



Reaching out to the hungry of Tangipahoa Parish since 1987.

CHILD NUTRITION IN AMERICA

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Child nutrition is a topic for debate throughout our country. Advocates are focusing their efforts on expanding the school breakfast program, but it requires funding. The School Nutrition Association (SNA) president, Dora Rivas, recently said, "It means nutrition for a hungry child, fuel for a successful school day, a healthy solution for

a busy parent, and a chance for children to learn about balanced meals and establish lifelong positive eating habits." USDA Secretary, Tom Vilsak, stated, "We are actively pursuing opportunities to reduce hunger and improve the overall health and nutrition of children."

The Tangi Food Pantry is attempting to do its part by

providing breakfast and lunch foods to families during the summer months when children are at home and these meals are not available. We need the help of our community to continue this annual project. If you can help, please bring the food items by our Distribution Site, or mail a donation to: Tangi Food Pantry, P.O. Box 3081, Hammond LA 70404.

SOMETHING EXTRA AT THANKSGIVING

In 2009 TFP was honored to be named as one of the beneficiaries of the proceeds from the Smokin' Blues and BBQ Challenge. With this generous donation, we were able to include a frozen turkey in **1018** bags that were handed out to our clients in November. What a treat!



DID YOU KNOW?

The only continent that does not have a McDonald's is Antarctica.

A Big Mac contains 560 calories.

McDonald's "special sauce" is actually Thousand Island dressing.

"FOOD OF THE MONTH" PROGRAM

Our new Food of the Month program has been a great success this past year, and we thank everyone for their participation. Many of the churches throughout the parish have been loyally donating and we are so grateful for their help. Here is our new list for the upcoming year. We hope that it will be both easy and fun to help feed the need in Tangipahoa. Keep this list on your refrigerator, next to your shopping list, or take it to work and encourage your co-workers to participate. Set a bag up in the break room to fill each month. Donations can be dropped off at the pantry from 1-4 on Tuesdays and Thursdays. Thanks for your support!



- **June:** tuna & canned meat
- **July:** peanut butter & jelly
- **August:** red beans and rice
- **September:** spaghetti & sauce
- **October:** oatmeal & grits
- **November:** stuffing & green beans
- **December:** dessert & cake mix
- **January:** chili & beans
- **February:** fruits & vegetables
- **March:** macaroni & cheese
- **April:** applesauce & juice
- **May:** muffin & pancake mix

ALWAYS WILLING TO LEND A HAND

PROJECT PRODUCE!



A Project Produce Harvest

Jennifer Roques, a Hammond High student and Girl Scout, volunteers regularly at the Pantry. Jennifer noticed that fresh fruits and vegetables were rarely available for clients. She was inspired to develop a program she calls Project Produce. Her plan was to plant a fall garden and harvest fresh produce to donate to the Pantry for distribution to our clients.

Before she had harvested the first of her crops, she extended an invitation to the community, through the Daily Star, to join her in providing fresh produce to the needy. Soon after it was suggested that fruit trees could be planted and thereby reap benefits for an extended period of time. Jennifer made phone calls to the Master Gardeners and fruit trees were

donated. She located a place to plant the trees, rounded up a team of willing workers and planted over 20 fruit trees. Her dedication to the project has been amazing. No matter how many roadblocks were thrown in her way, she continued to work through the problems until she found a solution.



Fresh Fruit is always Welcome.

WHAT DO I DONATE?



Many times we have items being delivered at the back door, and they are immediately put in bags to be given to our clients in the front.

When planning a food drive, you should know that almost all items are welcome. Just think of staples that you have in your own pantry:

Canned Meat, Tuna, Peanut Butter, Tomato Products
Soup, Canned Vegetables, Fruits, Beans, Cereal
Oatmeal, Grits, Pasta, Mac & Cheese, Noodles
Jell-o, Cake Mix, Icing, Cookies, Rice-a-Roni
Stuffing Mix, Baby Food, Crackers, Snack Foods
Evaporated Milk, Nuts, Beverages, Chili
Hamburger Helper, Seasonings, Spaghetios



We try to include a variety of items in our bags.

Cleaning Supplies, Paper Products, Kitchen Utensils, Diapers, and Personal Hygiene Items are also needed for families who have suffered a house fire.

For safety reasons, it is best to not donate items in glass containers. Thank you.

HOW DO I DONATE?

The Tangi Food Pantry accepts food donations every Tuesday and Thursday afternoon from 1-4 at the Distribution Site in the Town & Country Shopping Center in Hammond. If that is not possible, we can meet you at the Distribution Site at a more convenient time. Just call the office at 985-429-8551 to set up a time. For larger quantities, schedule a free pickup.

ABOUT THE TANGI FOOD PANTRY...

The Tangi Food Pantry is a local, non-profit organization run almost exclusively by volunteers that gives free groceries to approximately 20,000 qualifying members of our community every year who are in desperate need of food assistance. The distribution site is located in the Winn Dixie Shopping Center next to Anna's Linens and is open from 1-4 pm on Tuesdays and Thursdays.

FEEDING YOUR CREATIVITY WHILE FEEDING THE HUNGRY

FUN FOOD DRIVE IDEAS

✠ When planning a food drive, set a goal. Challenge yourself to collect a specific number of items. When you have lots of people involved, and they know the goal, they will work together to reach the number. Many times just reaching the goal is reward enough, but if your group needs extra motivation, offer something fun at the end of the drive. If your department reaches its goal, everyone gets a frozen yogurt.



A very Good Motivation

✠ For those *really* creative people, try building something out of the donated cans. While you may not be able to construct a train (picture at left), you may be able to spell out a word or phrase. This motivates people to donate because everyone would like to say they were part of this undertaking!



✠ Have a theme for your food drive. Carry your theme throughout your memos, notices, posters, etc. Maybe you choose a picnic theme. Write the items needed on slips of paper with a picture of an ant. Tape the 'ants' onto a tablecloth hanging on the wall. Invite your group to take an ant with them to remind them to pick up something at the store.

✠ Party with a Purpose—Anytime that you have a party, or any type of get together, encourage your guests to bring a food pantry item. You can a lot of fun with it. Having a party to send your son off to the service? Ask everyone to bring a bag of 'Navy' beans! A group of business people gathering for some networking *mixed* with socializing? Ask each one to bring a cake *mix*. Garden Club meeting for tea? Ask each to bring a box of tea bags. And it is not too early to teach our children about giving. If your 9 year old daughter's favorite food is macaroni & cheese, ask all of her friends to bring a box of mac & cheese to her birthday party.



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The smaller the size of a berry, the sweeter the taste.

Popcorn has been around for 6000 years

There are 1200 varieties of watermelon.

BECOME A VOLUNTEER



If you are looking to volunteer, we have many wonderful opportunities. This is a great way to give back to your community, and a great way to make new friends.

Our volunteers assist clients with paperwork, fill grocery bags, stock shelves, and distribute food to the clients. There is always something needing to be done. We currently have 75-80 volunteers and most work once a month. Our volunteers come from all walks of life. Ask any of them and they will tell you that they look forward to their Pantry afternoons. It gives them a chance to do something different and to touch base with their volunteering friends. During our afternoons at the pantry, there is a huge sense of camaraderie and teamwork among the volunteers. The time goes by quickly and it hardly feels like work.

Call the office at 985-429-8551 to learn more about volunteering. Our volunteer coordinator will get in touch with you and answer any questions. We are always thrilled to get new volunteers.



TANGI FOOD PANTRY MEMBERSHIP FORM

Please don't pass up the opportunity to make a difference in the lives of desperately hungry people in our community.
NO DONATION IS TOO SMALL!

Please make checks payable to: Tangi Food Pantry, PO Box 3081, Hammond, LA 70404
(985) 429-8551

LEVELS OF MEMBERSHIP:

PLEASE PRINT

_____ \$10-24	Individual	NAME _____
_____ \$25-49	Family	ADDRESS _____
_____ \$50-99	Church/Organization	CITY _____ STATE _____
_____ \$100-249	Staple Stocking Patron	ZIP CODE _____
_____ \$250-499	Famine Fighting Sponsor	
_____ \$500+	Hunger Help Benefactor	
_____ \$ _____	Choose Your Level	

WE ARE A 501(c)3, "NOT FOR PROFIT" ORGANIZATION.

DONATIONS ARE TAX DEDUCTIBLE.



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