



Feed My Sheep Food Program

Volume 2, Issue 1

January, February, March, 2011

THE INSIDER

Report for 2010

The Feed My Sheep Food Pantry and Clothes Closet provided the following for the year 2010.

- 392 Food boxes
- 1,611 Nutritional Bag lunches
- Women, men, children clothes
- The coat campaign resulted in a distribution of: 8 men, 25 women & 10 children coats.
- Thanksgiving Dinners: 129 senior citizens, 126 community parks, 30 dine/carry out. Total: 285.

Thanks to all who contributed to this effort for 2010.



MONTHLY DISTRIBUTION COUNT

Meals on Wheels (Bag Lunches) Food Boxes

January	100	50
February	100	50
March	50	50

Local Hunger Issues

Due to the struggling economy, our local area has seen an increase in the number of individuals and families seeking help. Our own food pantry faces a challenge in that we've seen increase in the number of people looking for help while our food donations have gone down slightly.

We increased our food boxes to 55 with a goal of 60 for July; therefore your help is needed now more than ever.



The FMS Clothes Closet accepts freshly laundered, gently used, in-season men's, women's and children's clothing. Due to limited storage space we can only accept any clothing items on the third Saturday morning between 10:30-11:00 am or by special arrangement-call: 510:384-8604. Men clothing is very much needed.

FMSFP Blog

Visit our FMSFP Blog

www.FeedMySheepFoodProgram.blogspot.com

Up-to-date information, up coming events, and fundraisers will be posted on the blog.



The FMSFP Looking For Volunteers

Contact Sis Velma Woods if you wish to volunteer. We need a volunteer to help manage our Face book & Twitter page-See Sis Gabriel if you would like to do help with this.



WAYS YOU CAN HELP



The third Sunday of every month is **Bag-It Sunday**. This is PMBC family chance to help the hungry in our community. The next time you are grocery shopping, pick up a non-perishable item to leave at the Bag-It drop off sign in our church kitchen.

Suggested donation items: grape jelly in plastic jars; peanut butter; canned spaghetti sauce with meat; spaghetti noodles; macaroni and cheese mix; any canned vegetable or fruit (the 28 oz size cans are especially helpful to families); juice; and hot or cold cereals. Thanks for your faithful support.

Use Your S.H.A.R.E. Card

Free Cash! EVERYONE CAN DO THIS!

When you shop at Lucky and participating stores and use your S.H.A.R.E.S. card, FMSFP earns 3% of your qualified purchases, which goes towards increasing our food boxes. Participating Stores: Food Maxx, S.Mart Foods, Save Mart Supermarkets

Pickup your card from Sis. Gabriel

HEALTH TIP

By Ms. Cynthia B. Taylor



Did you know that May is American Stroke Month? Stroke is the leading cause of death and disability in America. More than 100,000 African Americans have a stroke every year. African Americans are also twice as likely to have a stroke. Having high cholesterol increases the risk for stroke. People who make healthy lifestyle choices can lower their risk of having a stroke, according to the American Heart

Association/American Stroke Association guidelines. Some of these healthy behaviors are, not smoking, eating a low-fat diet, adding fruits and vegetables to our diet, no drinking alcohol and sugar-sweetened beverages, exercising regularly and maintaining a normal body weight. To learn the stroke symptoms and more information visit powertoendstroke.org.

Healthy Lifestyle Tips:

Exercise is important for maintaining a healthy weight and feeling great. Exercise gets the blood pumping to your heart and to the brain. It helps you get and stay fit, combats conditions like high cholesterol and high blood pressure. Just 30 minutes a day can help increase your metabolism and lower your risk of developing heart disease. So start moving today, your mind body and soul will thank you. Eat healthy foods: Add protein, fiber-rich foods and whole grains to your meals every day which helps increase your metabolism also.

FROM OUR PHOTO GALLERY

