

The Quarterly Feed



The Lord's Pantry at Anna's House Newsletter

Winter 2013-2014

Contact Us

303 N. Elder Avenue
Indianapolis, IN 46222
(317) 631-5504
www.LordsPantry.org



Julie Molloy
Director

Frank Medvescek
Food Pantry

Letecia Juarez
Office

Pantry Hours for Winter

Monday 10 a.m. - 2 p.m.
Tuesday 10 a.m. - 2 p.m.
Wednesday 8 a.m. - 8 p.m.
Thursday 10 a.m. - 2 p.m.
Friday - CLOSED
Saturday 10 a.m. - 1 p.m.
Sunday - CLOSED

Grocery Distribution

Saturdays 10:30 a.m.

Community Dinner

Wednesdays 5:30 p.m.

Thrift Store Hours

1st & 3rd Tuesday
3 p.m. - 8 p.m.

Feeding
the Body,
Mind &
Spirit



A Collaboration to be Thankful For

Once again, the Food Service division of Marian University helped The Lord's Pantry at Anna's House make the Thanksgiving holiday possible for hundreds of families in Stringtown by donating more than 25 trays of food, something they've been doing for more than five years now. "It's taken care of," are words often heard by Julie Molloy, Director of the Lord's Pantry, who is always prepared to cover this cost year after year.

In addition to the incredible generosity of Marian University, the Lord's Pantry is also blessed to have more than 20 volunteers for the annual Thanksgiving feast. Cedric Merritt (left) and Cedric Hall (right) are just two of the volunteers that were onsite for this year's festive gathering. Hall, a fencing instructor at Purdue University, has been a long-time volunteer at The Pantry who gives his time religiously every Wednesday as he travels from Lafayette to visit his mother in Indianapolis. Brother Merritt is a somewhat new blessing for us, representing Men in Fellowship, an Indianapolis-based men's ministry that we hope to be working with soon to offer mentoring services to the young men of Stringtown.

Special thanks for the bounty of all who supported us this Thanksgiving! ■



Our Daily Prayer

Heavenly Father,
Let me be your eyes by seeing the need, let me be your hands by fulfilling that need, and let me be your voice by speaking with kindness and compassion to all.

Keep me mindful of the fact that no matter how tough my life may seem, there are many that would consider it a blessing to trade places with me.

I pray all of this in your name, Amen.



Director's Note

It's a Wonderful Life

Thoughts from Julie Molloy

Welcome to the first of our quarterly newsletters. I hope you enjoy catching up on the happenings at Anna's House and all the blessings taking place. I would like to take this opportunity to

extend a huge thank you to the many volunteers, donors and sponsors who have made our continued success possible.

As I look at the exciting things to come in 2014, I know that all is made possible with your prayers and dedication to our mission.

It appears that we will have the opportunity to expand Anna's House to a new location just around the corner. We are awaiting final approval of land being donated to Anna's House. When this happens, we will send further information. Until then, I ask that you continue to pray for our growth and for the well-being of the families we serve.

A new building will allow us the opportunity to better serve these families by extending our programs. Our plan is to extend an invitation to our English as a Second Language (ESL) classes to the ever-growing Burmese population. There are so many ways to help our families with programs beyond our weekly grocery distribution. We are looking to the future and the possibility of computer training, adult literacy classes and after school tutoring for our children.

As I look to the future, I hope you will continue to partner with Anna's House to serve those in need. Thank you again for all that you do. The Lord's Pantry at Anna's House is truly blessed to include you in our family. Look for our Facebook Fan Page to keep up with our day-to-day happenings, volunteer opportunities and special requests. ■



Volunteer Spotlight

It's unknown if there was ever a time when Ralph Baker was not a part of the Anna's House team. We could not ask for a more dedicated, kind, caring and giving person to have as a part of our team. Ralph handles the pick up of our chicken each week as well as our

weekly food pickup from Second Helpings.

During the holidays, Ralph gives even more of himself as he orders, picks up and delivers our holiday hams and turkeys—not only to Anna's House, but also to our remote pantry location at Witherspoon Presbyterian Church.

You'll see Ralph's smiling face each and every Saturday as he oversees the front room distribution of vegetables and breads.

All that Ralph does, he does with a servants heart. At the end of the day, when produce is left, Ralph then delivers the extras to places such as the Veterans Home and Wheeler Mission. His giving never stops. Thank you Ralph for all that you do. You are a blessing to Anna's House and to the families we serve. ■

Wish List

The Lord's Pantry at Anna's House is currently seeking the following items to support their ongoing programs. If you are able to donate these items, please drop them off at 303 N. Elder Avenue on Wednesdays between 12 p.m. and 5 p.m. (east entrance). For large deliveries or general inquiries, please call 317.631.5504.

Kids Pack Items *(single-serve portions)*

- Fruit cups
- Juice boxes
- microwave kids meals

Thrift Store Items *(gently used)*

- small appliances
- bed linens
- dishes
- furniture
- home accessories

Nutrition Notes

Dental Health and America's Sugar Problem

by Jane Blanchard, RDH, MHS

The American diet is high in sugar and this craving for sweets has a negative effect on dental and general health. Diets high in sugar from beverages or food promote tooth decay and destroy tooth enamel. Plaque bacteria in your mouth combines with sugar from food and drinks to produce acids that break down tooth enamel and cause tooth decay. Sipping on sugary beverages, such as sports and energy drinks, soft drinks and juices, and frequent sweet snacking exposes teeth to these "acid attacks" throughout the day.

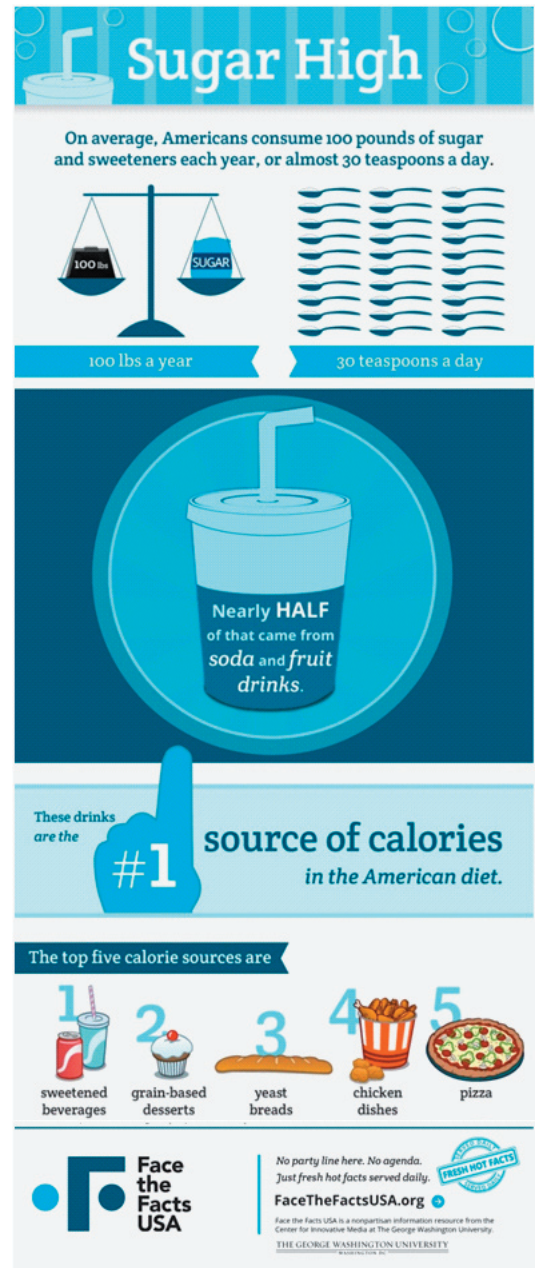
Tips to reduce daily sugar intake:

- Replace soft drinks, energy drinks and sports drinks with water or milk.
- Limit empty-calorie foods such as cookies, cakes and candy.
- Read food labels to see how much sugar is in that food product.
- Snacks such as cheese, yogurt, fruits, vegetables and nuts are good snack choices.
- Avoid between meal snacking
- Try to consume sweet treats during meals and not between meals

A well-balanced diet and healthy snacks between meals will promote good dental health and lead to a lifetime of good overall health.

See www.choosemyplate.gov for more information on a healthy diet.

Jane Blanchard is a Clinical Assistant Professor in the Division of Dental Hygiene at the Indiana University School of Dentistry.



Weekly volunteer opportunities exist! Please call (317) 631-5504



Donor Spotlight

Indianapolis Fruit is not a "one size fits all" company – they believe in getting to know their customers and their customers' customers. They also understand the importance of giving back to community as is evident through their support of dozens of events and organizations each year, including The Lord's Pantry at Anna's House.

While Anna's House does invest financial resources in the nutrition of the community we serve, Indianapolis Fruit goes above and beyond to provide us with additional fresh produce on top of our weekly investment, totaling more than \$36,000 in value in 2013.

Charlie Caito, a 16 year veteran at Indianapolis Fruit now serving as City Sales Manager, has reserved a special place in his heart for Anna's House since the early days with Lucious in 2001. "I enjoy working with the Lord's Pantry because of the hard work of the volunteers and their commitment to carry on Lucious' mission. Many of the urgent needs and food security of Stringtown are met through assistance from Anna's House," says Caito.

Special thanks are given to Charlie and his entire team at Indianapolis Fruit for keeping us close to your hearts. Please know you are close to ours. ■

Calendar of Events

March

1, 8, 15, 22, 29

Grocery Distribution

Our weekly grocery distribution offers clients a wide assortment of non-perishable foods and fresh produce. 10:30 a.m.

4, 11, 18, 25

ESL Classes

Weekly ESL classes are free and open to anyone interested. Free childcare is available to our participating students. 12 p.m. - 2 p.m. **V**

5, 12, 19, 26

Community Dinner

The Stringtown community is invited to enjoy a hot meal! 5:30 p.m.

V = volunteer opportunities exist

April

1, 8, 15, 22, 29

ESL Classes

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2, 9, 16, 23, 30

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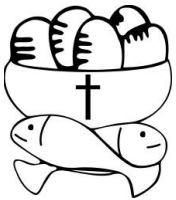
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Education Corner

For the third year, we are offering English as a Second Language (ESL) to adults. These are 8-week sessions taught by two wonderful men, Alex De Gortari and Chris Gautier. Our classes are taught differently than most as we focus on daily living such as how to speak to the doctor, the banker, and the teacher or how to write a check and fill out a job application. Our classes are offered to our students free of charge and include free childcare for the children of our students. The goal of our class is to make daily life easier for our adults, in hopes that employment can be obtained with their new found language. ESL classes are open to everyone.



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