

## 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

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

# MANNA



Volume XXXIII

November 2015

## Chef'D

One of our new providers of food stuffs is Chef'D, who deliver the ingredients for gourmet meals to their clients through a website ordering process. As they describe it, you visit their website, browse through hundreds of recipes from your favorite celebrity chefs, order the meal of your choice, then they deliver fresh pre-portioned ingredients to your door and you cook them in the comfort of your own home. They are physically located in El Segundo just a few miles from Food Pantry-LAX.

from Chef'D does not require a subscription and food items are delivered 1-2 days after ordering. Additionally,

produce to those in need.

They let us pick up their overstock twice per week. Because Chef'D insists on their ingredients being absolutely fresh and of the highest quality, we are able to give to our clients the quality and variety of food that most of them cannot find in the grocery store, nor afford if they could find. The items include a variety of herbs prepackaged to sizes usable by our clients, a variety of cheeses, fresh greens,

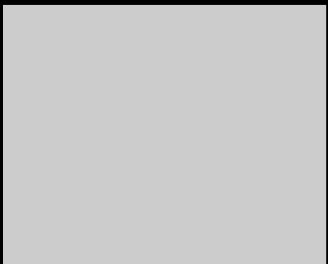


Dorothy Nino unpacking Chef'D donations.

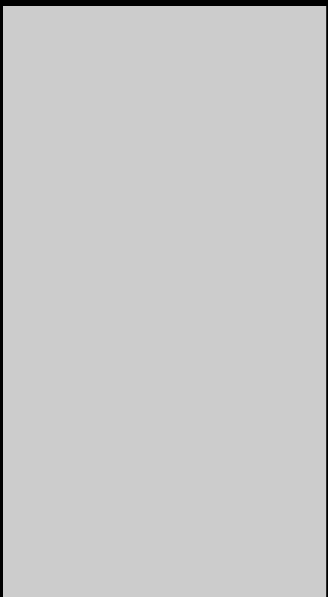
Chef'D officially launched in April 2015 and unlike some food delivery services, you order individual meals rather than a week of menu items. Ordering

those who order from Chef'D are helping to reduce food waste by only purchasing the quantities of food needed to prepare the ordered meal, and because they donate their excess

fruit, and other fresh items. We distribute them the same day we receive them in almost every instance so our clients get a real treat. Thank you Chef'D! ♦



**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.*



*We make a living by what we get, but we make a life by what we give.*  
 Winston Churchill



**Christmas Bag-It-Up Program**

**O**ur Christmas Bag-It-Up Program is upon us! The Food Pantry and Local churches will have the bags and menus for participants, but in case you'd like to get a head start, here is the menu:

- 1 large can or 2 small cans of chicken, beef, or ham (must not require refrigeration)
- 1 pkg. of potatoes

- (mashed/scalloped/ etc.)
- 2 cans (15oz each) of vegetables



- 1 can (15oz) fruit
- 1 can soup (no broth)
- 1 pkg. pudding or Jello
- 1 jar (18oz) peanut butter or jam (no glass please)
- 1 pkg. pie crust and filling or cake mix and frosting
- 1 box dry cereal
- 1 pkg. Bisquick
- 1 box macaroni and cheese

**Ten Tips for Canned Goods**

**W**hen donating canned goods to Food Pantry-LAX, people often remark that they weren't sure which unused cans they should donate from their home pantry. If there's a small dent in the side or if the can's exterior edge looks a little shabby people are reluctant to donate. To answer these questions, we visited the USDA website and found the following set of canned goods safety tips.

Tip #1) Store canned goods in a cool dry place. Do not store them above or below the stove, oven, sink, or in a damp basement.

Tip #2) Acidic canned goods, such as tomatoes and other canned fruits, may be stored for up to 18 months. Canned meats and poultry will maintain their quality for 2-5 years after purchase.

Tip #3) Never use food from badly damaged containers. If the can is bulging, leaking or badly dented throw it away. Never use food in jars that are cracked or with loose lids. These containers may contain the botulinium toxin which is very dangerous if consumed.

Tip #4) If your canned goods smell funny or

squirt out when the can is opened do not consume the product as it may also contain the botulinium toxin.

Tip #5) Can linings may discolor or corrode when in contact with highly acidic food products (such as pineapple or tomato). As long as the container and the food product are in good shape the food should be safe to eat.

Tip #6) Discard heavily rusted cans. Rust can cause small holes in the can which could allow bacteria to enter and contaminate the food.

Tip #7) Discard cans of

*Canned Goods cont. from page 2*

food that have been frozen and thawed improperly. If a can of food is frozen, and the can is NOT swollen or bulging, it may be defrosted and consumed if the food inside does not smell odd or look unusual. If the can is bulging or swollen discard the can immediately as it may contain harmful toxins.

Tip #8) Use by dates are not required by law

on commercially canned goods. If a can contains a date it should also say either,



“Use By”, “Sell By” or “Best If Used By”. These dates are a guideline for food consumption. Food past its

“Use By” date may still be safe to consume, but may have lost nutritional quality over time.

Tip #9) Dented cans are most likely safe to eat (and donate) if the dent is smooth, not found on the edge or seams of the can, and so long as the can is not bulging (see Tip #3).

Tip #10) Donate excess canned goods to Food Pantry-LAX! ♦

### Spectrum School Volunteers

Earlier this year students from the Spectrum School Program started volunteering at Food Pantry-LAX. Spectrum School is a non-public school located on the Morning-side High School campus and only enrolls students who are special needs young adults ages 18-22. Many of the students have autism or an intellectual disability. Despite the challenges they face each day, they really enjoy volunteering their time.

Students at the Spectrum School love to work alongside other

adults. This particular volunteer effort involved a rotation of seven students at a time working at Food Pantry-LAX on Fridays. Organized and led by Olivia Senn, the Administrative Coordinator for Spectrum School Program, students helped with the variety of tasks available to all Food Pantry-LAX volunteers. They were a tremendous help!

The Spectrum School Program values volunteerism as a way to teach their students life skills such as following multi-step instructions

and working independently. School curriculum is designed to prepare students for joining the workforce. By volunteering at Food Pantry-LAX, Spectrum students are also learning the social skills needed to interact with co-workers.

Food Pantry-LAX is pleased to be a part of the education and advancement of these wonderful young adults and we wish them every success as they move forward in the workforce and with their commitment to our community. ♦

*Giving opens the way for receiving.*

Florence Scovel Shinn

*We rise by lifting others.*

Robert Ingersoll

*Then give to the world the best you have and the world will give back to you.*

Madeline Bridges

## 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.

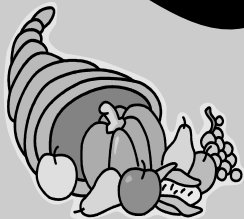
### Mailing Address:

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

### Email Address

FoodPantryLAX  
@Gmail.com

**All donations  
are appreciated.**



### Volunteers

are always needed at the Pantry, especially now on Tuesdays from 9am to 12pm each week; we also need people able to do food pick-ups as needed. 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, 11:00am to 12:00pm at:

310-677-5597

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

**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

### **WESTCHESTER CLERGY ASSOCIATION**

The member churches of the Westchester Clergy Association are our sponsoring organization. They are as follows:

#### **Covenant Presbyterian Church**

6323 West 80th Street, Los Angeles 90045

#### **La Tijera Methodist Church**

7400 Osage Avenue, Los Angeles 90045

#### **Congregational Church of the Messiah**

7300 West Manchester Avenue, Los Angeles 90045

#### **First Baptist Church Westchester**

8540 La Tijera Boulevard, Los Angeles 90045

#### **Westchester United Methodist Church**

8065 Emerson Avenue, Los Angeles 90045

#### **St. Jerome Catholic Church**

5550 Thornburn Street, Los Angeles 90045

#### **The Episcopal Church of Holy Nativity**

6700 West 83rd Street, Los Angeles 90045

#### **The Church of Jesus Christ of Latter-day Saints**

7515 Sepulveda Boulevard, Los Angeles 90045

#### **Knox Presbyterian**

8540 La Tijera Boulevard, Los Angeles 90045