



Be a Pantry Partner with Center for Healing & Hope

Center for Healing & Hope has a tiny free pantry located on the south wall of our building. This pantry operates in the same way you see a tiny free library utilized. Leave items, take items. The pantry is always unlocked and accessible. Our goal is to supplement the pantries that are already doing great work in this field by giving community members an additional option, particularly those that visit CHH or have ease of access to this location. In order to do this, we must try and keep the pantry full. That's where the Pantry Partner becomes the hero of this story! We are seeking strategic monthly partnerships with groups from the community to adopt a month out of the year to stock the pantry. This partnership may appeal to church groups, businesses, organizations, service clubs, friends, or families.

Planning:

Some groups accumulate items over a period of time and make one large donation, while other groups choose to come frequently throughout the month and restock as supplies are acquired. Both methods work great! If you'd like us to pick the items up, please contact Center for Healing & Hope by emailing Daniel Tackett at dtackett@chhclinics.org or by calling 574-534-4744 x 202.

Quantity:

Data suggests that roughly 1.2 pounds of food creates one meal. Based on usage, we estimate that roughly 18-20 paper grocery sacks full of food and hygiene items will last about 1 month in our pantry, so this may be a good goal to set in terms of general quantity. It's helpful to use boxes or bags to consolidate as you begin to stockpile, but if you end up with lots of loose items, just let us know and we'll bring boxes! No amount is too small to make a difference.

Completion:

If there is a surplus of items, we will store the "backstock" in our kitchen and continue to restock the pantry as needed daily until the items are gone. Center for Healing & Hope will recognize your partnership through social media, as well as in our annual Gratitude Report. We also welcome you to take photos of your group stocking the pantry to post on your social accounts, or share the posts we create.

Partner by monetary donation:

Perhaps you have a small team and worry you won't collect enough items, or perhaps you want to participate but just don't have the time or resources to coordinate a food drive. Instead of hosting a food drive, you may make a \$500 donation to Center for Healing & Hope designated for the tiny pantry. We will then purchase the items for the month and fill the pantry. This alternate approach is no less significant than if you hosted a food drive - both situations result in a win for the community!



Pantry List

Food items:

- applesauce
- baby food
- beans - dry or canned
- bottled water
- canned protein - fish, chicken, chili, etc.
- canned soups
- canned vegetables and fruit
- cereal
- cooking oils
- crackers
- granola or protein bars
- juice - shelf stable
- nutritional aid drinks - Boost, Ensure, etc.
- nuts or trail mix (boxes of individually wrapped snacks)
- oatmeal (instant)
- pasta - canned and prepared like ravioli or dry pasta, including mac & cheese
- peanut butter and jelly (plastic jars preferred)
- ramen or cup noodles
- rice - microwaveable, boil in bag, or dry rice
- tortillas (non-refrigerated)



[CHH website](http://CHHclinics.org)

**All items should be
new, non-perishable,
and in original
packaging. Cans
should have pull tabs
when possible.**

Non food needs:

- diapers (any size - typically distributed directly to family in need by Immigrant Resource Coordinator)
- hygiene products (toothbrush, toothpaste, deodorant, feminine products, soap, floss, hair ties, etc.)
- socks - all sizes
- toilet paper, tissues, band aids
- winter hats and gloves - all sizes

Do not bring:

- Food in glass jars
- Expired cans and boxed food items
- Homemade food items
- Soda and sweetened drinks
- Sweets: cookies, cakes, candy (okay in moderation)
- Items needing refrigeration
- Medication