

January 2022

Food For Thought

"Lend a hand to help feed your fellow man"



806 Fayette Street • Bastrop, Texas 78602 | (512) 303-0033 | www.BastropFoodPantry.org



*We hope you all had a wonderful
Christmas Holiday season and a very Happy New Year!
2022 is going to be great!!*

NEW CARTS!



We received a donation of new rolling carts for each building! This will make it a lot easier to transport the heavier boxes and tubs so they won't have to be carried. Be sure and let staff know when you need to move heavier items so you can utilize these new carts and transport items in an easier and safer way!

OUR IMPACT

Volunteer Hours for the reporting month November 2021

Client Service Report Month Ending November 25th FY2021

Volunteer Hours: **381.5 hrs**

| | # of Clients | Pounds of Food | Members in Household |
|--------------------------|--------------|----------------|----------------------|
| NIBBLES | 24 | 5785 | 0 |
| Brown Bag | 104 | 2893 | 150 |
| Commodities | 70 | 1960 | 96 |
| Emergency Asst. | 156 | 17859 | 435 |
| Fresh Foods for Families | 80 | 1600 | 118 |
| Open Arms | 4 | 80 | 6 |
| Disaster Asst. | 0 | 0 | 0 |
| Pantry Express | 2 | 245 | 7 |
| Special Asst. Program | 130 | 2461 | 382 |
| Senior Activity | 0 | 0 | 0 |
| Whole Grains | 372 | 6662 | 512 |
| TOTAL SERVED | 942 | 39545 | 1706 |



1/03 Richard Morgan
1/19 Phillip Kahan
1/20 Mike Arant
1/29 Tom Iha

IMPORTANT DATES

1/6 Thurs. PANTRY EXPRESS 4:00 - 7:00 pm
1/17 Mon. Closed for Martin Luther King Jr. Day
1/21 Fri. Fresh Food For Families 9:00 - 11:00 am

*The pantry hours are Monday – Friday from 8:30am – 4:00pm.
We are CLOSED for lunch from 12:00pm – 1:00pm.*

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TOM & SUE IHA

Tom and Sue have been faithfully volunteering with BCEFP since 2018. They volunteer picking up Whole Grains from HEB every weekend; help with our Fresh Foods for Families each month and have helped with the Bastrop Empty Bowl and NIBBLES programs. They moved to Bastrop from Katy, Tx in 2002. Sue is in the medical field and Tom is an Engineer.

"We have been volunteering for many years including delivering Meals on Wheels and working with the food pantry. The fresh produce pickup is one of the highlights with a source of healthy food for many tables in Bastrop. It is also great to see the turnout volunteering at Fresh Food Friday and see the residents picking up meal ingredients that we took part in providing. Working at that event is enjoyable as we take part in preparing, sorting, bagging and then distributing the produce to the residents who have been patiently waiting in line."

Tom and Sue

Thank you Tom and Sue for your faithful devotion to BCEFP and your neighbors in need! We are fortunate and blessed that you have chosen BCEFP to volunteer your time, energy and passion with!!

- ✓ 1. Sign in and out each time you volunteer here at the Bastrop County Emergency Food Pantry. (Your volunteer hours count in more ways than you know; they help provide matching dollars for grants!)
- ✓ 2. Wear a mask, badge and gloves at **ALL** times when at the Pantry **MASKS ARE REQUIRED**
- ✓ 3. Please let Jody Wright know if you are not able to make your shift. You may contact her by email at jwright@bastropfoodpantry.org or by phone at 512-303-0033.

*Friendly
Reminders*

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Wish List

- | | |
|---|---|
| <ul style="list-style-type: none">• Canned corn• Cooking oil (vegetable)• Cranberry Sauce• Cream of Mushroom Soup Syrup• Dry Cereals• Flour (small bags)• Hamburger Helper (Tuna and Chicken)• Jelly (in plastic containers)• Juices – 64 oz.• Soups – Broth & cream-based• Sugar (small bags)• Stuffing | <u>HYGIENE ITEMS:</u> <ul style="list-style-type: none">• Bath Soap• Toilet Paper• Deodorant• Tooth Brushes• Laundry Soap |
|---|---|



Volunteer Opportunities

IMMEDIATE VOLUNTEER POSITIONS AVAILABLE ARE:

WHOLE GRAINS: This entails checking clients in and helping them “shop” for various bread, produce and protein items in our Support Center. It takes place Monday, Wednesday and Friday from 8:30-11:30am in our Support Center.

HEB PICK-UP: This involves picking up bread, produce and protein from HEB and dropping it off at our Support Center. Pick ups are on Wednesday morning and Saturday morning **before** 9:30am.

BUILDING EMERGENCY BOXES / STOCKING: This involves building boxes of food items for emergency clients as needed, as well as stocking and rotating inventory. Volunteers could be lifting 20-50 lbs. It takes place Monday, Wednesday and Friday from 8:30-11:30am and 1:30-3:30pm in the Emergency Services in the main building.

DONATION CENTER: This involves sorting, dating, packing boxes and moving them to the Emergency Pantry for distribution. This can be done Monday – Friday from 8:30-11:30am or 1:30-3:30pm.

GROUP VOLUNTEERS: There are many opportunities for church groups, families, civic clubs, workgroups, etc. to volunteer. The more the merrier!

BASTROP EMPTY BOWL: This will be held in March and we will need about 60 volunteers! Volunteers are needed to act as greeters; monitor the bowl table; help with set up and tear down; act as runners replenishing supplies for the restaurant tables; monitor and restock dessert and drink tables; bussing tables and trash; and other various duties. There will be more information coming in the next few months.

Please apply with Jody Wright at Jwright@bastropfoodpantry.org or visit our website at www.https://BastropFoodPantry.org to get a Volunteer Application.

1. Sign into Amazon Smile at <http://smile.amazon.com> (you have to do this on a computer, it doesn't let you connect your Amazon account from a cell phone).
2. Sign in and select the Pantry as your nonprofit organization!
3. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to BCEFP! And it adds up fast!!



VOLUNTEER SURVEY

Volunteers, please take a few minutes to fill out a quick survey to tell us how we are doing. The survey is completely anonymous and will help us improve our volunteer program! Link to survey: <https://bit.ly/BCEFPVolunteer>

Thank you for making our mission come to life!

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UPDATED BCEFP POLICY FOR COVID-19 ANDOMICRON VARIANT (PER CDC 12/27/21)

The Bastrop County Emergency Food Pantry is actively monitoring developments related to COVID-19 and the Omicron variant and taking proactive measures to protect the health and wellbeing of our clients, volunteers, and staff as we continue to serve our community.

- **We do ask that masks be worn at all times while inside our buildings.**
- As always, it is our policy that people **refrain from volunteer service if they are ill or have been exposed to a communicable disease.**
- **We also request that you notify us if you travel out of state or country and adhere to CDC recommendations.**

The link to the CDC recommendations is attached below for you to reference for guidance:
<https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>

The following is attributable to CDC Director, Dr. Rochelle Walensky:

“The Omicron variant is spreading quickly and has the potential to impact all facets of our society. CDC’s updated recommendations for isolation and quarantine balance what we know about the spread of the virus and the protection provided by vaccination and booster doses. These updates ensure people can safely continue their daily lives. Prevention is our best option: get vaccinated, get boosted, wear a mask in public indoor settings in areas of substantial and high community transmission, and take a test before you gather.”

JANUARY 2022

BCEFP VOLUNTEER CALENDAR

| Mon | Tue | Wed | Thu | Fri | Sat/Sun |
|--|--|--|---|---|--|
| | CTFB = Central Texas Food Bank | BB = Brown Bag DC = Donation Ctr | FFF = Fresh Food for Families | WGD = Whole Grain Distribution | EB = Emergency Box |
| 3 HEB: Mike H WGD 8:30-11:30 Pat W, Nancy G <u>Need 1 Volunteer</u> NIBBLES PREP 9-11:30 | 4 Adm 10-12, 1-2 Diana DC 1:00-3:30 Mary W NIBBLES BLD 8:30-11:30 Carolyn, Esther, Chris A, NIBBLES PREP 9-11:30 | 5 HEB: Lestant F WGD 8:30-11:30 Diana K, Janice B, Lisa B DC 9-11:30 Charlotte NIBBLES BUILD 9-11:30 Don B, EB 8:30-11:30 Martha | 6 HEB: Mike H DC/10-11:30 Richard, Karyn, Chris A DC/1:30-3:30 Darrel, Karla, Robin, Connor EC Tricia C 1:30-3:30 | 7 HEB: Need Volunteer WGD 8:30-11:30 Janice B, Diana K NIBBLES PREP 1:30-3:30 Dee, Need Volunteers | 1 HEB: SAT: Lestant 2 HEB: SUN: Mike A & Chris 8 HEB: SAT: Need Volunteer 9 HEB: SUN: Tom & Sue |
| 10 HEB: Mike H WGD 8:30-11:30 Pat W, Nancy G <u>Need 1 Volunteer</u> NIBBLES PREP 9-11:30 | 11 Adm 10-12, 1-2 Diana DC 8:30-11:30 Chris A DC 1:30-3:30 Mary W NIBBLES BLD 8:30-11:30 Carolyn, Esther, Mary R 9-11:30 | 12 HEB: Lestant F WGD & COMMODITY BOXES 8:30-11:30 Diana K, Janice B, Lisa B DC 9-11:30 Charlotte EB 8:30-11:30 Martha, Trida NIBBLES BUILD 9-11:30 Don B, Judy S | 13 HEB: STAFF DC/10-11:30 Richard, Karyn, Chris A DC/1:30-3:30 Lisa, Darrel, Karla, Robin, Connor EB 8:30-11:30 Martha, Trida Need Volunteers | 14 HEB: Bill G WGD 8:30-11:30 Lisa G, Janice B, & Diana K Pat W. Shadow NIBBLES PREP 1:30—3:30 Dee, Karla Need Volunteers | 15 HEB: SAT: Need Volunteer 16 HEB: SUN: Mike A & Chris |
| 17 HEB: Mike H PANTRY CLOSED Martin Luther King Jr. Day | 18 BB PREP 9-11:00 Chris A, Carolyn - BB DEL Mike H Adm 10-12, 1-2 Diana DC 1:00-3:30 Mary W NIBBLES BLD 8:30-11:30 KOCA Group Kathy, Jeff (Need 1 more volunteer) | 19 HEB: Lestant F NO WGD BB DEL—Sandra EB 8:30-11:30 Martha, Trida DC 9-11:30 Charlotte NIBBLES BUILD 9-11:30 Don B, Judy S | 20 HEB: STAFF BB DIST 10-2 Jan B, Diana DC/10-11:30 Richard, Karyn, Chris A DC/1:30-3:30 Lisa, Darrel, Karla, Robin, Connor Dee, Karla | 21 HEB: Bill G NO WGD FFF BCEFP 9:00-11:00 Janice, Diana, Sue, Tom, Lisa G, Bill, Robin, Darrel NIBBLES PREP 1:30—3:30 | 22 HEB: SAT: Need Volunteer 23 HEB: SUN: Tom & Sue |
| 24 HEB: Lestant WGD 8:30-11:30 Pat W, Nancy G <u>Need 1 Volunteer</u> NIBBLES PREP 9-11:30 | 25 Adm 10-12, 1-2 Diana DC 1:00-3:30 Mary W NIBBLES BLD 8:30-11:30 Carolyn, Esther, Chris A, | 26 HEB: Lestant F WGD 8:30-11:30 Diana K, Janice B DC 9-11:30 Charlotte EB 8:30-11:30 Martha, Trida NIBBLES BUILD 9-11:30 Don B, Judy S | 27 HEB: Lestant DC/10-11:30 Richard, Karyn, Chris A DC/1:30-3:30 Lisa, Darrel, Karla, Robin, Connor NIBBLES PREP 1:30—3:30 Dee, Karla | 29 HEB: Bill G WGD 8:30-11:30 Lisa G, Janice B, & Diana K Pat W. Shadow NIBBLES PREP 1:30—3:30 Dee, Karla | 29 HEB: SAT: Need Volunteer 30 HEB: SUN: Mike A & Chris |
| 31 HEB: Mike H Pat W, Nancy G <u>Need 1 Volunteer</u> NIBBLES PREP 9-11:30 | | | | | |