

# AROUND THE Circle Newsletter

Circle Of Concern  
Food Pantry



## Current Needs:

- Jelly
- Canned Meat/Stew/Chili
- Cereal
- Pasta Sauce
- Canned Pasta
- Rice/Dry Beans/Dry Potatoes
- Tomato Products
- Size 5 & 6 diapers
- Baby Wipes
- Tampons
- Bar Soap

## What's In Those Grocery Bags?

Have you ever wondered what foods Circle Of Concern shares with the families that come to us for help? Come along on a tour of the brown paper bags and see!

**What sets Circle apart is the provision of foods with more nutritional punch.**

On the face of it, those bags contain items that you might expect. You'll find peanut butter and jelly, canned green beans, tuna fish, chili, beef stew, macaroni and cheese, tomato products, dry and canned pasta, sauce, meal "Helpers," dried beans and other items. These are all common items that any food pantry might provide.

What sets Circle apart is the provision of foods with more nutritional punch. In addition to the shelf-stable nonperishables, our clients' grocery carts also include milk and eggs, (cheese - when we have room in the budget), bread, fresh fruit, potatoes, carrots, onions and frozen meat items, such as a whole chicken, ground beef and turkey and hot dogs that we purchase with the cash donations we receive. Circle is committed to offering food for a more diverse diet to support better health.

Besides these staples, we also include toilet paper (food stamps, or SNAP, doesn't buy that daily essential), bar soap, a choice of personal care items and a baking item and condiment.

It's one thing to fill a belly. It's another thing to provide food that promotes healthier eating. With your financial gifts, you help us provide food to help our clients stay healthier. Thank you for your support of the food and pantry...and for helping to fill those brown paper bags with healthy foods.

## OUR MISSION:

Circle Of Concern feeds the hungry and provides assistance to low-income families living in west St. Louis County.

## OUR VISION:

Improving every life in our community by reducing hunger and poverty.



*Feeding Families is  
Just the Beginning*

## January Stats:

Number of people fed = **1,863**  
Number of bags distributed = **3,090**  
Number of families = **645**  
Cost = **\$88,945.65**

**Financial Assistance**  
**434** families  
**\$7,487.00**

**Volunteers**  
**176** volunteers  
**1,979** hours

# Thinking Outside the Circle

## Quality Waterproofing

Circle has the best neighbors! One of them – Quality Waterproofing in Valley Park – is like a big, friendly family next door, willing to help when we need them.

On a cold day this winter, we were happily struggling to sort the mountain of food that our amazing donors contributed to Circle over the holidays. With 32 employees, Quality Waterproofing came over and got many thousands of items ready for our pantry shelves and our clients' grocery bags. They let us borrow their car; well, they shared the use of their commercial truck! They are also a go-to volunteer team for upcoming events like the Letter Carrier's 'Stamp Out Hunger' food drive in May.

Thank you for being a good neighbor, Quality Waterproofing, and thank you for being a corporate example of support!



## Jelly Roll Bunco!

Seats are filling up! Register today for the 3<sup>rd</sup> annual Circle **Bunco Fun-Raiser Nite!** Join us on **Friday, April 21** at St. John Church (15800 Manchester in Ellisville) for classic Bunco, a silent auction, prizes and fun! Proceeds will help buy jelly and other items for Circle's food pantry.

We roll the dice at 7 p.m. (doors open at 6:30), with a simple cash bar, hors d'oeuvres, desserts and free soda and water available. Tickets are \$20 per person.

Register online at [circleofconcern.org](http://circleofconcern.org) no later than **April 15**. See you there!



## A Circle History Moment

Pages from old scrapbooks reveal the depths of flood waters in 1993. The line on the windows and the height of a volunteer tell the tale!

## Send Up the Bat Signal!

The Birthday Club has an urgent need for Batman toys and wrestling figures/toys from the WWE or UFC (think John Cena!). These are items that our kids have asked for, along with Legos and other favorites. Toys can be dropped off at Circle during regular client hours.



The Birthday Club provides personally-selected toys for our clients' children up to age 11, plus a cake mix, frosting, candles and party supplies, to ensure every child is celebrated on his or her special day!



# Facing Hunger After 50

48 percent of the people who rely on Circle for food are 50+ years old. When it comes to food insecurity, seniors or pre-seniors (age 50-59) experience special challenges when dealing with hunger.\*



77%

Buy the cheapest food available



46%

Receive help from family and friends



38%

Water down food or drink

Each year, older adult households face spending tradeoffs and have to choose between food and

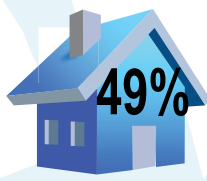


UTILITIES



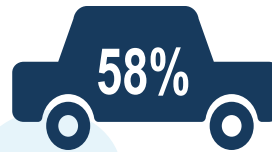
63%

MEDICAL CARE



49%

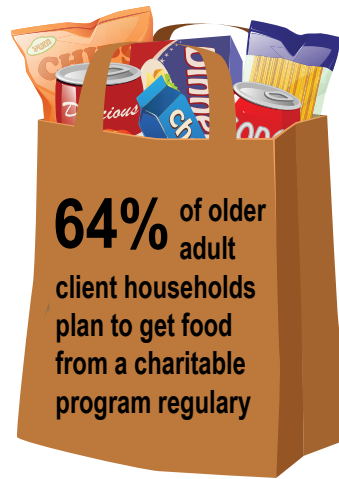
HOUSING



58%

TRANSPORTATION

\*Statistics from *feedingamerica.org*



## Simple Scalloped Potatoes

*Circle's food pantry provides vegetable staples to our clients each month, including potatoes and onions, as well as milk and cheese. Using these—plus flour and condiments from our 'Your Choice' shelves—produces a favorite family side dish!*

6 medium potatoes, thinly sliced  
1 large onion, chopped  
2 tablespoons flour  
2 cups milk, hot-but-not-boiling  
½ teaspoon salt  
¼ teaspoon pepper  
1 cup cheddar cheese, shredded

Grease a 13" x 9" baking dish and preheat oven to 350F.

Arrange 1/3 of the potatoes in the dish, sprinkle with half the onions, half the salt and pepper and half the flour. Repeat the layers, ending with the final 1/3 of potatoes. Pour the hot milk over everything and top with the cheese

Bake, uncovered, for 1 hour or until potatoes are tender and sauce is bubbly.

## A Note From Cyndi

Being able to nourish a family...really *nourish* a family is a privilege and an honor. We strive to do just that, through the foods we share and the supplementary programs we offer.

In the food pantry, we pair *donated* dry goods with *purchased* fresh foods – both made possible by a generous and giving community.

Along with a well-rounded portion of foods, we offer monthly one-on-one coaching with trained volunteers. While this evidence-based method has been a part of our approach for decades now, what's new and growing is our commitment to even more focused coaching. Circle offers *employment mentorship*, covering an array of career-oriented training, including resume development, job search strategies and mock interviews.

We also offer *counseling* – a much-needed service to strengthen those facing some of life's greatest obstacles and stressors. For kids, there are few greater forms of nourishment than a week at summer camp, and yes – Circle offers that too.

I could go on about the nourishing aspects of Holiday Adoption, Back to School and Circle's other programs, but you get the picture. Feeding families *is* just the beginning. Thank you for being a part of this life-sustaining work. Thank you for supporting Circle and organizations like ours.

*Cyndi*





# Circle Of Concern FOOD PANTRY

*Feeding Families is Just the Beginning*

112 St. Louis Ave.  
Valley Park, MO 63088  
Address Service Requested

Non-Profit Org.  
US Postage  
Paid  
St Louis MO  
Permit 175

**Hunger  
After 50**

## Board of Directors:

**Steven Ernst**  
*PRESIDENT*

**Lana Biondo**  
*VICE PRESIDENT*

**Matt Claflin**  
*TREASURER*

**Michael Bauer**  
*SECRETARY*

**Karen Aubuchon**  
**Frank Haase**  
**Sue Hoffman**  
**Maria Keena**  
**Doug Paul**  
**Alva Rozar**  
**Greg Shoemaker**  
**Jason Sinclair**  
**Carol Vandable**  
**Amy Vollmer**

## We share many donations with our clients:

- Food, Canned and Packaged
- Fresh Garden Produce
- Dry Pet Food, Litter
- New School Supplies
- New Toys
- New Blankets, Hats, Gloves

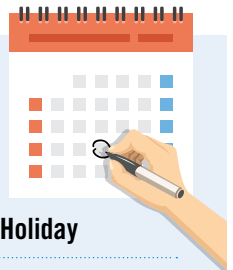
## Donations are accepted:

Mon, Tue, Fri..... 9 a.m. - 3 p.m.  
Wednesday..... 9 a.m. - 7 p.m.  
Saturday..... 9 a.m. - 1 p.m.



**"LIKE US"** on Facebook and visit us online at [www.circleofconcern.org](http://www.circleofconcern.org).

## Important Dates:



<b>April 14, 15</b>	<b>Circle Closed for Spring Holiday</b>
<b>April 21</b>	<b>Bunco Fundraiser</b> St. John Lutheran Church, Ellisville
<b>May 8</b>	<b>13th Annual Charity Golf Tournament</b> Aberdeen Golf Club, Eureka
<b>September 16</b>	<b>4th Annual Run Circles Around Hunger 5K</b> Valley Park - Arnold's Grove Trailhead Park
<b>November 4</b>	<b>50th Anniversary Celebration Dinner</b> Forest Hills Country Club, Chesterfield

**STAFF DIRECTORY** ..... **636.861.2623**  
**Cyndi Miller**, Executive Director ..... [cyndi@circleofconcern.org](mailto:cyndi@circleofconcern.org) ..... ext. **117**  
**Juliet Holden**, Senior Director ..... [juliet@circleofconcern.org](mailto:juliet@circleofconcern.org) ..... ext. **106**  
**Michelle Lepak**, Pantry Director ..... [michelle@circleofconcern.org](mailto:michelle@circleofconcern.org) ..... ext. **107**  
**Niki Vandable**, Client Services Director ..... [niki@circleofconcern.org](mailto:niki@circleofconcern.org) ..... ext. **108**