

# 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)

## A NOTE FROM THE DIRECTOR DESK

Dear BCEFP Volunteers,

I hope this newsletter finds each of you well and safe during this very difficult time in our world. First let me say that those of you that have been sheltering in place and we have not seen you, please know that we miss you. Second, I want to say thank you to all of the volunteers that have sheltered in place but still assisted the Pantry in providing essential services to our neighbors. Third, I want to thank all of you that have made monetary donation to support the work being done here at the Pantry. All of these things have been very important moments of encouragement to each of us.

I would like to take the opportunity to share some updates about the Pantry and our services.

### What we are seeing:

- 59 % increase in request for services from the previous year. Due to the unprecedented lay-offs. This strain on the system results in longer wait times for people to apply and receive unemployment—leaving them vulnerable to food insecurity.
- Anticipate serving twice as many clients this year (7-9k)
- In the first week of April alone, the Pantry served **80%** more people than the previous year.
- During the last, thirty days the number of homeless individuals seeking assistance doubled.

Bastrop County Emergency Food Pantry & Support Center received an award for \$25,000.00 from All Together ATX grant to assist in our efforts to serve and meet the increased demand for our services.

...continued on Pg. 2

## 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. **Activate. Educate. Volunteer. Donate.**

## 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**– TBA
- Food Safety Training:** TBA
- Donation Center Refresher Training:** TBA

## OUR IMPACT

Our Impact: : February 25, 2020 - March 25, 2020  
Client Service Report Month Ending March 25 FY20  
**Volunteer Hours: 452 hrs**

	# of Clients	Pounds	Members in Household
NIBBLES	9	2840	0
Brown Bag	101	1134	147
Commodities	71	2201	93
Emergency Asst.	177	16387	468
Fresh Foods for Families	0	0	0
Open Arms	4	36	9
Disaster Asst.	0	0	0
Pantry Express	0	0	0
Special Asst. Program	0	0	0
Senior Activity	15	250	25
Whole Grains	388	3916	581
TOTAL SERVED	765	26764	1323



### IMMEDIATE HELP NEEDED

**DONATION CENTER:** a steady stream of volunteers to team up on a regular basis to work in the sorting, dating, packing boxes and moving them to the Front Pantry for distribution. Approximately 6-8 people are needed on Tuesday and Thursday, mornings and afternoons.

**CHAIR EXERCISES:** for Senior Activities: First & Second Thursday of each month.

**"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.

## Wish List

- Bingo gifts (unisex)
- Syrup
- Jelly
- Dried Beans (All types)
- Stuffing
- 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



Mary Hare 5/3 Stephanie Woods 5/24  
Duane Rowe 5/12

## Important Dates

05/07/20 **PANTRY EXPRESS** 4:00 – 7:00 pm  
05/25/20 Pantry Closed in observance of Memorial Day.



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!

We are looking for volunteers that can assist with administrative tasks like filing, Excel, answering phones, etc. Please apply with Tresha Silva 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 may be interested in volunteering, go to [www.bastropfoodpantry.org](http://www.bastropfoodpantry.org) or stop by 806 Fayette Street Bastrop, TX 78602, for a volunteer application.

Find us on Facebook **Bastrop County Food Pantry**

The mission of the Bastrop County Emergency Food Pantry & Support Center is to serve Bastrop County residents going through periods of transition by providing emergency food assistance, education and support.



May 2020

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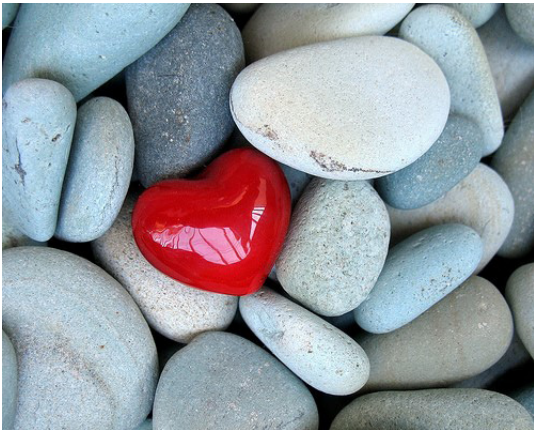
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BCEFP is also receiving support from Americore VISTA staff to help us with the fight against hunger. I want to end this note with a thankful heart to each of and all the support! Please continue to take care of yourselves and your families and may God's grace take care of all.

Tresha Silva

## SELF-CARE IDEAS

- Exercise
- Meditate
- Limit your time online
- Take a bath
- Think about what you're grateful for
- Embrace a hobby
- Read out loud
- Cook and bake
- Do video therapy
- De-clutter
- Watch something upbeat
- Read a cozy mystery
- Hang out with your pet
- Learn something new
- Remember that you are not alone



These tips are about self-care, but humans generally need community to be happy. Write your grandparents a letter, get on a Google hangout with your co-workers, and FaceTime your friends. Also: if you are still able to go outside, consider helping a neighbor in need of a grocery delivery.



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