



The Pantry Press

VOLUME 2, ISSUE 3

SUMMER 2020

Mission:

The mission of the Oregon Area Food Pantry (OAFP) is to provide food and basic necessities to those in need who are residents of the Oregon School District.



Vision:

The vision of the OAFP is to reduce the impact of poverty on the residents of the Oregon School District by compassionately and humbly providing information, education and both tangible and intangible resources.

Distribution Dates & Times

Tuesday, July 7	9-11 am	Thursday, September 10	4-7 pm
Thursday, July 9	4-7 pm	Tuesday, September 15	9-11 am
Tuesday, July 14	9-11 am	Tuesday, September 22	9-11 am
Tuesday, July 21	9-11 am	Thursday, September 24	4-7 pm
Tuesday, July 28	9-11 am	Tuesday, September 29	9-11 am
Thursday, July 30	4-7 pm		
Tuesday, August 4	9-11 am		
Tuesday, August 11	9-11 am		
Thursday, August 13	4-7 pm		
Tuesday, August 18	9-11 am		
Tuesday, August 25	9-11 am		
Thursday, August 27	4-7 pm		
Tuesday, September 1	9-11 am		
Tuesday, September 8	9-11 am		



Hunger Takes No Summer Break

It feels as though summer break began in March this year due to COVID 19. Since warm weather is upon us, our children will be working up an appetite playing outside. Three goals for summer snacking are to help kids figure out if they are actually hungry (or just bored), fill them up with good food and help them be independent in the kitchen.

Eating healthy on a tight budget is challenging. Some tips include:

- Plan your meals.
- Stick to your grocery list.
- Cook at home. Going out or grabbing fast food is expensive.

- Cook large portions and use leftovers.
 - Buy whole foods. For example, a block of cheese is less expensive than shredded cheese.
 - Buy generic instead of brand names.
 - Avoid buying junk food. Very little nutrition and very expensive.
 - Frozen fruits and veggies are less expensive than fresh.
 - Plant a small garden. Seeds are inexpensive.
- For more ideas, you can visit healthline.com.

Article provided by Maria Dybevik.



Pantry Garden

Planning for the raised beds in the food pantry garden began in February and March. Onion sets were planted April 25th and Randy Krause got radishes and carrots started the next day. Later came peas, spinach, lettuce, kale, swiss chard, cherry and grape tomato plants, broccoli and green beans. Some of these plants were started from seeds at OMS's greenhouse by Chris Mitchell and Nate Mahr.

There will be several plantings of green beans and lettuces over the summer and lots of nice organic produce for our patrons to enjoy.

Friends of Anderson Park folks have been key in getting the beds started last summer and supporting efforts this year.

Interested in helping with this project? Please contact Sally at the following email address: sallymaybert@gmail.com

Thank you to all who have supported this effort!

Garden of Happiness

First plant 4 rows of peas:
Prayers
Promptness
Politeness
Purity

Next plant 3 rows of squash:
Squash gossip
Squash criticism
Squash indifference

Next plant 4 rows of lettuce:
Let us be faithful to duty
Let us be unselfish
Let us be truthful
Let us follow Christ

No garden is complete without turnips:
Turn up for church
Turn up with a smile
Turn up with new ideas
Turn up with determination for something good and worthwhile

Harvesting of radishes started early in June and then the OHS Girl's Cross Country team started collecting kale, spinach and lettuces for the June 11th pantry.



A Special Message of Thanks

Dear Community Friends,

During these months of isolation and economic upheaval, I want to let you know that the community is concerned about food insecurity among individuals and families. It has been heartwarming to see local entities working together—religious groups, the school district, our community social workers, local businesses, and volunteers of every stripe.

When I put out the call for help at Brooklyn Lutheran for a food drive, we had more people step up than we could use. Care for

neighbor, making sure all are fed, and finding ways to address the primary needs of folks going through hard times: these have always been part of the mandate of faith communities.

During these difficult days, I hope you have experienced firsthand that community support. We are part of a broader network that cares for your well-being doing our best to help neighbors in times of need.

Pastor Rebecca Ninke
Brooklyn Lutheran Church

