

The Woolly News

LAMB's Basket Food Pantry

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July 2024

PRESIDENT'S REPORT

Teddy Martin

The pantry is now back to pre-COVID operations. We are once again allowing clients inside the building and allowing them to do modified shopping. While the Country Store is not as fully stocked with fresh produce as it once was, we are still allowing clients to have some flexibility in choosing what they want. We are still allowing clients to visit the pantry twice each month but are not yet ready to do client eligibility interviews. We are checking addresses to ensure that clients are Henrico residents from driver's licenses and recent bills with their current address. Client interviews may resume later this year. We are still maintaining our current management style. This smooth operation continues to be due to the current management model: Client



inside the building and allowing them to do modified shopping. While the Country Store is not as fully stocked with fresh

Relations/Registrations, Warehouse Operations, and Administrative Management. The pantry is operating smoothly and efficiently and, thanks to our many donors, the warehouse shelves are full.

By December 31st, the pantry will have served several thousand clients representing nearly 5,000 households in Henrico. Not as many as in years past but the numbers are growing once again. Based on the 2017 population statistics in Henrico, our total clients served represent 5.5% of the total county population.

The warehouse operates at top efficiency due to the efforts of Judy Pierce (see article later) and her team of volunteers. Judy oversees the warehouse, ensuring that jobs are completed not only in food storage, distribution, and safety, but also in maintaining a clean and safe workplace.



CrossRidge Golf Cart Food Drive in Support of LAMB's Basket Food Pantry

The annual Cross Ridge Golf Cart food drive in support of LAMB's Basket food pantry did not disappoint! We were delayed several days due to rain, but that didn't stop the enthusiasm and support of all who participated! As of May 23, the total food donations were 5,170 pounds and monetary donations totaled \$4,410.00. Thanks to Bob Hardy and the Golf Cart Club and all the CR residents. Way to go Cross Ridge!



(Teddy Martin and John LeFevre checking out donations.)

Judy Pierce Honored

On Thursday, June 6, our own Judy Pierce was honored with an Acts of Kindness Award from NBC 12. Judy was interviewed about her years of dedicated service to LAMB's Basket. Over the past few years, she has taken over the supervisory duties as Warehouse Coordinator, directing the efforts of our volunteers as they sort products for shelving, load the grocery bags, and check on freshness of the products.

As part of her recognition, she was awarded \$300 and a gift card to Mexico Restaurant. This was all well-deserved kudos for Judy as a thank you for a job well done. Her service is invaluable to this organization.

Pantry president, Teddy Martin, said he could not think of a more deserving person to receive this recognition.



by



(Judy's name was submitted to Channel 12 Cindy Reynolds, LB Board member.)



Fun Food Facts

Pound cake got its name from its recipe.

The early recipes of pound cake called for one pound of butter, one pound of eggs, and one pound of sugar.

That's a huge cake!

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Most supermarket wasabi is actually horseradish.

Real wasabi is challenging to make and expensive.

As an alternative, most wasabi for sale is colored horseradish with flavorings.



Ranch dressing is dyed.

One ingredient in ranch is titanium dioxide which is used to make it look whiter.

It's the same ingredient that is used in sunscreen and paint for coloring.



One fast-food burger can have meat from 100 different cows.

It sounds like a crazy amount, but the ground beef used to make burgers, both in fast food places and grocery stores, is made of a collection of muscle tissues.



Fruit-flavored snacks shine because of car wax.

Yep, the same wax that is used on cars, carnauba wax, is the same type of wax that is used to give gummy candy a glossy sheen.



Nutmeg is a hallucinogen.

If you ingest nutmeg in large doses, it works like a hallucinogen due to a natural compound called myristicin.

It has mind-altering effects if taken in large doses.

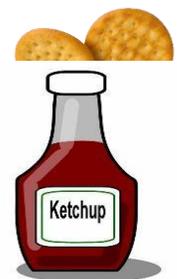


Crackers have holes in them for a reason.

During the baking process, if the crackers have holes in them, it prevents air bubbles from ruining the product.

Ketchup used to be used as a medicine.

Back in the early 1800s, people thought tomatoes had medicinal qualities. One doctor claimed they could treat diarrhea and indigestion, so he made a recipe for a type of tomato ketchup which then became a pill.



Age Requirements for Youth Volunteers

The LAMB's Basket Board policy states that children between the ages of 10 and 13 may volunteer as long as a parent or guardian is on the premises. Children 14 - 17 may volunteer at the pantry as long as they have a Medical Release form on file in the pantry office. The form can be found on our website and is required in the unlikely event an accident occurs that requires medical assistance.

Whatever the school break, it is a great time for youth to consider volunteering at the pantry.



Support & Thank Our Donors



On the last page of this newsletter, you will find the logos of the companies who donate so generously to LAMB's Basket. If not for these folks, the amount of food we would be able to distribute would be meager indeed. The next time you



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venture in one of these establishments, take a moment to find the manager and extend a personal word of gratitude. The amount of food donated by some of these stores is truly astounding. They need to know just how important they are to this ministry. If you don't see your favorite store on the last page, consider telling someone you would like to be able to add their logo next time. Be an advocate for LAMB's Basket. Every little bit helps.

Dash-In Community Grant

Recently, the Pantry was selected to receive a \$5,000 Community Partner Grant from the new Dash-In retail/convenience store located on Staples Mill Road. On behalf of the Pantry, Teddy Martin, Pantry President, received the check and was on hand for their Grand Opening along with several other organizations. Nutsey, the mascot of the Flying Squirrels baseball team, was also on hand to add to the festivities. If you are in need of gas or just want to stop by for a snack, give them a try. They are very friendly people and care a great deal about our community. Tell them LAMB's Basket sent you!



Church Volunteer Schedule



IMPORTANT REMINDER: *If you are scheduled to work at the pantry, but find you are unable to do so, please find a substitute or let someone know as soon as possible. Several times we have been shorthanded when volunteers have just failed to show up.*

The volunteer schedule for individual churches can be found on our website. If you see your church listed, call your coordinator to get yourself on the list. If you don't see your church listed, maybe you can get a group together and be the first volunteer. Contact Brenda Martin at 262-8219 or email at bcmusn71@gmail.com

HOURS OF OPERATION

For Clients

Food Distribution:

Tue, Thu 10:00 am to 12:00 noon

For Volunteers

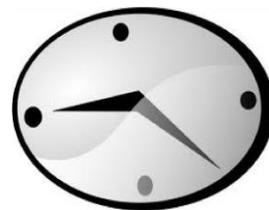
Tue, Thu 9:30 am to 12:30 pm

Closing Notice



Bad weather can cause LB to be closed. Please note the closing policy.

During the school year, if there is **inclement weather (usually snow)**, and Henrico County schools are closed, the Pantry is closed for food distribution to clients. During the summer, it can be due to extreme heat. Volunteers will perform pick-up and stocking duties if they deem it safe for travel. Drivers should notify stores if they do not plan to make the pick-up. **The message on the LB phone will be adjusted accordingly.**



Substitute Pick-Up Drivers Needed!!



We have some great help picking up donations from many locations, but sometimes these folks are ill or on vacation, so we need someone who can pinch hit for them every now and again.

Please contact Beverley Fletcher, Treasurer, if you are interested in this assignment. Call the pantry at 565-8007 or send us a note to lbfoodpantry@gmail.com.

Donations Everyone Can Make

Maybe you can't make a monetary or food donation to LAMB's Basket just now, but you **can** collect and donate



paper grocery bags (with handles). We double bag due to the



weight of canned goods and a tendency for handles to break. You can imagine how many of those bags are used each week. Also produce and meat are placed in plastic bags. We rely on donated bags, so don't throw them away, but recycle them by donating them to the pantry.

Speaker Available



If you know of a church or other group interested in having a presentation on LAMB's Basket, please get in touch with Teddy Martin by calling the pantry and leaving a message. There are also brochures available. A

nice presentation board was made for just such occasions.

WHAT YOU CAN DO...



Warehouse

- Double up bags
- Unpack boxes and put groceries on marked shelves
- Sort produce
- Bag prepackaged meats
- Sort and bag bread & desserts



Front Room Runner

- Hand out numbers to clients as they enter.
- Take sticky notes from the front office to the 'Country Store' and Distribution Area, placing them in order on the door facing.

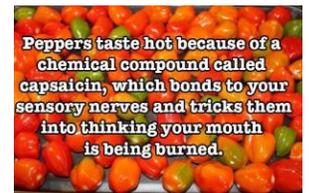
"Country Store"

- Assist clients in collecting the appropriate amount of produce, desserts, and meats
- Keep the shelves stocked



Distribution Area

- Place a grocery and bread bag in the 'cubby' beneath the client's name (on a sticky note) according to the number of family members indicated.
- Give clients appropriate bags when they come out of the 'Country Store'.



Food Pick-Ups (You don't always need a truck.)

- Go to one of our generous vendors such as Whole Foods or Food Lion to pick up donated food and deliver it to the Pantry.
- Be a substitute pick-up person who can be called upon when someone is on vacation or ill.



Food Buyer at CVFB

A training class is required at CVFB. Only designated people may go there to purchase food on our behalf, so we could use another trained person.



Our partners in the mission to help feed those in need within our community...



*I've been blessed with gifts
and talents
To be used some special way,
To lend a hand or help
someone
Who's struggling day by day.
All it costs is my commitment
And a little extra caring,
While making a priority
Of reaching out and sharing.
It's a privilege working for
This cause I hold so dear,
Just doing what I can to help,
Each time I volunteer.*

Sharing food is what we do. LAMB's Basket distributes the bounty donated by local businesses with the intention of meeting the emergency food needs of residents of Henrico County. For some folks, LB is a continuous source of aid. The LAMB's Basket Board will always strive to be responsible stewards of your generosity

