

# SSCM FOOD PANTRY NEWSLETTER



Issue 3 | Summer 2023 (May - Sep) | 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

**Help wanted 9:00 AM at the Pantry - Extra Hands ALWAYS Welcome!!**

**October 17<sup>th</sup>**

**November 7<sup>th</sup>**

**December 12<sup>th</sup>**

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

### Remaining Open Weeks 2023:

OCT - 10/23, 10/25, 10/27

NOV - 11/13, 11/15, 11/17

DEC - 12/18, 12/20, 12/22

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

The summer months at the Pantry were busy and, on several occasions, very HOT for our volunteers as they worked inside without the benefit of air-conditioning, unloading and shelving food items, packing boxes of food for each household, and then registering clients and distributing boxes of food car-side with temps outside pushing 90 degrees plus.



A BIG thank you from the entire Board to ALL our volunteers who repeatedly endured the heat of summer and yet kept the necessary preparations for each open week going without interruption. The food insecure in our community count on our Pantry doors being open every month. Your dedication and support keep the doors open and food flowing, and makes fulfilling the Mission of the Pantry possible. Thank you for sharing your passion for helping others through SSCM Food Pantry.

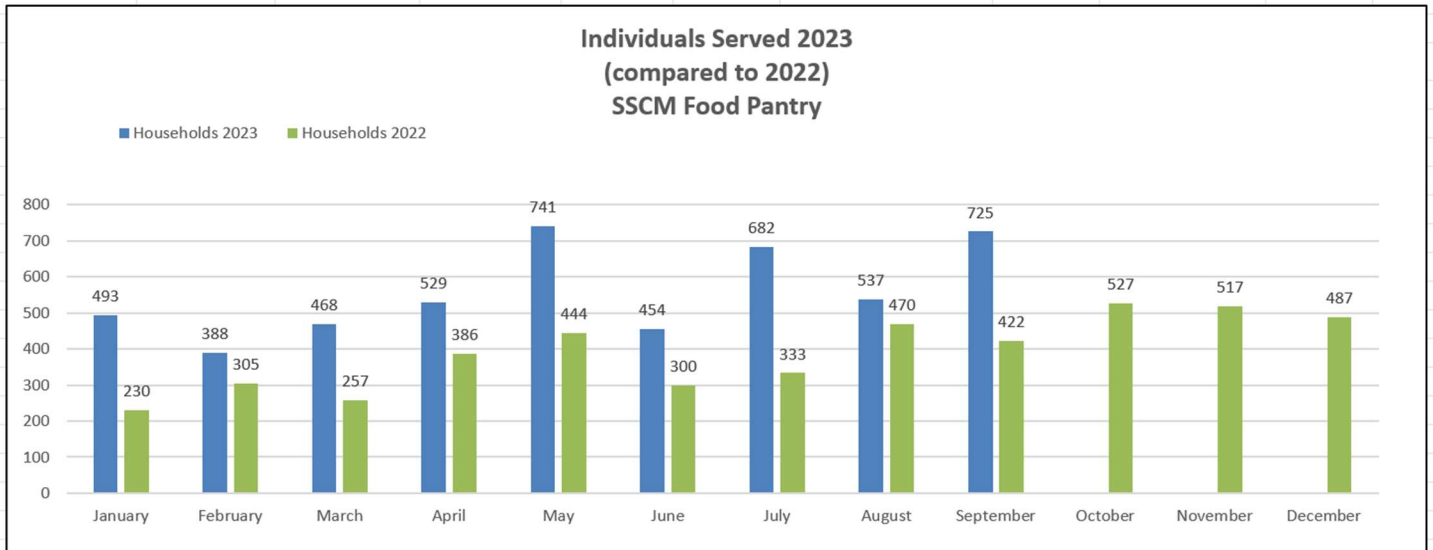
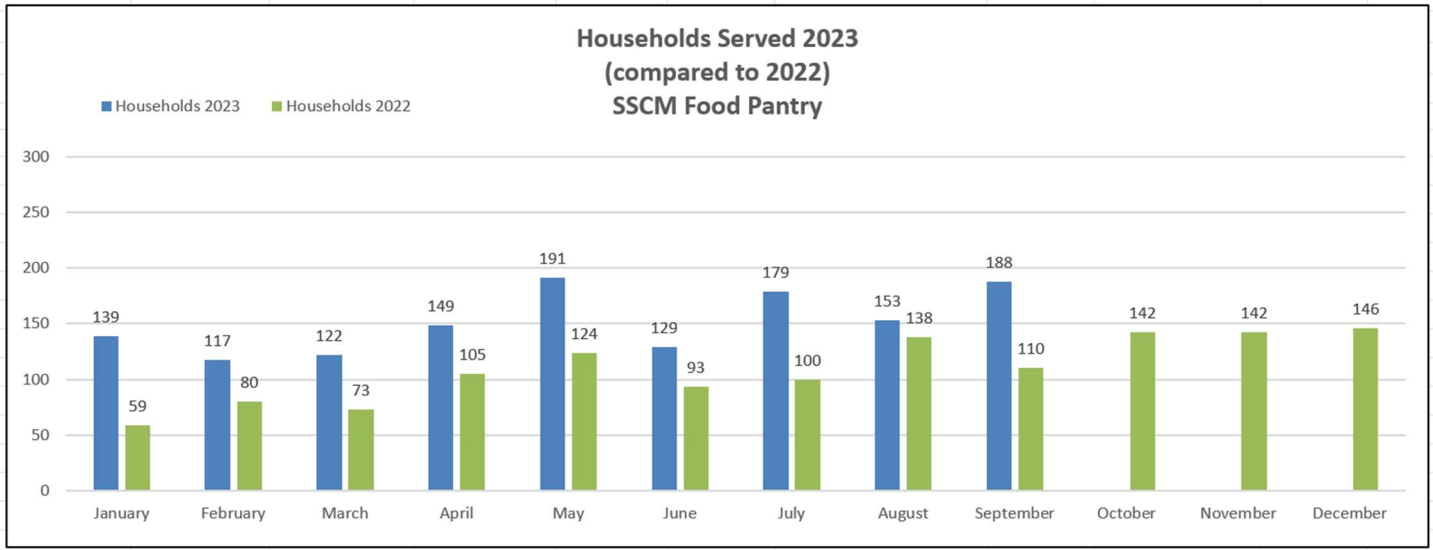
Cheryl Harrison, Board President  
Ruth Ann Farthing, Secretary  
Sharon Coil  
JoEllen Hahn  
Linda Langhorst  
Roger Suppes

Lori Veisz, Vice President  
Mary Kelly Minner, Treasurer  
Dawn Deaterla  
Jil Holmes  
Bob Robenalt  
Karen Trifonoff

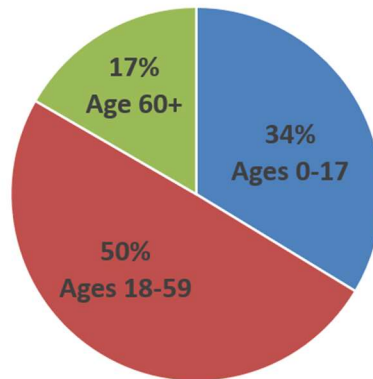
**DID YOU KNOW?** (eff 9/30/2023 per MOFC)

**\$1 Donated = \$4.89 in Food Purchased**

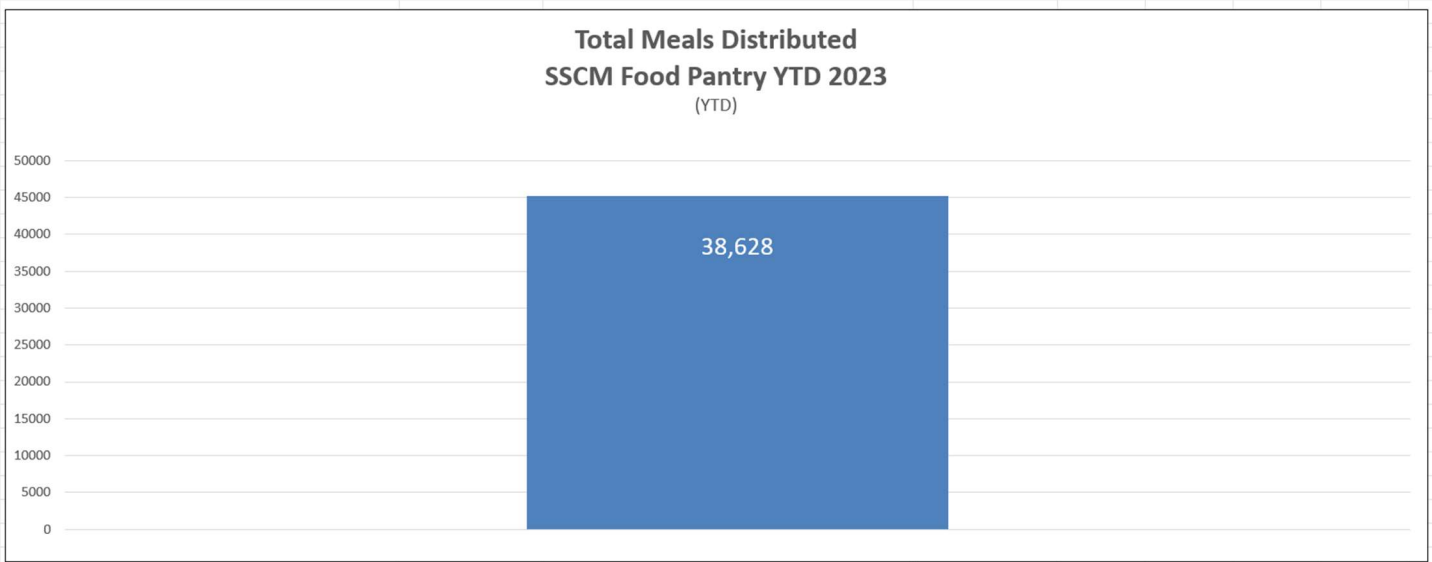
## Service Statistics – through September 2023



### Age Demographics of Clients Served - September 2023



Service Statistics – through September 2023



**UP**

**57 %**  
YOY

**Total  
Clients  
Served**

**45 %**  
YOY

**Food  
Costs**

**INCOMING  
MONETARY  
DONATIONS**

**DOWN**  
**5% YOY**

## Dollars & Cents at the Pantry

As you have read in this and prior issues of the SSCM Food Pantry Newsletter, rising prices and increasing numbers of clients are stressing our already tight operating budget because incoming donations aren't keeping pace. Recently, SSCM was the recipient of several unexpected donations from other service organizations which not only increased pantry cold storage, but also added to the funds available for purchasing food.

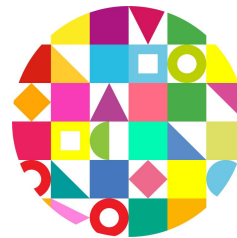
From our partner, St. Mary Church, SSCM received a freezer which was no longer needed in their school cafeteria. Around the same time, several refrigeration units were also displaced by the recent closure of the St. Ladislav's St. Vincent dePaul Society pantry. The need for additional/replacement refrigeration equipment at SSCM was raised to the St. Ladislav's St. Vincent dePaul Society by the good people at St. Mary Church, and after some consideration, the decision was made to not only give one of the coolers to SSCM Food Pantry, but to also pass along a significant monetary donation that the St. Vincent dePaul Society pantry had just received from Our Lady of Lourdes Church in Marysville, Ohio. The transfer of the donation to SSCM was quickly approved by Our Lady of Lourdes since it was originally intended to support feeding the hungry, and SSCM shares that mission. Since that time, a lot of effort has been expended at SSCM to get the electrical wiring and outlets in the pantry ready for the new-to-us equipment. A special thank you to Board Member Mary Kelly Minner and her husband, Roger Minner, for helping to bring these donations to the Pantry by first advocating on our behalf, and then working tirelessly with equipment owners, movers and electricians to get the coolers and freezers relocated safely, and the pantry electrical infrastructure updated to ensure safe and efficient operation of the units in our facility. To our benefactors at St. Mary, St. Ladislav, and the St. Ladislav's St. Vincent dePaul Society, and Our Lady of Lourdes Church, we wish to express our sincere thanks for the generosity you have shown SSCM Food Pantry, and for your generous support of our Mission to feed the hungry. 🍏



Delivery/Unloading Volunteers

## DID YOU KNOW?

Belron is the worldwide leader in vehicle glass repair and replacement, operating in 37 countries with market leading brands such as Safelite.



**THE BELRON  
RONNIE LUBNER  
CHARITABLE  
FOUNDATION**

In February 2020, the Belron Ronnie Lubner Charitable Foundation was launched in England and Wales to continue the longstanding commitment of Belron to give back to the community. Since its launch, the Foundation has donated over 7 million dollars to causes around the world, benefitting 350 charities across six continents – including SSCM Food Pantry in Columbus, Ohio!!

Recently, SSCM received a generous donation in the amount of \$4,325 from this foundation. A big THANK YOU for the nomination and to Belron and the Ronnie Lubner Charitable Foundation for this generous donation from across the pond! 🍏

*Thank you!*



## MOFC Shifts from On-site Pantry to Market at Gantz

As of October 15, 2023, the Mid-Ohio Food Collective (MOFC) closed its on-site drive-through pantry located in Grove City. While it will not be a one-to-one replacement, MOFC is opening a new Mid-Ohio Market nearby on October 20th where customers will go inside to pick the foods they want. The new market has been designed to meet the needs of Grove City and nearby areas and is called the **Mid-Ohio Market at Gantz Road** and is located at **4041 Gantz Rd, Grove City, Ohio 43123**.

The drive-through pantry at MOFC was needed during the emergency response of the early pandemic, but needs have evolved since then. MOFC knows this new change will be disruptive but hopes customers will visit [FreshTrak.com](https://www.freshtrak.com) to find alternative free food options closer to home.

**Opening Friday, October 20th**, the Mid-Ohio Market at Gantz Road's weekly shopping hours for customers will be:

- **Monday:** 3 p.m. - 7 p.m.
- **Tuesday through Friday:** 12:30 p.m. - 7 p.m.
- **Saturday:** 9:30 a.m. - 1:30 p.m.
- **Sunday:** Closed

According to a recent communication the SSCM Board received from MOFC, they are very excited to offer this choice model at the new Mid-Ohio Market at Gantz Road and are looking forward to offering this new shopping experience for customers in need of free food resources in the Grove City area. 🍏



**THANK YOU  
FOR VOLUNTEERING**

**"VOLUNTEERS DO NOT NECESSARILY HAVE  
THE TIME; THEY JUST HAVE THE HEART."  
- ELIZABETH ANDREW**

## FOCUS ON: Healthy Picks

### Sweet Potato and Apple Bake

Enjoy the taste of fall with the combination of sweet potatoes and apples in this delicious side dish. Serve with roasted chicken or turkey, and a large green salad.

*Makes 6 servings.*

#### **Ingredients**

3 1/2 cups sweet potatoes fresh or canned. If using canned, drain 2 - 15 ounce cans; save 2 Tablespoons of the liquid and the potatoes, and discard the rest)

2 cups apples (peeled, cored and cut into bite-sized pieces)

6 teaspoons brown sugar (2 Tablespoons, packed)

1/3 cup chopped nuts (pecans, walnuts or any other type of nut)

2 tablespoons flour

2 tablespoons butter, melted



#### **Directions**

1. Preheat oven to 350°F.
2. Put sweet potatoes in baking dish.
3. Add apples.
4. Pour 2 Tablespoons of the sweet potato liquid over the mixture.
5. Mix brown sugar, nuts, flour, and melted butter together in a small bowl.
6. Sprinkle over the top of the sweet potato/apple mix.
7. Bake for 20-30 minutes, until the top is golden brown and bubbly.

For nutrition information, please visit [Sweet Potato and Apple Bake](#) at USDA's MyPlate Kitchen.

## FOCUS ON: Healthy Picks

### Squash Salsa

Summer squash is the secret ingredient in this fun summer salsa. Enjoy with your favorite whole grains.

*Makes 12 servings.*

### Ingredients

1 can black beans (rinsed)  
6 tomatoes, seeded and diced (medium)  
1/2 green pepper, seeded and diced  
1 medium red onion (minced)  
1 summer squash, medium (peeled, seeds removed, diced)  
2 tablespoons red wine vinegar  
1 teaspoon Adobo seasoning (combination of garlic, coriander, salt, and cumin)  
lemon or lime juice (2 Tablespoons, optional)  
4 tablespoons mozzarella cheese, part skim, or other mild cheese  
fresh cilantro or dried parsley (optional)



### Directions

1. Combine all ingredients except cheese. Let sit for 30 minutes.
2. Spoon over tortilla chips, cooked rice, or noodles.
3. Top with grated, part-skim mozzarella cheese. Serve hot or cold!

*For nutrition information, please visit [Squash Salsa](#) at USDA's MyPlate Kitchen.*



## SSCM Participates in Local Festival

Yearly, on the fourth Sunday in August, the Merion Village Festival is held at Moeller Park. Located within historic Merion Village, this annual rain or shine event features displays by artists, crafters, local businesses, and non-profit organizations, as well as meal and dessert food trucks, a beer garden, live music and performances. This event celebrates life in the historic neighborhood and provides opportunities for the people within to socialize and learn more about the area.

A BIG THANK YOU to Board Member Jil Holmes for owning SSCM's participation in the event this year, from beginning to end.

Jil not only brought forward the initial suggestion that SSCM participate, but also staged the SSCM display and worked the event, along with volunteers Kathy Burger and Anna Zieble, handing out pamphlets and chatting with festival visitors about SSCM Food Pantry and the 3-day supply of food we can provide to those in need.

The Board hopes that our recent participation in this local festival raised neighborhood awareness of not only the critical food we provide to those in need, but also of volunteer and donor opportunities available through SSCM which have a nearly immediate local impact.

We look forward to participating in the Merion Village Festival again in 2024, to ensure even more of our neighbors are aware of the emergency 3-day supply of food we provide. 🍏

