



*Reaching out to the hungry of Tangipahoa Parish since 1987.*

## CHECK US OUT ON THE WEB!

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The Tangi Food Pantry has a brand new website:

**[tangifoodpantry.org](http://tangifoodpantry.org)**

Please log on and check us out. Our website informs those in need on how to get help including income information to determine if their family qualifies as well as what information is needed to apply for help.

Days & hours of operation and clear directions to our distribution site are included on the website.

Anyone interested can find out how to contact the Tangi Food Pantry by phone, email, and mail. It also provides information about how and when to donate food, what items are popular and/or needed as well as suggestions for holding a food drive. There

is information on how to join a volunteer team once a month.

The site has been set up by Dr. Minh Huynh, a member of our Board of Directors and a professor in the College of Business at SLU.

We hope you will look for us on-line because we want everyone to know everything about the Tangi Food Pantry.

## 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 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 that needs to be done. Find out more on page 2.

## “FOOD OF THE MONTH” PROGRAM

Our **Food of the Month** program has been a great success for the past 2 years and we thank everyone for their generous participation! Churches, businesses, and departments at SLU have been loyally donating and we are so grateful for their help. Below is our 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 in a convenient place so it will be on hand when grocery shopping. Donations can be dropped off at the Tangi Food Pantry Distribution Site from 1-4pm on Tuesdays & Thursdays, or call 985-429-8551 so we can arrange a convenient time for you to deliver your food items. Thanks so much for your support!



- **June:** tuna & canned meat
- **July:** peanut butter & jelly
- **August:** red beans & 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

## DID YOU KNOW?

Every person in America eats 46 slices of pizza a year.

Pepperoni is our favorite topping on pizzas in the USA and anchovies rank last.

Americans are eating 900% more broccoli than we did 20 years ago.

# ALWAYS WILLING TO LEND A HAND

## BE A VOLUNTEER!

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. We have 80 volunteers that work one day a month. If you are looking to volunteer, we have many wonderful ways that will match your abilities. This is a great way to give back to your community and a super way to make new friends.

Our volunteers assist clients with paperwork, fill grocery bags, stock shelves, and distribute food to clients. There is always something that needs to be done. Our volunteers come from all walks of life. Ask any of them and they will tell you that they look forward to their afternoons at the Pantry. 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.

## WHAT DO I DONATE?



*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  
Spaghetti, Red Beans, Rice, Cream, Chili  
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



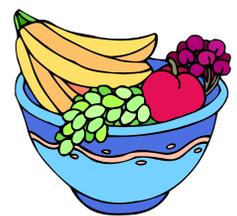
We try to include a variety of items in our bags.

Many times we have items being delivered at the back door that are immediately put in bags that are being handed out to our clients in the front of our Distribution Site.



Produce is always welcome.

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



**Summer months are a great time to donate breakfast & lunch food items!**

## HOW & WHEN 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 time is not convenient for dropping off, we can set up at alternate time to meet you at the Distribution Site. Just call the office at 985-429-8551 to arrange a time. For larger quantities, you may schedule a free pickup. Please call ahead also to check for holiday or bad weather closures.

## ABOUT THE TANGI FOOD PANTRY...

The Tangi Food Pantry is a local, volunteer, non-profit organization that provides free groceries to over 20,000 members of our community every year who are in desperate need of food assistance. The Distribution Site and warehouse is located in Hammond in the Winn Dixie Shopping Center next to Anna's Linens and is open from 1pm-4 pm on Tuesdays and Thursdays.

# FEEDING YOUR CREATIVITY WHILE FEEDING THE HUNGRY

## WHO DO WE HELP?

✠ The federal poverty line for a family of four is only \$22,050 despite the high cost of food, rent and child care today. That means that in Louisiana, 49% of the population is “low income” and 14.6% of the population is food insecure. Food insecurity is the USDA’s way to measure lack of access, at times, to enough food for an active, healthy life for all household members. It also measures limited availability of nutritionally adequate food. Food insecure households are not necessarily in need all of the time, but food insecurity means the head of the house must decide between purchasing food, medicine, or nutritionally adequate foods.



### PLEASE HELP FEED THE HUNGRY

✠ Child nutrition continues to be a focus throughout the United States. The U.S. Department of Agriculture reports that nearly one in four children in Louisiana live in households struggling with hunger. In Tangipahoa parish, 74% of children in public elementary and middle schools live in poverty. Chronic hunger and food insecurity affect educational performance and a child’s ability to learn, which can have long term impacts on children. Hunger contributes to many health problems in both children and adults.

✠ Here in Tangipahoa food prices are rising right along with gas prices. We continue to have an increase in the requests for food at the Tangi Food Pantry. Donors have continued to be generous and think of their neighbors in need, which enables us to continue our mission of feeding hungry families.



✠ Donating to the Tangi Food Pantry is easy, fun and will help so many families through difficult situations such as loss of a job, house fire, death in the family, serious illness of a breadwinner, becoming guardians for grandchildren or other family members, becoming caregivers for an older family member, as well as many other personal crises that can occur with no warning.

Fresh apples float because 25% of their volume is air.

*Apples are a member of the rose family.*



*There are over 7,000 varieties of apples grown in the world.*

## THOUGHTS FROM OUR CLIENTS



Recently we asked our clients to give us anonymous feedback on the Tangi Food Pantry and we were thrilled because every comment was positive.

One client wrote, “I have been unemployed since 2009, my wife is on disability, and my daughter is deaf. We lost everything in Hurricane Katrina and we are just trying to survive. Thank you.” Another wrote, “The Food Pantry helps me once a month with food. The people are very nice and helpful.”

A lady in Ponchatoula wrote, “...today has been the worst for me. I have nothing to eat in my house and if it wasn’t for the Tangi Food Pantry I wouldn’t be able to feed my family. One day I will be able to help others. Thank you for everything you do.” We also heard, “The food from the Tangi Food Pantry helps my family have food all month because money runs out. It is a blessing and the people here are so nice.”

Here’s one more: “I lost my job in August 2010 and as of today I have not found a job. The Food Pantry means that I can feed my kids for another week. Thanks so much for all that you do.”

# 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.

ALL DONATIONS ARE TAX DEDUCTIBLE.



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Hammond, LA 70404

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