



September 2018

NEWS FROM THE PANTRY

SPOTLIGHT: We appreciate our youth volunteers!

Almost every volunteer shift at the pantry includes youth workers contributing their spare time to serve others. We are grateful for the creative talent, limitless energy and innovative ideas these young people bring to the pantry each week. We would like to highlight a few recent contributions from our youth volunteers this summer:

National Lutheran Youth Gathering gives back locally



Every three years, 30,000 high school youth and their adult leaders from across the Evangelical Lutheran Church in America gather for a week of faith formation known as the ELCA Youth Gathering. This year's gathering occurred in Houston, and 150 Lutheran youth worked at the HIM food pantry over a three-day period. These kids helped with many aspects of our food fair, rebuilt shelves in the storage areas, cleaned the pantry from top to bottom and tidied the grounds and parking lot area. We were so grateful to them!

Feed Frank gets a fresh face thanks to young artist



Have you noticed the new portrait of Frank Caraway on our Feed Frank donation box? Brenna Rinehart, who has been volunteering at the pantry since she was seven years old, repainted Frank's portrait this summer. Brenna won art awards in middle school and is currently a sophomore at Clear Lake High School and active in theatre as an actress and set designer. During his lifetime, Frank Caraway was a champion of the food pantry. After his death in 2013, his generous endowment continues to support the pantry's mission today. Thank you, Brenna, for refreshing Frank's portrait!

College student returns to give back over the summer



Timothy Dougherty has been volunteering at the pantry since he moved back to Houston from Singapore in 2015. As a junior at Strake Jesuit, he selected the pantry as the focus of his service work. He has been a consistent volunteer for the past three years. This summer Timothy spent a significant number of hours updating our client and volunteer database making it much more efficient to use. We are grateful for his efforts to figure out much of the programming from scratch and wish him well as he starts his sophomore year at Indiana University, where he is studying finance, economics and international business.

Heights High School How to Be a Man (H2BAM) Club models service

The aim of How to Be a Man, one of the extracurricular clubs at Heights High School, is to develop and nurture academic and social excellence in adolescents. One of the club's goals is to add value to the community, and this group of young men has consistently supported the pantry for several years. This summer H2BM organized a drive for school supplies and handed them out to clients' children in a fun environment that included music, activities and an inflatable bouncy house. What an awesome way to get your school supplies!

You will often hear pantry director Alice Bongers say, "The youth are the future of our pantry." With these fine contributors by dedicated youth, the future of the pantry is in good hands.

Happy 9th Birthday HIM Pantry!



We celebrated our 9th birthday by sharing a truckload of food donated by our faithful and generous partner, the Houston Food Bank. More than 135 families received watermelons, cantaloupes, mangoes, strawberries and milk along with items from the pantry's own shelves. Face painting and birthday cake made it a festive celebration.

Every 5th Saturday = FREE food

Mark your calendars now: On the fifth Saturday of a month the pantry will distribute free food to all clients. Yes, clients can visit a second time in the months that have a fifth Saturday. In addition to food distribution, there will be opportunities like free health care screenings, a Ministry in Motion prayer tent and activities for young children. The next Free Food Saturday is **September 29**.

Join us for Volunteer Appreciation on Sunday, November 4

As of August 31, 2018, our wonderful group of volunteers, comprised of 100 individuals, has donated over 3800 hours of time this year to keep the pantry operating. We appreciate this group of special people who bring so many talents to our organization. All volunteers are invited to attend an appreciation luncheon on Sunday, November 4 at 1:30 p.m. at The Church at 1548 Heights Boulevard. We look forward to celebrating your many contributions!

Want to help? The pantry sure could use...

- Cans of fruit
- Canned meat like tuna or chicken
- Shelf-stable milk (liquid, not powder)
- Diapers (size 4, 5 and 6)
- Baby food
- Toiletries like toothpaste, tooth brushes, dental floss, soap
- Gently used books and magazines for adults and children for use in the waiting area

Consider holding a food or hygiene drive for these items at your workplace, church or school. Drop off nonperishable food items any time at the Feed Frank donation box on the pantry parking lot.

How many lives have we impacted so far?

We have served 13,889 individuals at the pantry so far this year. Since the pantry's inception in 2009, the pantry has served 149,129 individuals through September 15, 2018.

Want to volunteer? It's easy with Signup Genius...

We need volunteers each week on Thursday evenings and Saturday mornings. From time-to-time we have special events when we also need helping hands. Many students and others come to the pantry to fulfill their service hour commitments. Check out the volunteer opportunities and sign up to help through [Signup Genius](#).

Do you have suggestions for the pantry?

Please send them to himpantry@gmail.com or send us a message on Facebook. Or chat with our pantry director, Alice. We love new ideas!

Heights Interfaith Ministries Food Pantry

Open Thursdays 5-7pm and Saturdays 10am-12pm

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