

September 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



September HUNGER AWARENESS MONTH

Planting the seeds of opportunity for a brighter tomorrow

IN HONOR OF HUNGER AWARENESS MONTH, we invite you to join us in the effort to end childhood hunger in our community. This year we have **experienced a 34% increase in request for services compared to last year**. And nearly half of those we serve are children under 18 years old. While the local schools often provide free or reduced cost lunches and breakfast, students have little to no options for food during the weekend. Childhood hunger and poor nutrition leads to an increase in chronic disease like diabetes; poorer mental health; and behavioral and academic barriers in children including increased dropout rates (Feeding America, 2019).

The county's vulnerable children under 18 experience hunger at an alarming rate with many schools reporting that at least 70% of their students fall below the poverty line. Our NIBBLES (The Nutrition in Backpacks before Little Ones Exit School program) provides weekend meals and snacks during the school year for 272 children from low-income families at Lost Pines Elementary, Mina Elementary Red Rock Elementary, Emile Elementary, Bluebonnet Elementary, Cedar Creek Intermediate, and Bastrop Intermediate schools. With **1 in 4 Bastrop County children going hungry**, we are serving just the tip of the iceberg and we need your help. Please consider volunteering in our NIBBLES program which will resume on Friday, September 9th as the first Prep day of the season. **Prep** days will be on Fridays and Mondays, and then **Build** days will be on Tuesdays and Wednesdays. This is such a vital program for our school children, and we are excited to see it starting up again. If you want more information about this wonderful program, be sure to check it out in Galaxy Digital where you can read more about it and also sign up to volunteer for either a Prep day or a Build day.

OUR IMPACT

Volunteer Hours for the reporting month June 25 2022

Client Service Report Month Ending June 25th FY2022

Volunteer Hours: **218 hrs**

	# of Clients	Pounds of Food	Members in Household
NIBBLES	0	0	0
Brown Bag	109	2290	154
Commodities	71	2130	101
Emergency Asst.	150	18028	454
Fresh Foods for Families	104	3777.3	220
Open Arms	5	95	6
Disaster Asst.	0	0	0
Pantry Express	2	247	5
Special Asst. Program	0	0	0
Senior Activity	17	451	184
Whole Grains	566	5299	824
TOTAL SERVED	1204	32317.3	1948



09/28 - Diana Kennett

09/30 - Jacqueline Salazar Lucero



9/1 1st Thurs. PANTRY EXPRESS 4:00 - 7:00 pm
9/15 3rd Thurs. BROWN BAG DISTRIBUTION
9/16 3rd Friday FRESH FOOD FOR FAMILIES
9:00 - 11:00 am



The Pantry will be CLOSED on
Monday, September 5th!

*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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VOLUNTEER SHIFTS

Please make sure you are signing up for your volunteer shifts by placing your name on the schedule in Galaxy Digital. This is how we know who will be volunteering that day. Volunteer shifts are limited to a specific number of volunteers. If you are not on the schedule in Galaxy Digital and show up for a volunteer shift that is already full, we will not be able to find something else for you to do.

We have a lot of new volunteers wanting to sign up for opportunities, so if you have signed up and cannot make it, please remove your name from the schedule as soon as possible so it will be available to another volunteer. If you are not sure you can fulfill your obligation to an opportunity, please do not place yourself on Galaxy Digital schedule.

VOLUNTEER CALENDAR

The Volunteer Calendar is now accessed in Galaxy Digital. It is no longer included in the newsletter so, if you want to see the volunteer opportunities you are scheduled for, or make changes, you will simply log in to your Galaxy Digital account and view it from there. You can also view opportunities, see your volunteer schedule and make changes from the CauseConnect mobile app. For now, please continue to let me know if you plan on being out of town or make any changes by reaching out to me (512-303-0033, Ext 104 or Jwright@bastropfoodpantry.org).

CAUSE CONNECT MOBIL APP

The CauseConnect app is a handy way to access Galaxy Digital from your phone. You can view your volunteer schedule; check out volunteer opportunities & sign up for them; and check in and out for your volunteer shift. If you sign up for a volunteer shift using the CauseConnect app, please let me know that you have done so either by phone or email. Unlike the Galaxy Digital website, it does not let me know that a volunteer opportunity has been taken.

35 AMAZING YEARS!!

We celebrated our 35th year of service in June! Thanks to the vision of Jewel Hodges in 1987, the Food Pantry has a proud history of responding immediately to individuals and families in a food crisis! We are so grateful to be able to provide assistance to our neighbors facing food insecurity, as well as assistance for other areas of need and emergencies.

Bastrop County Emergency Food Pantry



From Our Pantry to Yours

Emergency Food Assistance Walk-in:
Monday, Wednesday, Friday 8:00 a.m. – 11:30 a.m.
1:00 p.m. – 3:30 p.m.
(Walk-ins, No Appointment)

Emergency Food Assistance By Appointment:
First Thursdays 4:00 p.m. – 7:00 p.m.
Second-Fourth Thursdays: 8:00 a.m. – 11:30 a.m.,
1:00 p.m. – 3:30 p.m. by appointment

ASK US ABOUT OUR BROWN BAG SENIOR PROGRAM!

CALL US AT 512-303-0033

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VOLUNTEER OF THE MONTH IS: HARLEE SCHNEIDER

We are so happy to honor Harlee as our September Volunteer of the Month! Harlee joined our family of volunteers in June of this year and has really hit the ground running!! She has volunteered with Whole Grains Distribution, the Inventory department, helped with building Emergency Boxes, and Fresh Food for Families.

"When I was five years old my family and I moved to Bastrop in order to be closer to my grandparents. While growing up in the area I was able to develop many strong ties with its community and I was saddened when I had to leave to pursue my higher education. I spent four years in College Station, TX attending Texas A&M University as I completed my Bachelor of Science Degree majoring in forensic and investigative sciences and entomology and minoring in chemistry.

Then I moved to Fort Worth, TX to attend the University of North Texas Health Science Center Graduate School of Biomedical Sciences to complete my Master of Science Degree majoring in medical sciences. Following my graduation in May 2021 I was finally able to return home to Bastrop. Following my homecoming I began working as a member of the Ascension Texas Medical Response Unit, a disaster recovery team focused on mitigating the impact of the COVID-19 pandemic. In my free time I enjoy reading mystery novels, studying different languages (Spanish and Italian), and volunteering here at the Bastrop County Emergency Food Pantry."

CONGRATULATIONS HARLEE!
THANK YOU FOR ALL YOU DO FOR THE PANTRY AND OUR CLIENTS!

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. If you have symptoms of any contagious illness, a positive COVID test, exposure to someone with COVID-19 or any other contagious illness, please stay home.
3. Volunteers **MUST** wear volunteer badges during their volunteer shift.
4. Gloves must always be worn while handling food items.
5. Food items are never to be placed directly on the floor. Plastic tubs, bins, boxes, cases, etc. containing any food items are to be placed 6" above the floor on to pallets, risers, tables, chairs, etc.
6. Please contact Volunteer Coordinator, **Jody Wright directly** as soon as possible if you are not able to make your shift either by email at jwright@bastropfoodpantry.org or by phone at 512-303-0033 Ext 104.
7. Please do not bring friends or relatives to your volunteer shift who have not been cleared by Volunteer Coordinator, Jody Wright. All visitors must be cleared by the pantry staff and volunteers must have attended required orientation/training.

Friendly
Reminders

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VOLUNTEERS



INVENTORY CLERK: TANISHA CLEVELAND

Tanisha Cleveland joined the BCEFP in August as Inventory Clerk. Tanisha is a dedicated, hard worker with an excellent work ethic. She is the mother of a 2-year-old son whom she loves taking for walks, teaching, and helping him grow. She loves dogs, traveling, learning new things and she is compassionate about helping others. Tanisha



SUMMER INTERN: BENJAMIN ZHU

Benjamin Zhu is a BISD Summer Intern we were grateful to have with us at the Pantry this summer. He is in his Senior Year at CRCA and plans to major in Mechanical Engineering and minor in Business. Benjamin is such a hard worker and was a wonderful help to our Pantry staff, especially the Inventory Team! We wish him all the best



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ANNUAL CIVIL RIGHTS TRAINING IS REQUIRED FOR ALL VOLUNTEERS

Please be sure to complete the annual Civil Rights Training as required by the Central Texas Food Bank. This is required for **ALL VOLUNTEERS** of the BCEFP. If you have contact with any client personal information you will need to take the video training. Please reach out to me if you have questions. If you do not have access to a computer to take the training, please let me know and I can make arrangements for you to use a computer here at the Pantry. The link is provided below::

<https://theicn.docebosaas.com/learn/course/external/view/elearning/122/civil-rights-in-child-nutrition-programs>

Thank you for taking the time to complete these necessary steps for BCEFP to remain in compliance.

MASK POLICY

Per CDC guidelines in March 2022: "People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask."

BCEFP desires to keep everyone safe, so if you are **exhibiting symptoms** of COVID-19 or **any other contagious illness; have been exposed** to someone with COVID or any other contagious illness; or **if you are feeling ill**, please use caution and stay home until you are well and symptom free.

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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 |
|---|---|



smile.amazon.com

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to BCEFP! And it can add up fast!! When you do your shopping on AMAZON, please take advantage of this very simple way to support the BCEFP. AmazonSmile is a simple way for you to support Bastrop County Emergency Food Pantry every time you shop, at no cost to you for the same products, same prices and same service. AmazonSmile is available at smile.amazon.com on your web browser and can be activated in the Amazon Shopping app for iOS and Android phones. When you shop with AmazonSmile, you'll find the exact same low prices, vast selection, and convenient shopping experience as Amazon.com, with the added benefit that AmazonSmile will donate 0.5% of your eligible purchases to the Bastrop County Emergency Food Pantry.

To use AmazonSmile, simply go to smile.amazon.com on your web browser or activate AmazonSmile in the Amazon Shopping app on your iOS or Android phone within the Settings or Programs & Features menu. On your web browser, you can add a bookmark to smile.amazon.com to make it even easier to return and start your shopping with AmazonSmile.

You use the same account on Amazon.com and AmazonSmile. Your shopping cart and other account settings are also the same.

NOTE:

Pantry buildings MUST be vacated and ready to be locked by 11:30am. We appreciate how diligent our volunteers are in wanting to get tasks completed so we are asking that you be sure to be finished by 11:30am. Staff members have a number of duties that need to be attended to before they are able to close the pantry, so we ask that there be no volunteers in our program buildings after 11:30am.



IMMEDIATE VOLUNTEER POSITIONS AVAILABLE ARE:

INVENTORY: This involves various tasks in our Emergency Center that could consist of: **Bagging:** Re-bagging items, such as frozen chicken, into smaller bags. re-bagging items such as beans or rice into smaller bags using a sealer machine. **Stocking:** Restocking inventory items. **Light Cleaning:** Wiping down refrigerators, tables, scales, other surfaces as needed. **Sweeping and mopping.** **Other inventory tasks as needed.** It takes place Monday through Friday from 8:30am-11:30am and 1:30pm-3:30pm. Volunteers will be trained on how to use the sealing machine.

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.

HEB WEEKEND PICK-UP: This involves picking up bread, produce and protein from HEB by 8:30am and dropping it off at our Support Center. Volunteers will use their own vehicle. We need volunteers to rotate Saturday and Sunday mornings.

FRESH FOOD FOR FAMILIES: This involves setting up tables; sorting, weighing and bagging produce; greeting clients; distributing bags & boxes to clients; assisting clients to their cars when needed; cleaning up and taking down tables. This is a monthly event occurring on the 3rd Friday of each month from 9am-11am. This is an outdoor event that takes place rain or shine.

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, or on the 1st Thursday of the month from anytime between 1:30pm-6:30pm (on Pantry Express day).

NIBBLES PREP: *This program operates during the BISS school year and suspends during the summer school break. (It will resume for the 2022/2023 school year on Friday, September 9th.)* It involves dating the food items that are to be placed in the Nibbles bags. It takes place on Monday and Friday from 8:30-11:30 or 1:30-3:30 in the NIBBLES building.

NIBBLES BUILD: *This program operates during the BISS school year and suspends during the summer school break. (It will resume for the 2022/2023 school year on Friday, September 9th.)* It involves placing items in bags which will be given to school children to take home, providing them with food to have over the weekend. We need teams of 3 on Tuesdays and Wednesdays from 8:30-11:30 (eventually to rotate every other week).

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

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

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SOME INTERESTING SEPTEMBER FACTS:

September 5, the first Monday in September, is Labor Day. Canadians also observe "Labour Day".

September 11 is Patriot Day, held in honor and remembrance of those who died in the September 11 attacks of 2001.

September 11 is also Grandparents Day this year. Honor your grandparents that day - and every day!

September 17 is Constitution Day. This day celebrates the adoption of the U.S. Constitution, which occurred on September 17, 1787 (just five years prior to the founding of The Old Farmer's Almanac, believe it or not!).

September 21 is recognized as the annual International Day of Peace. Observances range from a moment of silence at noon to events such as peace walks, concerts, and volunteering in the community.

September 22 marks the start of fall! This year's Autumnal Equinox occurs at 9:04 P.M. EDT on Thursday, September 22. On this date, there are approximately equal hours of daylight and darkness.

September 25 is the start of Rosh Hashanah, a Jewish holiday that marks the beginning of the new year.

THEN THERE ARE THESE NOT-SO-WELL-KNOWN SEPTEMBER FACTS!

September is National Happy Cat Month

September 11 is National Hug Your Hound Day

September 13 is Kids Take Over the Kitchen Day

September 19 is International Talk Like a Pirate Day

September 24 is National Punctuation Day

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