

Why should someone consider helping the Community Food Pantry?

In 1996 we were awarded the Humanitarian Group of the Year Award from the Volunteer Center of Collin County. In 2004, we were presented the Quality of Life award from the McKinney Community Development Corporation and the Volunteer Group of the Year Award from the Volunteer McKinney Center. Not only are we very proud of this recognition, but it confirms the integrity of our outreach program. Secondly, most organizations spend 80 to 85% of their budget on salaries. But, as an all-volunteer organization, all donations are used to help the people in need; not to pay salaries. The simplicity of our menu not only screens, but it is one that sustains life, not a lifestyle. Our guidelines are needs based with no geographical limitations or time limits. And remember, we are not just handing people a bag of groceries; we are helping people to help themselves to find a more permanent solution to their problems, so that they can once again become contributing members of their community.

How can someone help?

There are many ways that an individual, group or organization can help feed the hungry. Opportunities are available for one-time events or for ongoing commitments. Food drives, volunteerism and monetary donations are all ways to help. Please call Carol Bodwell and let us match your desire with our needs.

Please be a part of making a difference in our community.



**COMMUNITY
FOOD
PANTRY
of
MCKINNEY**

**AN
ALL VOLUNTEER
ORGANIZATION**

***Sustaining Lives
Not Lifestyles***

**307 Smith Street
McKinney, TX. 75069
(972) 547-4404**

Hours

**Mon. - Fri. : 1pm - 3pm
Sat. : 9am - 11am**

**Director: Carol Bodwell
Assistant Director: Cathy Frizzell**

***COMMUNITY FOOD PANTRY
McKinney, Texas***

***"We Make A Living By What We Get,
But We Make A Life By What We Give."***

"W. Churchill"

What is the Community Food Pantry?

The Community Food Pantry is a non-profit outreach program that provides food to families who have found themselves in crisis. You might ask *who are those in crisis?* Those in crisis are people that have lost their jobs. Those in crisis are those who have lost income due to illness, medical bills, maybe a death in the family. Those in crisis are people who have had an addition to their family and cannot make ends meet. Those in crisis are the hungry in our community *for whatever reason.* We are not bound by any geographical scope and we hold a 501(c)3 classification from the Internal Revenue Service. We are staffed *entirely* by volunteers, and have been a part of this community for 32 years.

What is the importance of the Community Food Pantry to the community?

Our primary goal is to insure that *no one* goes to bed hungry. Once that goal is met, we strive to guide and assist them in finding a more permanent solution to the existing crisis. At this point, our goal becomes one of enabling them to become capable and independent individuals who will once again become contributing members of society.....BUT FIRST... hunger needs to be addressed!! If hunger is not continually addressed in this community, there could be an upward spiral of violence and poverty. Hunger can

lead to anger. That anger can lead to violence in the home such as spousal abuse and child abuse. It can then spill into the community. Hunger is such a basic need that people will do *anything* to get food, even commit crime. If people do not have enough to eat, malnutrition becomes a factor. With malnutrition comes illness, disease and medical bills. You can see children missing school or at the very least, performing poorly in school. The parents start missing time from work or even spending time in jail for their crimes. This reduces the household income, leading to more poverty and even homelessness.

What is done to insure that the food is given to those really in need?

The simplicity of our menu actually helps to screen out those that are trying to abuse the system. The menu was designed many years ago by a nutritionist with The American Heart Association. We asked for the least inexpensive meal plan that would feed as many as possible with nutritionally dense foods. Our menu consists of canned / powdered milk and oatmeal, bread and peanut butter, rice and dried beans, canned fruits and vegetables, baby food and formula. We found that those trying to abuse the system were not interested in these types of foods. On the first visit we screen for eligibility, however, anyone receives a “full menu” the first visit. The full menu is designed to feed the family for 3-1/2 days. If the person is eligible for further assistance, we set them

up on a twice a week schedule. During the screening, we assess what other agencies might be able to help them get back on their feet. At each visit, we monitor their progress in making applications and seeking appointments to help solve the reasons for their crisis. If their paperwork is not brought in to show that these steps have been taken, they become eligible for our minimum menu until they do bring in their paperwork. Minimum menu consists of a choice of bread and peanut butter or rice and beans to feed the family for a day, and they can come in daily for the minimum order. When they do bring in the necessary paperwork for each step, they can continue to get assistance twice a week until closure on all referrals. People in crisis are stressed and generally not thinking clearly. This twice a week contact is essential in that it offers us an opportunity to give direction as well as emotional support while being good and caring listeners and comforters in this time of crisis. All of this is handled by a staff of over 75 volunteers.

How many people have been helped by this organization?

Since its formation 32 years ago, food has been provided for over 1,983,590 meals. During 2008, food was provided for 147,320 meals. Those meals fed over 4,500 families that included 7,829 children and 6,903 adults.