foods for Families	97	3967	212
Open Arms	4	52	8
Disaster Asst.	0	0	0
Pantry Express	3	314	12
Special Asst. Program	0	0	0
Senior Activity	24	609	30
Whole Grains	321	5540	425
<b>TOTAL SERVED</b>	<b>785</b>	<b>31825</b>	<b>1414</b>



### IMMEDIATE HELP NEEDED

**"CHEFS OF PASSION":** Come "tickle the taste buds" of the Senior Citizens served at the Bastrop Food Pantry. Three volunteers will alternate every other Thursday preparing meals for approximately 15 participants. The Food Pantry offers volunteers specialized training and also makes items available to prepare the meal.

**"SHARE A SMILE":** "Share a warm smile and a kind word" to the clients during Whole Grains Distribution on Monday, Wednesdays, and/or Fridays of each week of the month.

**LEAD VOLUNTEERS NEEDED FOR THE NIBBLES SCHOOL PROGRAM:** "Nutrition in Backpacks Before Littles Exit School" – two volunteers to take the Leadership position for the upcoming school year. Volunteers will need to be able to commit to twice a month for the entire school year. Task description is available for review.

## Wish List

- Bottled Water: 16.9 oz. size
- Bingo gifts (unisex)
- Syrup
- Dried Beans (All types)
- Canned Vegetables
- 64 oz. Juices
- Canned Tuna or Chicken
- Soups – Broth & Cream based
- Hamburger Helper (Tuna and Chicken)
- Hygiene Items, i.e. bath soap, toilet paper, deodorant
- Laundry Soap Pods



9/24 Rita Alonzo

9/26 Skyler Smith

## Important Dates

9/02 BCEFP will be closed to Observe the Labor Day Holiday

9/05 Pantry Express 4:00 - 7:00 p.m.

*We know everyone but if you or someone you know could give an hour or two in the donation center, we would greatly appreciate it!*

Looking for volunteers that can assist with administrative tasks like filing, excel, answering phones, etc. Please apply if interested in volunteering.

• If you have any students that need community service hours for school clubs or to fulfill a legal obligation, please come to the pantry now and get an application. Get the process started so you are ready to volunteer during the spring and summer school breaks!

• If you or any group you know that may be interested in volunteering to [www.bastropfoodpantry.org](http://www.bastropfoodpantry.org) or to stop by 806 Fayette Street Bastrop, TX 78602 for a volunteer application.



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