

1st Quarter 2023

# 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)



## IMPORTANT BCEFP NEWS FROM OUR EXECUTIVE DIRECTOR TRESHA SILVA

As we move into 2023, we have an exciting update to share with our volunteers regarding a Bastrop County Emergency Food Pantry capital improvement project. Our pantry is underway in a comprehensive major gift campaign that will result in **construction of a new 8,000 sq ft Emergency Food and Nutrition Support Center**. As the number of crises increase, so do the number of people who need us. In 2022, we have seen a 32% increase in request for food and BCEFP has served 4200+ neighbors with food and support services. This project will better position BCEFP to continue our mission of caring for our increasing population of clients with food insecurity. In addition to a new Emergency Food and Nutrition Support Center, this gift campaign **will include new mission critical equipment and furnishings such as new freezer and cooling storage and a new Whole Grains Program Cupboard space**. We are looking forward to keeping you updated on this exciting campaign and project as it moves closer to the campaign goal and an eventual groundbreaking!

## Welcome New Volunteers

Heidi Hulbert  
Thomas Hulbert  
John Hulbert  
Kathryn Orr  
Sandra Callahan  
Sophie Hayes  
Barbara Harris  
Yolanda Morales



March 11th..... Bastrop Empty Bowl  
For this event we need 40+ volunteers. Watch for  
postings coming soon.

**BCEFP HOLIDAY/CLOSED DATES**  
Monday, February 20th Presidents Day  
Friday, April 7th..... Good Friday

*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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## BCEFP WELCOMES TWO NEW TEAM MEMBERS!

In November, the team had **two new staff members join**. Both are very excited about joining the team and being able to contribute and have an impact in serving the Bastrop County community.

First, **Stephanie Castillo joined as our Inventory Lead**. Stephanie comes to us with a strong food services background with both retail and restaurant management experience. Stephanie is an original Bastropian and resides here with her family. In her off time she enjoys crafts and making jewelry. Stephanie has 2 children, Markus 12 and Sophia who is 6. When you sign up for volunteer opportunities in Emergency Boxes, Inventory, Donation Center or Nibbles you can expect to work with Stephanie and the inventory team. Her goal as Inventory Lead is to maintain and improve processes on inventory. She would like to build a system for ordering so we can keep good levels of food on the shelves for our clients. In addition, she wants to make new connections with our retailers to get more donations.

Our second new team member is **Sherry Darvin who is in the role of Volunteer Coordinator**. Sherry also had a long career in retail management traveling as a District Manager across the Midwest and Northeast. She retired in December of 2021 as an HR Manager with Target. Sherry is an original Austinite (born at Bergstrom Air Force Base, which is now the Austin-Bergstrom International Airport) and lived in DFW prior to relocating to Bastrop in 2020 with her husband David. When not working, she enjoys traveling, pickleball and being outdoors! Combined, she and David have 4 children, 2 grandsons and 2 granddaughters that keep her busy! Sherry and David, love dogs and own a very energetic red goldendoodle named Willie (after Willie Nelson)! Sherry's goal while here at BCEFP is to utilize her experience to support the volunteer process for the best overall volunteer experience. **Sherry welcomes volunteers to reach out to her at [sherrydarvin@bastropfoodpantry.org](mailto:sherrydarvin@bastropfoodpantry.org) with feedback or assistance as it relates to their volunteer role.**

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, **Sherry Darvin directly** as soon as possible if you are not able to make your shift either by email [atsherrydarvin@bastropfoodpantry.org](mailto:atsherrydarvin@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, Sherry Darvin. All visitors must be cleared by the pantry staff and volunteers must have attended required orientation/training.

Friendly  
Reminders

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## OUR IMPACT

Client Service Report Month October, FY2022

Volunteer Hours for the reporting month of Oct FY202

**Volunteer Hours: 333.75 hrs**

	# of Clients	Pounds	Members of Food in Household
NIBBLES	28	5946	0
Brown Bag	118	2020	184
Commodities	66	2046	97
Emergency Asst.	169	14471.8	537
Fresh Foods for Families	92	3329	188
Open Arms	4	52	5
Disaster Asst.	0	0	0
Pantry Express	0	0	2
Special Asst. Program	0	0	0
Senior Activity	0	0	0
Whole Grains	689	6513.6	1105
<b>TOTAL SERVED</b>	<b>1166</b>	<b>34378.4</b>	<b>2118</b>

Client Service Report Month November, FY2022

Volunteer Hours for the reporting month of Nov FY202

**Volunteer Hours: 318.58 hrs**

	# of Clients	Pounds	Members of Food in Household
NIBBLES	28	6114	0
Brown Bag	111	2979	177
Commodities	68	2176	101
Emergency Asst.	184	18428	587
Fresh Foods for Families	93	2782.63	194
Open Arms	5	90	6
Disaster Asst.	0	0	0
Pantry Express	0	0	2
Special Asst. Program	0	0	0
Senior Activity	13	362	14
Whole Grains	623	6994	1008
<b>TOTAL SERVED</b>	<b>1125</b>	<b>39925.63</b>	<b>2089</b>

Client Service Report Month December, FY2022

Volunteer Hours for the reporting month of Dec FY202

**Volunteer Hours: 236.91 hrs**

	# of Clients	Pounds	Members of Food in Household
NIBBLES	21	4854	0
Brown Bag	116	2979	180
Commodities	68	2108	101
Emergency Asst.	145	14359	481
Fresh Foods for Families	85	2089	175
Open Arms	3	36	3
Disaster Asst.	0	0	0
Pantry Express	0	0	2
Special Asst. Program	6	370	23
Senior Activity	11	290	11
Whole Grains	549	4195.5	873
<b>TOTAL SERVED</b>	<b>1004</b>	<b>31280.5</b>	<b>1849</b>

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## INSIGHT AND GRATITUDE FROM JESSICA...

Recently, we asked **Jessica Reader**, our **Emergency Food Services Intake Coordinator** to describe how **volunteers support the client process for emergency food support**. Here's what she had to say,

"Our Emergency Food Pantry is a fantastic opportunity to see the impact that BCEFP makes on the community. **The Emergency Pantry serves the most vulnerable members of our community by providing 30 days of food to families who are in crisis and experiencing food insecurity. Volunteers who share their time with the Emergency Food Pantry are an integral part of the emergency assistance process from greeting our clients and answering the phones to building food boxes with the inventory staff.** There is always work to do at the food pantry and many hands make light work.

The Emergency Pantry staff takes a great deal of pride in the work we do, and our volunteers make it possible for us to provide the best possible service to our clients. **Asking for food assistance is not easy. Our volunteers help a great deal to make this process less difficult by offering a warm greeting, pantry information and efficient service."**

## WHAAAT??? I CAN SHOP ONLINE WITH AMAZON & DONATE TO BCEFP AT THE SAME TIME!!!



When you shop with Amazon Smile, you will find the same vast selection (including Prime items), prices and convenient shopping experience as on Amazon.com. The AmazonSmile Foundation will donate **0.5% of the purchase price** from your eligible AmazonSmile purchases to the eligible charitable organization of your choice.

In 2022, BCEFP received \$775.00 through this program! Just think about the opportunity, now, at the beginning of the year, if we could double or triple those shopping on Amazon in our area. Spread the word, shop through Amazon Smile and pick BCEFP as your charity of choice!

### Visit [smile.amazon.com](https://smile.amazon.com)

1. Sign in with the same account you use for Amazon.com
2. Select your favorite charity, Bastrop County Emergency Food Pantry
3. Start shopping! Remember to checkout at [smile.amazon.com](https://smile.amazon.com) to generate donations for your chosen charity.

**Tip:** Add a bookmark to make it easier to shop at [smile.amazon.com](https://smile.amazon.com).

### How to use AmazonSmile using the Amazon app on your mobile phone:

1. Open the Amazon Shopping app
2. Navigate to the main menu (≡)
3. Tap on Settings and then select "AmazonSmile"
4. Select your charity and then follow the on-screen instructions to turn ON AmazonSmile in the mobile app
5. Once AmazonSmile has been activated in your app, future eligible app purchases will generate a donation for the charity you have selected.



Please visit [smile.amazon.com/onthego](https://smile.amazon.com/onthego) to learn more.

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## VOLUNTEER APPRECIATION & RECOGNITION GO FORWARD

Let us count the ways that we appreciate our volunteers here at the food pantry!! Well, there really isn't a number big enough to cover all the roles, tasks, upbeat attitudes, positive energy, and endless other ways that our volunteers help us support our mission with the community and our clients. **In Q4 (Oct, Nov & Dec) our volunteers contributed 859 hours and for the full year of 2022, we had 107 volunteers contribute 3481 hours or an average of 67 hours a week in support!** Beginning this month, we will highlight a Volunteer of the Quarter.

**Our Volunteer of the 4th Quarter is Ann Mechler! Congratulations!** Ann has been a steady supporter of Brown Bag distribution which supports Seniors with a monthly distribution of food. **We love sharing the stories of our volunteers! Here's Ann's:**



Even though I was born in Lawton, Oklahoma, I totally consider myself a Texan because I grew up in Killeen and Austin. I married my college sweetie and served four years in the Air Force before trading combat boots for house slippers. While raising our five children (four girls and a boy,) I spent countless hours camping with Girl Scouts and chaperoning youth groups. Now I enjoy the slower pace of sewing quilts, volunteering at Ascension Church, hugging my six grandchildren, and of course, helping at the fabulous Bastrop Food Pantry. The Food Pantry is very special to me because I absolutely love the people that come in each week. I was hooked after serving my first Whole Grains shift. And the staff and volunteers are as kind to each other as they are to the clients they serve. There is no better place for me to serve others and "feed" myself.

### 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.**

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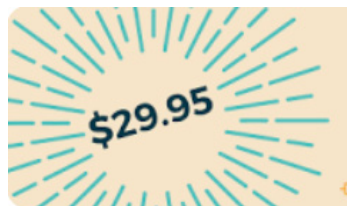


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**In addition, we want to recognize our Top Volunteers for 2022!** These volunteers contributed on multiple levels, including top hours (100+ hrs/year), supported a variety of opportunities, and support fundraising events!

- ♥ Diana Kennett
- ♥ Christine Arant
- ♥ Lisa Gossett
- ♥ Janice Brown
- ♥ Pat Webb
- ♥ Martha Alfaro

**In 2022, volunteer hours for BCEFP totaled 3,481 hours! Based on the current 'value' of a volunteer hour, our annual volunteer support is equal to \$104,255.00!!**



"In its newest Value of Volunteer Time report, Independent Sector, with the Do Good Institute, announced on April 18, 2022 that the latest value of a volunteer hour is estimated to be \$29.95, which is a 4.9% increase from 2020 to 2021."

## **GREAT JOB VOLUNTEERS ON WORKING WITH GALAXY DIGITAL TO CAPTURE YOUR HOURS!**

Overall, volunteers have been doing a great job of signing up for your shifts in Galaxy Digital. This includes 'unregistering' if for some reason you can't make your shift and most of all, signing in and out for your shift using your sign in email. **Tracking our volunteer hours is a key part of data that we utilize when requesting grants or funding so please make sure that you are signed in and out for every shift. If for some reason, you cannot do it electronically in Galaxy Digital, please make sure that you see a staff member regarding your hours.**



## **KEY VOLUNTEER ROLES NEEDING SUPPORT**

### **MORNING & AFTERNOON ADMINISTRATIVE**

**RECEPTIONIST:** This role involves a variety of basic office and fundraising duties for the executive staff. Office tasks include answering phones and greeting program participants, prompting program participants on sign in process, making copies, directing program participants on where to go, referring all pantry related calls to the appropriate staff member and some data entry. **Note, this role will require an additional training session before signing up for these shifts.**

### **MORNING & AFTERNOON INVENTORY**

**SHIFTS:** This opportunity could consist of bagging, stocking, light cleaning, and other inventory support tasks. Bagging can be re-bagging items, such as frozen chicken, into smaller bags. Also, re-bagging items such as beans or rice, into smaller bags using a sealer machine. Stocking can require lifting 30+lbs, bending and squatting to restock inventory items on racks and shelving. Light Cleaning typically consist of wiping down refrigerators, tables, scales, other surfaces as needed as well as sweeping and mopping

### **MORNING & AFTERNOON EMERGENCY BOX SUPPORT (M, W, F):**

Occurs Monday, Wednesday, and Friday from 8:30am -11:30am or 1:30pm - 3:30pm. During this time, you will work with the Inventory Staff to efficiently build emergency food boxes with items chosen from Pantry stock pick list by clients. Take boxes on cart out to client's vehicle for client to unload into their vehicle. Move and/or stock inventory items. You may also be asked to sort protein items for distribution.

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Is getting organized one of your New Year's resolutions? Does your pantry have items falling off the shelves? Let us help you with where to bring your unwanted pantry items!

If you're doing your New Year's spring cleaning early and going through your pantry, here's some items that are on a standing wish list for BCEFP. Remember many canned and dry goods are still safe and edible well beyond suggested 'use by' dates.

## Wish List

### FOOD:

- 64 oz juice bottles (apple, grape)
- Squeeze bottle of Jellies
- Instant Oatmeal Packs
- Peanut Butter Crackers
- Microwave Popcorn
- Peanut Butter
- Fruit Snacks
- Canned Ravioli
- Granola Bars
- Canned Protein (chicken, tuna)

### HYGIENE ITEMS:

- Bath Soap
- Toilet Paper
- Deodorant
- Tooth Brushes
- Laundry Soap



## 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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## LAST BUT NOT LEAST, FUN FACTS ABOUT VOLUNTEERING

1. VolunteerHub reports that Volunteerism improves health by strengthening the body, improving mood, and lessening stress in participants.
2. Volunteering decreases the likelihood of high blood pressure development by 40%. In a study reported on WebM.D. , 1100 adults between 51-91 had their blood pressure checked in 2006 and 2010. All had normal blood pressure at the time of the first interview. The study found that participants who had volunteered at least 200 hr/year were 40% less likely to have high blood pressure four years later than those who did not volunteer.
3. According to Deloitte Volunteer Impact Research, 70% of corporate volunteers believe volunteerism boosts morale more than company mixers.
4. Unemployed volunteers are 27% more likely to find work than non-volunteers.
5. The efforts of volunteers worldwide are equal to 109 million full-time workers.

## A LOOK AHEAD AT THE Q2 CALENDAR

### APRIL IS NATIONAL VOLUNTEER MONTH!

Plan to be on campus frequently as we will have lots of fun celebrations for our amazing volunteers!



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