

## Food Pantry, LAX

### Special points of interest:

- We distribute on Tuesday and Friday, 10:00 a.m.—12 noon.
- 355 E. Beach Avenue Inglewood, CA 90302 310-677-5597
- Tuesday and Friday Manager: Dorothy Nino

### Inside this issue:

Fruit Flies	2
WISH Charter School Visit	2
Donations	3
New Refrigerator	3
Volunteer Opportunities	4

*Manna: Food provided by God to the Israelites during their journey to the promised land*

# MANNA



Volume XXXIV

April 2016

## Volunteer of the Year: Mary Cantwell

The Wilma Matz Volunteer of the Year award was created to honor the enormous contribution of Wilma Matz to Food Pantry-LAX. Wilma Matz was a quiet and consistent supporter of Food Pantry-LAX. In her will, Wilma left Food Pantry-LAX a substantial financial contribution which has been used in combination with the generous donations of the community, to sustain the work of Food Pantry-LAX to this day.

This year's Wilma Matz Volunteer of the Year is **Mary Cantwell**, Assistant Manager of Food Pantry-LAX. Mary is energetic and knows all the in's and out's of Food Pantry-LAX. We really couldn't do without her!

Mary grew up in New York, but moved with her husband to San Diego where they lived for 20 years. They moved to Westchester when their children both came to Los Angeles for school, married, and had children. Mary wanted to be closer to her grandchildren so to



*From left to right: Mary Thompson, Molly Nolan, Dorothy Nino, Willie Hodges, Mary Cantwell, Scott Tanner, Biz Tanner, Johnnie Albano, Ed Hayes, Deacon Guy Wauthy.*

Westchester she came.

Mary became involved with Food Pantry-LAX after hearing a sermon in church about service. She went home, saw an article in the Hometown News about Food Pantry-LAX and decided to volunteer.

Mary has volunteered at many, many organizations over the years and in a variety of capacities, but felt that Food Pantry-LAX was a good fit for her at this time in her life.

When asked about her favorite part of volunteering Mary said, "I'm so lucky. I've been married 45 years, I have two wonderful chil-

dren, a wonderful daughter in-law and son-in-law, and all 5 of my grandkids are healthy. I feel like I need to do this — I need to do something... I feel like I'm doing something. I feel like I'm helping out."

Mary's advice to anyone looking for volunteer opportunities is, "Give it a try. See if it works for you. If it doesn't then find something else. This happened to be exactly what I was looking for. Come give it a try."

Food Pantry-LAX is grateful for Mary Cantwell's dedication and her service. Thank you, Mary! ♦

**Hot Lunch Program**

**St. Jerome Catholic Church**  
5550 Thornburn Street  
Los Angeles, CA 90045  
*Hot meals served to those in need every 3rd Saturday of the month from 10:30am to noon.*

*One person can make a difference, and everyone should try.*

John F. Kennedy

**Oriental Fruit Fly Outbreak**

Several months ago the California Department of Food and Agriculture informed Food Pantry- LAX about an Oriental Fruit Fly outbreak and subsequent



quarantine in the area (see bottom left image of quarantine area). Requirements during the quarantine were such that any food distributed from Food Pantry-LAX would need to come from outside the quarantine area. Produce grown inside the quarantine zone was not permitted to leave the place where it was grown.

The CDFA required Food Pantry-LAX to cover all fresh produce with mesh netting (see



image above) to keep the fruit flies from landing on the fruit and laying their eggs. For more information visit: [www.cdfa.ca.gov/plant/off/regulation.html](http://www.cdfa.ca.gov/plant/off/regulation.html) ♦

**Wish Charter School Visits the Food Pantry**

A first grade class from Wish Charter School visited the Food Pantry in mid-March. There were twenty-two students, six parents, and their teacher, Ms. Justice. Our Board President, Scott Tanner gave the students a tour. The children brought donated food and were able to see the Food

Pantry, and their donation, in action. After the tour, Scott Tanner went through a regular bag of food with them to see what is given to families and individuals seeking help from Food Pantry-LAX. Then the students were shown a sample bag of groceries that is given to customers who are homeless.



*Ms. Justice (left) and her students in front of Food Pantry-LAX with their tour guide, Scott Tanner.*

Scott Tanner asked the children for suggestions of food that could go in the homeless bags and then answered questions.

It was wonderful to show children in our community about the influence they can have for good by doing something as simple as volunteering some of their time and/or giving a can of food. We hope the students of Wish Charter will remember what they saw and learned on their visit and hope they will come back soon! ♦



**Local Food Drives for Food Pantry-LAX & Christmas Bag-It-Up**

The Automobile Driving Museum in El Segundo, CA held a special food drive for Food Pantry-LAX in November 2015. They donated 3 shopping carts full of canned goods as a result of their efforts! (photo top left)



Playa Vista Today donated several bags of groceries gathered during their Holiday Food Drive which were very welcome! (photo bot-

tom right)

The school children at St. Jerome gathered and donated two grocery carts full of canned goods!

The Sheraton Gateway Hotel employees had a holiday canned food drive and donated several boxes of food to Food Pantry-LAX. (photo center)

Our annual Christmas Bag-It-Up program resulted in over 500 bags of groceries donated!

We are very grateful to all who donate food, money and time. ♦



*The meaning of life is to find your gift. The purpose of life is to give it away*

Pablo Picasso

*When you learn, teach. When you get, give.*

Maya Angelou

**New Refrigerator**

Due to an increase of perishable food stuff donations (produce, bread, etc.), it was decided that the Food Pantry needed an additional refrigerator.

Thanks to donations from the Westchester Rotary Club and the Westchester Elks Lodge, Food Pantry-LAX was able to purchase another commercial refrigerator (far left in the photo). Several pallets of canned goods were shifted in order to open space along the line of existing refrigerators and freezers.

So far it has been a great help allowing the Food Pantry to purchase and store more goods. ♦

*We want to give back to the community and the best way to do that is through you.*

Captain Thurston McClain



***A Ministry of the Westchester/Ladera Clergy Association since 1985***

**Food Pantry, LAX**

located at:  
355 E. Beach Avenue  
Inglewood, CA 90302  
Phone: 310-677-5597

Between La Brea &  
Centinela; one block  
North of Florence Ave.

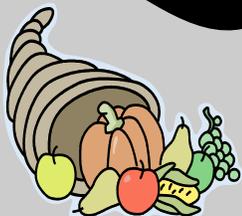
**Mailing Address:**

8726 S. Sepulveda Blvd.  
Suite D PMB 741  
Westchester, CA 90045

**Email Address**

FoodPantryLAX  
@Gmail.com

**All donations  
are appreciated.**



Thanks to  
members of  
the  
Westchester  
Clergy  
Association  
for their sup-  
port of Food  
Pantry-LAX.

**OUR MISSION:** Food Pantry, LAX is an emergency food resource for low-income clients in Inglewood, Westchester, El Segundo, Hawthorne and portions of Los Angeles. Our policy is to provide food for 2 days or six meals to our clients. Clients may come to the Pantry once per week.

**BOARD OF DIRECTORS**

W. Scott Tanner, President  
Johnny Albano, Vice President  
Willie Hodges, Treasurer  
Molly Nolan, Secretary

**Board Members:**

Dorothy Nino                      Mary Thompson  
Deacon Guy Wauthy      Ed Hayes  
Biz Tanner

**VOLUNTEERS NEEDED**

Food Pantry-LAX is unique in that it is entirely volunteer run, we have no paid employees. We have many volunteers who come to help prepare bags of groceries every Tuesday and Friday, we are in need of additional volunteers who can help us with the following parts of our service. If you are able to help please contact us via email at FoodPantryLAX@gmail.com

**Grocery Store Runs**

Every week several of our volunteers visit local grocery stores to buy perishable items we are unable to procure through donations and possibly canned goods (if we happen to be running low for some reason). The groceries are purchased and taken to the Food Pantry where they are unloaded into either the refrigerators or set on the counters for volunteers to put away on the next service day. If you are interested in helping with the grocery runs please let us know!

**Sunday Farmer's Market Pick-up**

The Santa Monica Farmer's Market donates unsold produce to Food Pantry-LAX after their Sunday market. This volunteer service requires a large car (van, truck, suburban, etc.) and a few hours on Sunday afternoons from about 1-3pm. Food is picked up from the Farmer's Market in Santa Monica and taken to the Food Pantry where it is stored in the refrigerators.

**Westside Food Bank Pick-up**

Each week we pick up between 1500 and 1700 lbs. of goods (cans, packaged food, produce) from the Westside Food Bank. We are always in need of volunteers who have a car, truck or van large enough for the pickup who can pick up from the Westside Food Bank on Thursday mornings at 7am and deliver it to Food Pantry-LAX around 8am. Additional volunteers willing to help unload the food from the vehicle are also welcome.

**Tuesday and Friday Volunteers**

Volunteers are always needed at the Pantry, especially on Tuesdays from 9am to 12pm each week. If you can work one day a week, or one day a month, we would love to have you. To volunteer your services please call Dorothy Nino at the Pantry on any Friday, 8:00am to 12:00pm at: 310-677-5597