

SSCM FOOD PANTRY NEWSLETTER



Issue 2 | Spring 2023 (Feb, Mar, Apr) | Volume Two

OUR MISSION

SSCM Food Pantry is an all-volunteer 501(c)3 non-profit food pantry located in and focused on serving the south side of Columbus, Ohio, which provides at least a 3-day supply of food to individuals and families in need.



IMPORTANT UPCOMING DATES

Unloading MOFB Food Orders

May 16th - Help wanted 9:00 AM at the Pantry - Extra Hands ALWAYS Welcome!!

Contact Bob Robenalt at (614) 561-5003 for more information on unloading activities.

Next Pantry Open Weeks:

May 22nd, 24th, 26th

June 20th, 21st, 23rd

NOTE:

We will be OPEN on T, W, and F in June due to the Juneteenth holiday on Monday of that week.

THIS MONTH'S MESSAGE FROM THE BOARD OF SSCM FOOD PANTRY

The first four months of 2023 were especially busy ones at SSCM Food Pantry. During this timeframe our volunteers distributed enough food for just under **17,000 meals**, representing a nearly **60% increase** in the number of individuals receiving food from SSCM. Across our state and country, rising food costs mean the buying power of our donated dollars has been slashed by nearly 50%.

Due to the intermittent availability of canned goods and government subsidized food, our partner agency, the Mid Ohio Food Collective (MOFC) recently announced that they are pursuing more bulk purchases of produce and dairy items. This approach will help SSCM maximize the buying power of our benefactors' generous donations. Combined with the hard work of our team of volunteers, together we will prevail over the challenges ahead of us.

Cheryl Harrison, Board President

Ruth Ann Farthing, Secretary

Sharon Coil

JoEllen Hahn

Linda Langhorst

Roger Suppes

Lori Veisz, Vice President

Mary Kelly Minner, Treasurer

Dawn Deaterla

Jil Holmes

Bob Robenalt

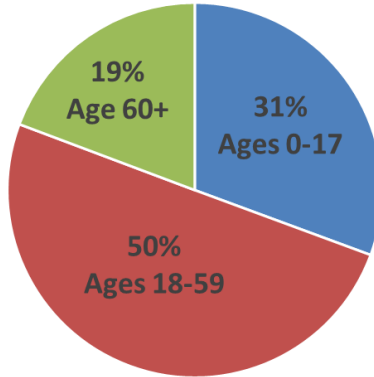
Karen Trifonoff

DID YOU KNOW? Potential drivers of the increasing number of pantry visits are believed to include the recent rollback in SNAP benefits to 2019 (pre-pandemic) levels, the expiration of the enhanced childcare tax credit, and rising costs for necessities across the board. According to MOFC, an older adult could have seen their monthly SNAP benefit go from \$250/month to \$23/month. Franklin County Job and Family Services records reflect more than 163,000 county residents receive emergency SNAP benefits.

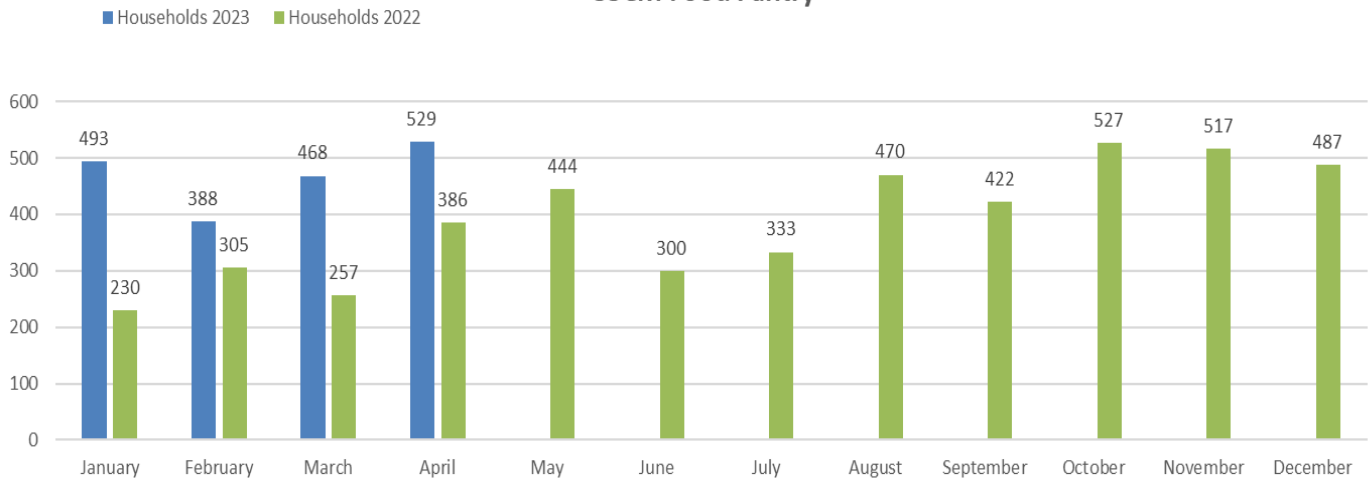
PLEASE MAKE A NOTE OF THIS OPEN WEEK CHANGE FOR JUNE

Service Statistics – through April 2023

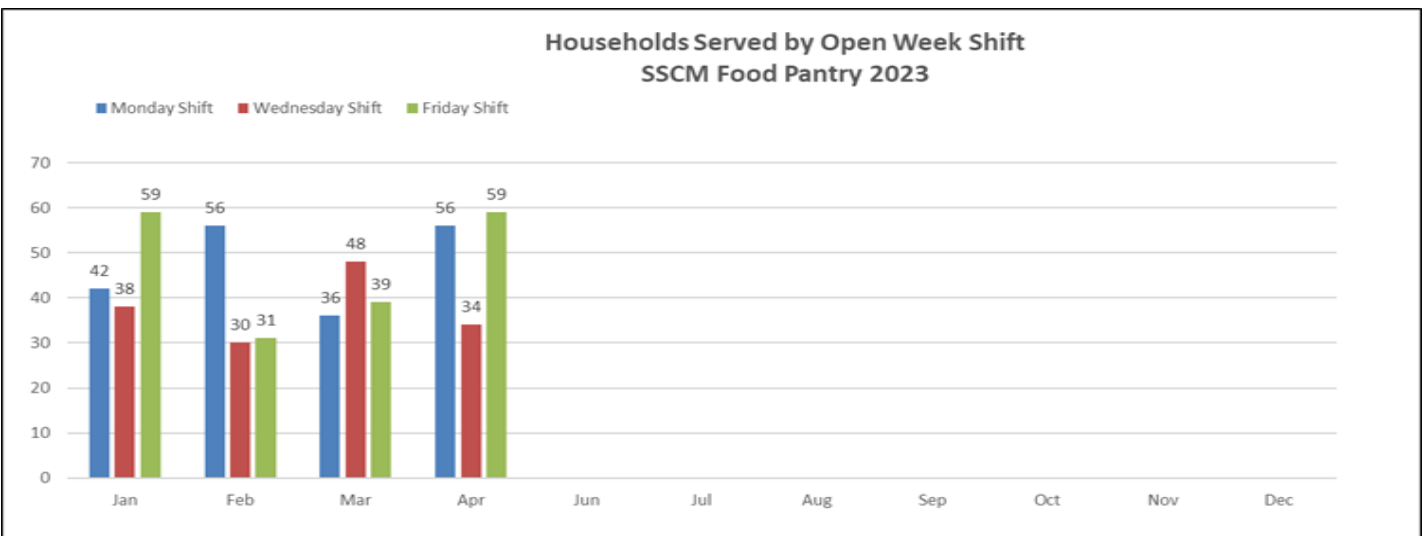
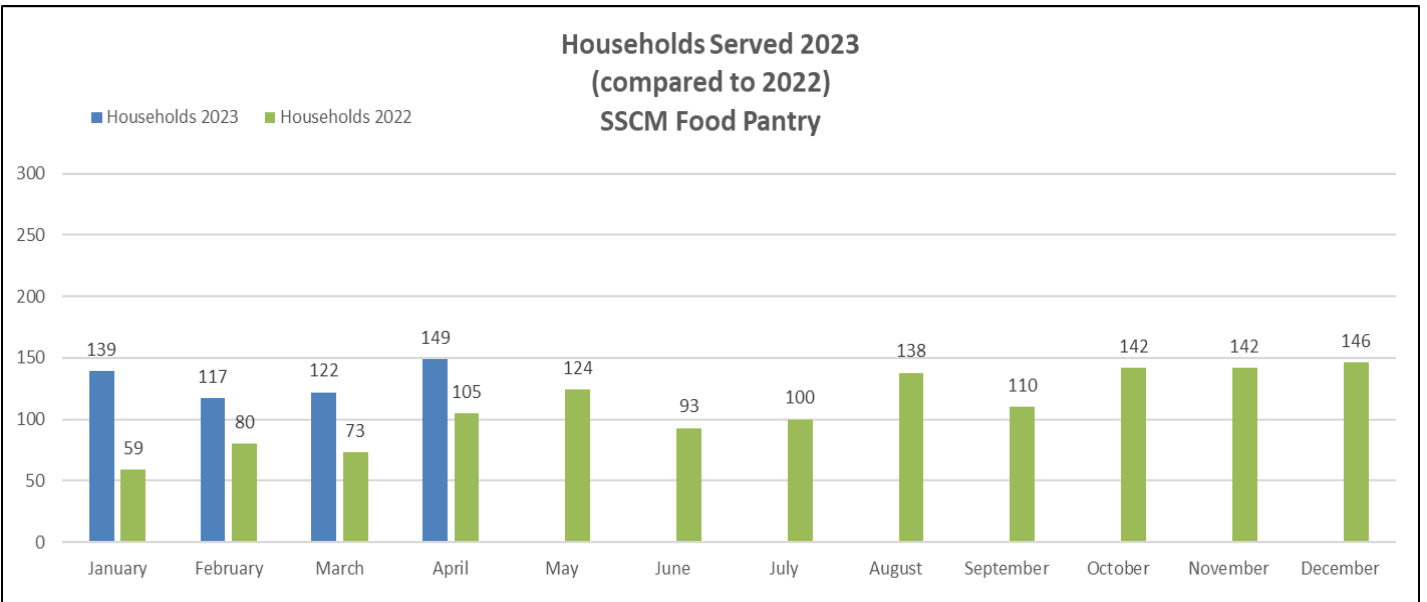
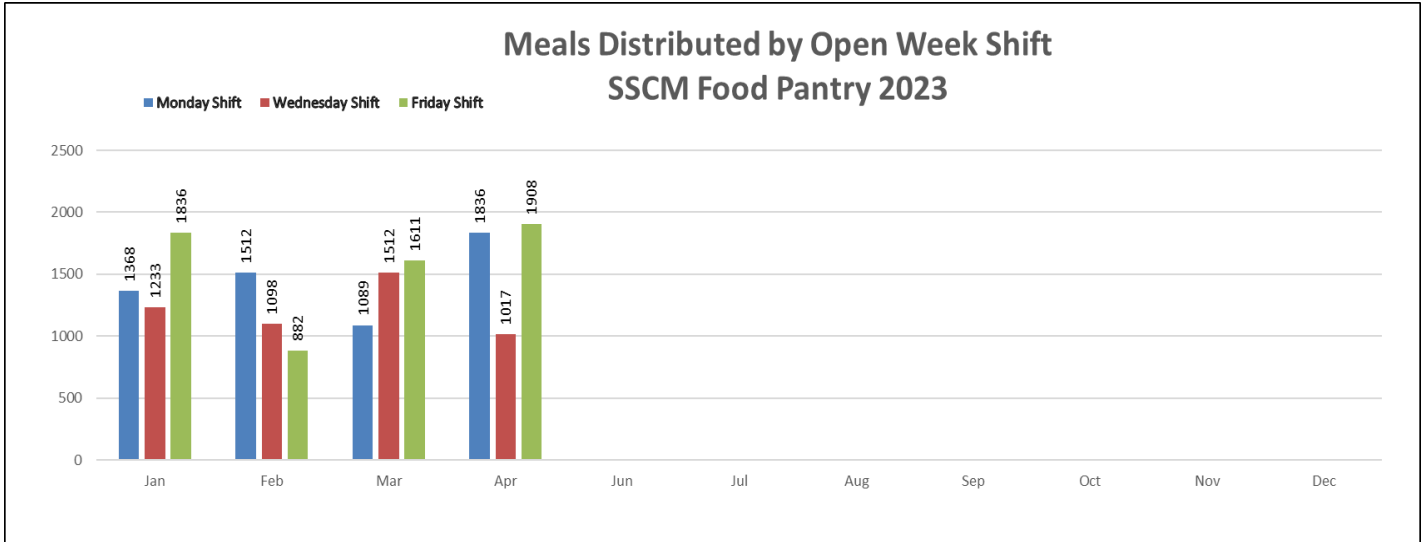
Age Demographics of Clients Served - April 2023



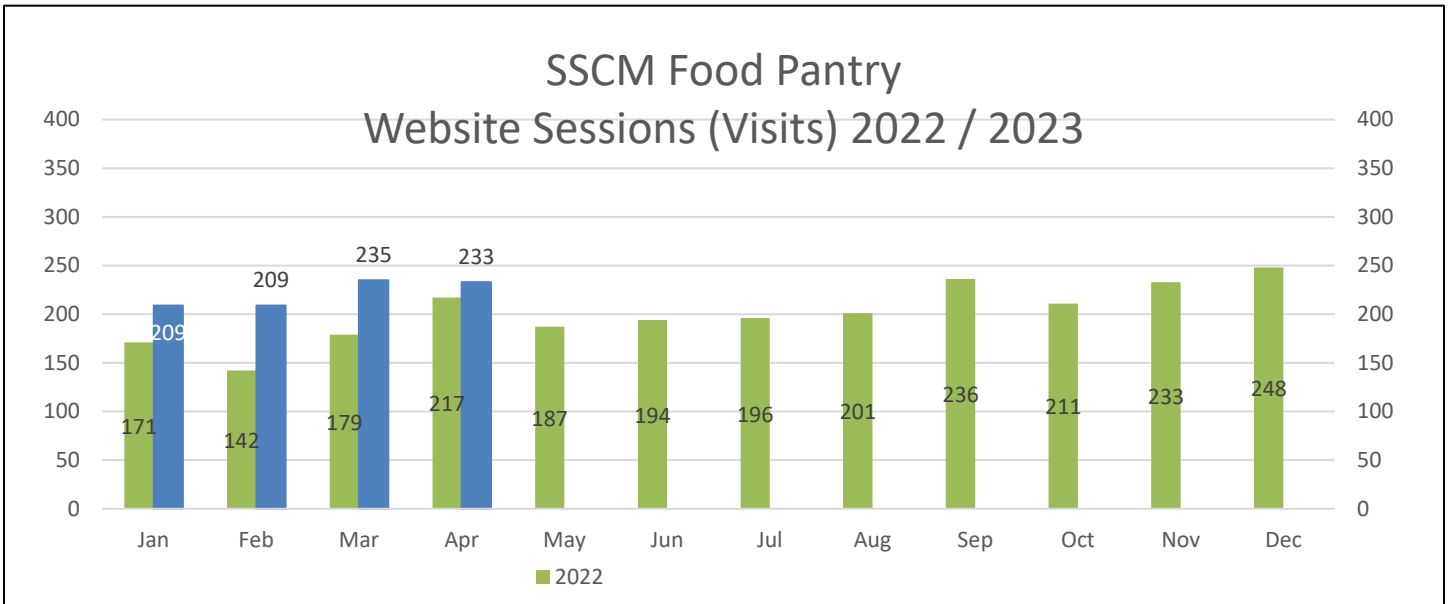
Individuals Served 2023 (compared to 2022) SSCM Food Pantry



Service Statistics – through April 2023



Service Statistics – through April 2023



Total monthly donations received through PayPal link on the website:

January	\$100
February	
March	\$300
April	\$233
May	
June	
July	
August	
September	
October	
November	
December	

Year to Date Highlights:

- Since January 1st, there have been a total of **886** visitors to the website.
- **233** users visited the website during April.
- Donations totaling **\$633** were initiated through the PayPal link on the website through April 30th.

DID YOU KNOW?

100% of the donations received by SSCM Food Pantry go directly to feeding the hungry. This is possible only because we have a team of volunteers who worked nearly 1,500 hours in 2022 operating the pantry.



Produce Market 2023 Kicks Off May 13th!

“Just North” church has been participating in the Southside Community Ministries Produce Giveaway for many years and they will be helping to coordinate the monthly events again this year, in partnership with Wesley Chapel of Hope located at 2935 Bulen Avenue on Columbus’ southside.

Volunteers are always needed on the 2nd Saturday of each month, from May-October, to help setup, serve and cleanup. Volunteers should plan to arrive by 9:15AM to help with setup. The event itself and the cleanup are usually done by noon(ish). Volunteers are encouraged to bring a friend or family member! This is a great opportunity for families and friends, youth groups, choirs and book clubs to volunteer together as a team.

As “Just North” is welcoming, all are invited to participate. Please contact Tess Caley if you have questions at (740) 607-8692 or email at facilities@justnorthucc.org.

Market Opens to Public at 10AM on

5/13/23

6/10/23

7/8/23

8/12/23

9/9/23

10/14/23

St. Mary Students Serve Their Community

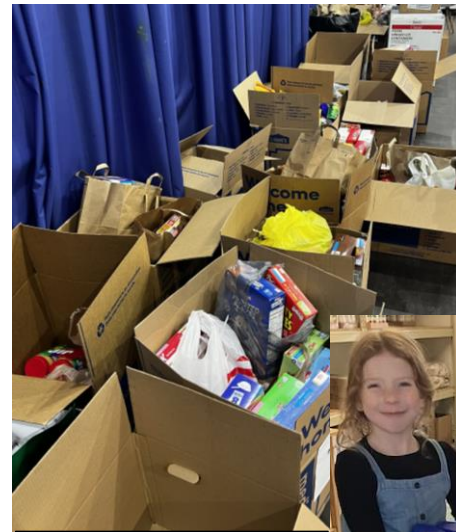
by Mary Kelly Minner

St. Mary School in Columbus ran a food drive as part of the 2023 Catholic Schools Week Celebration which was held January 30th through February 3rd. The theme for a portion of the week was “*Serving Our Community*” and SSCM was selected to receive the food. The prize for the classroom collecting the most donations was a “jean day.”

The parent organizers asked Mary Kelly Minner for the top needed items, and she asked for peanut butter, cans of fruits and vegetables, soup, cereal and baked beans since MOFC had not had any canned fruit or vegetables to order for two months.

In total, the students collected over 1,000 items – including cans, boxes of cereal, etc. Families brought the collected food - which filled three vehicles – just in time for our February open week. The parents told Mary they hope to do another drive in the future.

The students of St. Mary School demonstrated what it really means serve their community by collecting and delivering the shelf-stable foods needed most to combat hunger. THANK YOU to all who participated!



A BIG THANK
YOU TO THE
STAFF,
STUDENTS, AND
PARENTS OF ST.
MARY SCHOOL!



DID YOU KNOW? 31% of the individuals receiving a 3-day supply of food from SSCM Food Pantry in April were aged 0 – 17 years.

DOLLARS & CENTS at the PANTRY

SSCM Food Pantry has been an IRS approved 501(c)(3) charitable organization for many years, but what does that really mean to the pantry and our supporters? The designation reflects the U.S. Internal Revenue Code section 501(c)(3) which covers nonprofit organizations. The IRS must approve an organization as, “...a nonprofit entity for charitable purposes,” before officially granting the application for 501(c)(3) status. The IRS recognizes more than 30 types of nonprofit organizations, however only organizations with an approved 501(c)(3) status can say that donations to them may qualify to be tax deductible. Once granted, the IRS continues to monitor the organization to ensure ongoing compliance with all 501(c)(3) requirements in order to maintain the status and avoid the risk of incurring large penalties and taxes. This includes ensuring that the operation does not materially deviating from its originally stated purpose or mission. At SSCM Food Pantry we hope that having the 501(c)(3) status gives supporters confidence that their contribution is being used in a manner consistent with our mission statement, and that donating to us is more attractive to them than supporting charities without the IRS designation. There are other benefits to the organization tied to this status as well, including:

- Expanded eligibility for Grants
- Exemption from many taxes imposed by federal, state, and local governments
- Corporate protection from individual liability from lawsuits and other claims
- Increased USPS discounts on some postal advertising/bulk rates

Another monitored requirement which must be met is that a 501(c)(3) organization must pay their employees fair market value wages. That’s where the value of our volunteers and the time they put in supporting the pantry every month becomes evident. SSCM paying even one fair-market salary to facilitate operating SSCM Food Pantry would push our already tight budget beyond the breaking point and would ultimately reduce the amount of food we could afford to purchase monthly for distribution. Thanks to our TIRELESS team of volunteers, the SSCM Food Pantry operates proudly as a 501(c)(3) without having any paid employees, so we can assure our supporters that 100% of the donations they make to SSCM are put toward purchasing and distributing food directly to those in need.

*Individual gifts to 501(c)(3) charitable organizations like SSCM Food Pantry are tax deductible to the fullest extent of the IRS tax law (individuals should consult a tax advisor on their personal deduction eligibility).



Volunteers shelving the food order from MOFC

DID YOU KNOW?

As a Partner Agency of the Mid Ohio Food Collective (MOFC), SSCM is able to leverage their bulk buying power. Even with the recent increase in wholesale food prices, a \$1 donation to SSCM Food Pantry donation can provide up to \$4.89 worth of food items to those in need.



Meet the NEWEST MEMBER OF THE SSCM TEAM! This is the new cooler purchased earlier this year, hard at work and filled to the brim with eggs!

FOCUS ON: Healthy Picks

Bursting with delicious spring flavors, this delicious sauté is perfect with a side of roasted chicken, fish, or tofu.

Spring Vegetable Saute

Makes 4 servings.

Ingredients

1 teaspoon olive oil
1/2 cup sweet onion (sliced)
1 garlic clove (finely chopped)
3 new potatoes (tiny, quartered)
3/4 cup carrot (sliced)
3/4 cup asparagus pieces
3/4 cup sugar snap peas, or green beans
1/2 cup radishes (quartered)
1/4 teaspoon salt
1/4 teaspoon black pepper
1/2 teaspoon dill (dried)

Directions

1. Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute.
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a Tablespoon or 2 of water.
4. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender - about 4 minutes more.
5. Serve immediately.



*For nutrition information and more healthy recipe ideas, please visit [Spring Vegetable Saute](#) at *What's Cooking? USDA Mixing Bowl*.*

FOCUS ON: Healthy Picks

This quick and delicious way to cook greens will give you a tasty side dish in minutes using collard greens or kale.



Seared Greens

Makes 6 servings.

Ingredients

8 cups kale or collard greens (1 1/2 pounds)
2 tablespoons vegetable oil (or olive oil)
4 garlic cloves (chopped)
1 cup water
1/4 teaspoon salt
1 teaspoon black pepper
2 tablespoons cider vinegar

Directions

1. Clean the greens thoroughly and cut stems away. Dry well and tear into salad pieces or slice across leaf into 1/2 inch pieces.
2. In a large deep pot or skillet with a cover/lid, sauté garlic in oil. Add greens to pan along with 1 cup water.
3. Cover pan and steam for 4 minutes.
4. Uncover, stir constantly until greens shrink. Add salt and pepper and continue to stir on high until mixture is thoroughly wet.
5. Sprinkle cider vinegar on mixture. Cover. Turn off heat. Let stand until ready to serve.

For nutrition information, please visit [Seared Greens](#) at [What's Cooking? USDA Mixing Bowl](#).