

## Article 27

# Calvary Food Pantry: How Cayuga County's Food Provider's Network can help you

Nancy Sheffield | Special to The Citizen Oct 17, 2015

This month's Hero for Hunger is the Food Provider's Network.

The first Tuesday of each month, a group of compassionate individuals meets at First Love Ministries to discuss what can be done to help hungry people in Cayuga County. Each head of a food pantry in the area gathers for a roundtable discussion that is frank, often lively and informative. We all share a common bond, so each pantry's representative goes over ideas we think will help us meet the consistent needs of our area. Do you have a can opener? Can openers, personal and paper products are often items families that experience the shock of homelessness and budget constraints need when floundering in a shelter or apartments not of their choice.

I discussed two food provider's pantries in August who make significant differences in the community. A listing of these pantries is a part of my dialogues with the city of Auburn's community thanks to David Wilcox, Lake Life editor at The Citizen, who has created, from the first articles, the list that can be easily torn off and put on a refrigerator, reminding everyone in Auburn who is their neighbor. That list reminds us that hunger is everywhere you look. It has no face for you to recognize. I don't need to remind you that hunger strikes swiftly, without warning, when something dramatic happens like a job is lost or a loved one passes away. It also can come on the heels of a deadly run of bad luck, budget constraints or family emergencies when living on a very fixed income. The Food Provider's Network is made up of individuals with pantries dedicated to helping those in need who must face these challenges head on, daily. Here are two more providers: (Note that they serve specific areas. Call the numbers on the list to make sure you live in an area they serve:

St. Alphonsus, at 85 E. Genesee St.: The pantry has been run by the church for 35 years and staffed by volunteers and church members. Open six days a week, Monday through Saturday, 9 to 11:30 a.m., and walk-ins are welcomed. The pantry's number is (315) 252-0710. Sue Norton is the coordinator. She can be reached at (315) 515-8936 for information, and for anyone wanting to volunteer or donate.

The Salvation Army has been in Auburn for over 100 years. All of Auburn should know the downtown modern brick building at 18 E. Genesee St., where they have been located since 1966. Their pantry is open from 9:30 a.m. to noon and 1 to 4 p.m., Monday through Friday. With no appointment necessary from residents of the area served (see the list), people receive nine meals per person, once a month. First-time applicants must fill out the food bank's intake sheets and provide ID for every member in the household every time thereafter. The pantry relies on volunteers for all aspects of the operation, including a simple procedure as doubling the plastic bags for the 60 percent of their clients who must walk. Personal use and paper products as toilet paper are always needed, especially for those individuals in motels, temporarily. Two single mothers who once volunteered are now self-sufficient, one employed and the other in college. Call (315) 253-0319 for further information.

The garden has been producing plentiful produce and we are already planning for next year.

RE: Fundraising: The chicken barbecue fundraiser this year raised the greatest amount of money, ever. Thank you volunteers who worked in hot weather to ensure all our faithful from the community, many coming back year after year, had delicious meals.

I think you know by now I am constantly looking for funding. I just applied for three new grants. Fundraising is a constant. Everything is going up. All food providers are in need of help. Please give to a pantry or a soup kitchen of your choice from David's list.

Volunteer, donate or reciprocate in kind by giving back, especially to the Food Provider's Network.