

# St. Patrick's and St. Anthony's Food Pantries

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## ❖ Did you know?

- We operate two food pantries on a weekly basis, all year round. We service clients on Tuesday at St. Patrick's and Wednesday at St. Anthony's.
- We are part of the Love INC network of 10 pantries across the Tri-Cities.
- We service 20 – 25 families on average each week, representing 75 to 80 people, providing over 80,000 meals for the year. Each client receives one week's worth of food for the month to offer a hand up, not a handout.
- We also pass out holiday food baskets for parishioners in need and our pantry clients at Thanksgiving, Christmas and Easter.

## ❖ How can you help?

- Donate food and personal care products.
  - The back of this sheet lists the regularly stocked products that you can donate. We also put a notice in the bulletin each week for the greatest needs. Just place the items in one of the drop-off points. They include the Narthex and Family Center entryway for St. Patrick's. Items for St. Anthony's can be dropped off at the chapel on Wednesdays from 9:00 am to 4:30 pm.
  - Also, remember if your family supports a local food drive that supports Love INC, then you are supporting our pantries as well.
  - If you have a large food donation or one that requires refrigeration, please call the parish office or reach out to Tom Pecott at 935-7585 or [tpecott@aol.com](mailto:tpecott@aol.com), and we can help with the drop-off.
- Donate money.
  - You can donate through the Christian Service Fund envelopes.
  - You can donate to Love INC for the Tri-Cities pantry program.
  - You can donate to Feeding America West Michigan and designate one of our pantries on the memo line of the check – #02920 for St. Patrick's and #01421 for St. Anthony's.
  - You can buy "Simply Give" cards at Meijer's when they benefit Love INC. Meijer matches the donation and it has been a wonderful blessing this year.
- Be creative! One parishioner asked people attending a local craft show to bring a can of food or \$1. We received five large boxes of food and a nice check.
- Join the 50+ volunteers.
  - At St. Patrick's, we have teams of people that count inventory, purchase food, and restock shelves. You can also work on distribution days, Tuesday, for two hour shifts to bag food and assist our clients. Contact Tom Pecott.
  - At St. Anthony's, stop by and see Janet MacKeller at St. Anthony's during their distribution days.

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## Food & Personal Care Donations

Breakfast Items: Cold cereal, oatmeal (regular or instant packets), pancake/baking mix, syrup

Lunch Items & Side Dishes: Macaroni & cheese, canned pasta (such as Chef Boyardee), tuna, canned chili, instant potatoes, rice (regular or instant), combo mixes (rice or pasta), crackers, peanut butter, jelly/jam, Manwich

Dinner Items: Spaghetti, pasta (noodles/macaroni), spaghetti/pasta sauce, Hamburger Helper, Tuna Helper

Canned Vegetables: Corn, green beans, peas, mixed vegetables, tomatoes, potatoes, baked or other canned beans, carrots, spinach, beets

Canned Fruit: Peaches, pears, pineapple, fruit cocktail, applesauce

Soups & Sauces: Chicken noodle, tomato, vegetable, chunky, cream of mushroom, chicken/beef broth, tomato sauce

Condiments: Mayonnaise/whipped dressing, ketchup, mustard

Beverages: Juice (plastic bottles), coffee, tea, Kool-Aid packages

Personal Care Items: Shampoo, bar soap, toothbrushes, toothpaste, deodorant, disposable razors, tampons, maxi-pads

Cleaning Supplies: Laundry soap, dish soap, tall kitchen garbage bags