

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 Manager:** Mary Cantwell
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 XXXVII

November 2017

Members of Local Churches Support Food Pantry, LAX

The churches in the Westchester-Ladera Heights area are the greatest collective supporters of Food Pantry, LAX. Members from many of these congregations donate their time and resources. Here is how they are each involved and their ongoing efforts to keep Food Pantry, LAX up and running.

Covenant Presbyterian supports Food Pantry, LAX with many members of the church volunteering their time to food pantry operations. The congregation at Covenant also supports the annual Holiday Bag-It-Up program, and has hosted the Easter and Thanksgiving Interfaith services. Members of their congregation participate in the West Side Food Bank Hunger Walk each year. Covenant also provides meeting space for the Board of

Directors monthly meetings.

Holy Nativity Episcopal Church supports Food Pantry, LAX by sharing the produce grown in their community garden. Additionally, Kathy Turk from Holy Nativity is a representative from Food Forward, an organiza-



tion which facilitates the donation of produce from the leftovers at local Farmer's Markets. Members of the congregation at Holy Nativity are actively engaged in volunteering their time and energy to Food Pantry, LAX.

Members of **St. Jerome Catholic Church** volun-

teer at Food Pantry, LAX. They also raise funds for the Food Pantry by participating in the Westside Food Bank Hunger Walk each year, and by hosting the Easter Interfaith service in the spring. St. Jerome supports the Bag-It-Up program — helping to store and transport Bag It Up donations.

The Church of Jesus Christ of Latter-day Saints provides volunteer support and participates in both the Easter and Thanksgiving Interfaith Services, helping to host these services when the opportunity arises. Members of the church also provide donations to the Bag-It-Up program.

The members of the **Westchester United Methodist Church** participate each year in the holiday Bag-It-Up food drive. They also

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support the Easter Service held in support of Food Pantry, LAX as well as the sometimes hosting the Thanksgiving Interfaith Service whenever it is held. Additionally, Food Pantry, LAX benefits from the hard working volun-

teers who come from Westchester United Methodist Church.

who are without during the holidays. ♦

Knox Presbyterian Church and La Tijera Methodist both participate in the Bag-It-Up program each yea. They contribute hundred of bags of food for those



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.

Service to others is the rent you pay for your room here on earth.

~ Muhammad Ali ~



Food Forward

Food Forward networks with local farmers and homeowners to reduce food waste by collecting unwanted/unsold produce and giving it to organizations like Food Pantry, LAX. In the photo to the left you can see two enthusiastic Food Forward volunteers helping at Food Pantry, LAX! ♦

Vons Supports Food Pantry, LAX

The Vons located at 4030 S. Centinela Ave., Los Angeles, CA 90066 has been providing excess stock to Food Pantry, LAX for many years. Food Pantry volunteers visit Vons each week to pick up whatever the store can donate. In the photo right you can see Gary from Vons carrying a box of food goods to give to Food Pantry, LAX. These donations are very welcome and much appreciated. ♦



❄️ Christmas Bag-It-Up Program ❄️

Each year Food Pantry, LAX invites members of the community to put together a bag of groceries to be distributed to Food Pantry, LAX customers in the week leading up to Christmas. Hundreds of bags of groceries are donated annually. Each bag includes:

- 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

Even though Bag-It-Up ends in December, these items can be donated to Food Pantry, LAX year round. Many thanks to those who have participated for many years! ♦

While they were saying amongst themselves, "It cannot be done." It was done.

~ Helen Keller ~

Food Pantry vs. Food Bank — What's the Difference?

One of the first questions people ask when talking about Food Pantry, LAX is, "What's the difference between a food pantry and a food bank?" This is a great question and one we are always happy to answer.

The best place to start is with food banks. FeedingAmerica.org said it best when they wrote, "A food bank is a non-profit organization that collects and distributes food to hunger relief charities. Food banks act as food storage and distribution depots for smaller front line agencies; and usually

do not themselves give out food directly to people struggling with hunger."

Food banks vary in size although most in the greater Los Angeles area are quite large. Food Pantry, LAX is in the Westside Food Bank service area and receives thousands and thousands of canned goods from the Westside Food Bank each year. Food provided by the Westside Food Bank is very inexpensive for Food Pantry, LAX — the only cost to our organization is the cost to the Westside Food Bank for labor. This is usually pennies per

can, making the Food Bank an invaluable source of canned goods.

Food pantries are the frontline food provider for those in the community who need food support. Some food pantries provide hot meals while others, like Food Pantry, LAX, provide groceries to those in need.

Both Food Pantries and Food Banks are key players working hand-in-hand in the fight to end hunger. Learn more about the Westside Food Bank at <http://www.westsidefoodbankca.org/> ♦

There are dark shadows on the earth, but its lights are stronger in the contrast.

~ Charles Dickens ~

I'd rather attempt to do something great and fail, than to attempt to do nothing and succeed.

~ Robert H. Schuller ~

A Ministry of the Westchester/Ladera Clergy Association since 1985

OUR MISSION: Food Pantry, LAX is a supplementary 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
Hannah Nolan, Secretary

Board Members

Dorothy Nino	Mary Thompson
Biz Tanner	Mary Cantwell
Ed Hayes	Deacon Guy Wauthy

Food Pantry, LAX
is 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
support of
Food Pantry,
LAX.

Food for the Homeless

The majority of our customers at Food Pantry, LAX are stably housed, but we do have a number of customers who are experiencing homelessness and do not have access to a kitchen. We provide special bags of food for those who are unable to prepare their meals in a kitchen. Food Pantry, LAX always welcomes donations that can be used to serve this vulnerable population. Here is a list of the items we put in our bags for the homeless:

- Plastic utensils and napkins
- Top Ramen type soup
- Flavored drinks
- Fruit cups
- Dessert cups
- Cans of tuna
- Bread rolls
- Fresh fruit
- Vienna sausages (Costco sells these in bulk)
- Jars of peanut butter*
- Boxes of cereal*
- Sleeves of crackers
- Bags of chips
- Granola or power bars
- Shelf-stable milk*
- Nuts
- Girl Scout Cookies (or other boxes of cookies)



**If there is a family experiencing homelessness they are given large jars of peanut butter and large boxes of cereal. They also receive shelf-stable milk. ♦*