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703 Lincoln Avenue, Prospect Park, PA 19076 • www.delcoloavesandfishes.org

Welcome to the Winter 2024 edition of the newsletter for the Loaves and Fishes Food Pantry of Delaware County. Your engagement and interest in how the pantry is running is crucial in keeping our every day operations going. In this edition, we are excited to feature Christina, a former client who once relied on our services and is now a passionate volunteer at the pantry. Christina's journey is an example of the ripple effect of kindness and community spirit fostered by the food pantry. She will share how the pantry not only met her immediate needs, but also empowered her to give back and help others in the community. Join us in celebrating the incredible difference your contributions make to our community.

The County in Numbers

According to Feeding America, 55,650 people in Delaware County alone experienced food insecurity in 2022. 20,920 of these were children under 18.

The Pantry in Numbers

Between July 2022 to June 2023, our pantry helped serve over 3,800 families; and between July 2023 to June 2024, our pantry helped serve over 4,100 families. That is a combined total of nearly 8,000 families!



Thank You to Our Donors!

Your generous donations to our food pantry have a profound impact on the lives of many in our community. With your support, we are able to provide nourishing meals to families that are facing food insecurity, helping them to thrive during challenging times. Your compassion is truly inspiring and we couldn't do this important work without you. We extend our sincerest gratitude and look forward to your continued support!

How can you help make a difference?

Sign up to be a volunteer:

<https://delcoloavesandfishes.org/get-involved/>

Consider becoming a sustaining donor:

<http://www.givebutter.com/delcoloavesandfishes>



OR

Mail a check to the address listed in the heading.

Sponsor a food drive:

Contact us:

loavesandfishes@prospecthillbaptist.org

(484) 202-0529



Thank You to Our Volunteers!

We extend our heartfelt gratitude for your incredible dedication to the food pantry. Your selfless efforts have made a significant impact on the lives of those in our community who need it most. Thanks to your commitment, we have been able to provide essential support and nourishment to so many families. We look forward to continuing this journey together and making an even greater impact in the future!

Meet Christina!



Q: How did the transition from client to volunteer change your view of the food pantry?

A: You don't see the behind the scenes, all of the work that gets put into providing for the community, or everything it takes to run. That really opened my eyes to the backbone that's required to keep it running smoothly.

Q: How has your perspective on food insecurity changed during the client and volunteering process?

A: Others don't realize the amount of people who actually need help. There should be no shame in the process because it is needed. It's vital for people to continue to have basic necessities. I've really become more appreciative of what I have.

Christina McIntire has been a passionate volunteer of the Loaves and Fishes Food Pantry since August of 2023, after she was a client. Her responsibilities include unloading trucks, picking up food from Wawa once a week, and stocking shelves. She also works as a shopping assistant to our clients! Christina truly brings a light to Loaves and Fishes with her outgoing, caring, and gratitude-oriented personality. She gives the advice to those who have similar stories to her that volunteering is a sense of peace. She says she has found a family at our pantry that welcomed her with open arms and zero judgment and hopes that her story will inspire others to volunteer at Loaves and Fishes.

Outside of the food pantry, Christina is a proud mother, a care specialist at a mental health facility (with goals of becoming an addictions counselor), and a volunteer across the community. She enjoys spending time with her family above all else, watching football, experiencing nature, and studying crystals.

We are incredibly grateful for Christina's unwavering commitment and the kindness she shows to everyone who walks through our doors. Thank you, Christina, for your outstanding contributions and for being such an integral part of our community at Loaves and Fishes!

Q: What do you enjoy about Loaves and Fishes?

A: Our pantry is a staple in the community to provide and connect to other resources. If you have conversations with some of the other people at the pantry, they can connect each other to other services as well. We provide a safe place for people to come and get the extra help they need.

Q: What do you want others to know about the pantry and what their experience would be like volunteering?

A: I love the food pantry. When I started there, I was struggling. Being there has helped me accept my full self and who I am because they opened their arms to me. We laugh and joke and they're like my family away from my real family. I feel so genuinely loved there.