



August 2022

Extended Hands Pantry

Feeding Body & Soul

Welcome!

We hope you enjoy catching up with us! If you would rather not receive this newsletter, please let us know. Email us at info@extendedhandspantry.org or call 608-213-5114.

We need more volunteers! Please let us know if you are able to help sort and organize food boxes or load them into cars.

Have you signed up for email updates yet? You can do that from our website, www.extendedhandspantry.org.

Our mailing address:
Extended Hands Pantry
PO BOX 7372
Madison, WI 53707-7372

Our Mission: Serve our area families and individuals with compassionate acts of love. Encourage, educate, and nourish our children as a servant-hearted expression of Jesus Christ.



Back to School Bash!

by Milsa Tejada

As the new school year approaches, many parents struggle to buy school supplies for their children. Supply chain problems and shortages make back-to-school shopping more difficult, especially in the Northport Apartments and Packer Townhouses which are 100% low-income housing communities.

For the 23rd year, we are collecting school supplies for the nearly 300 school-aged children who live in these two communities. You can make a huge difference in a child's life by simply providing the necessary school supplies they need to start school year. Your kindness will help give the kids at the Northport Apts and Packer Townhouse neighborhoods the necessary school supplies to have an awesome start to the school year.

Every year we have a huge Back to School Bash to distribute the school supplies and celebrate the children getting ready for school.

We are planning to have

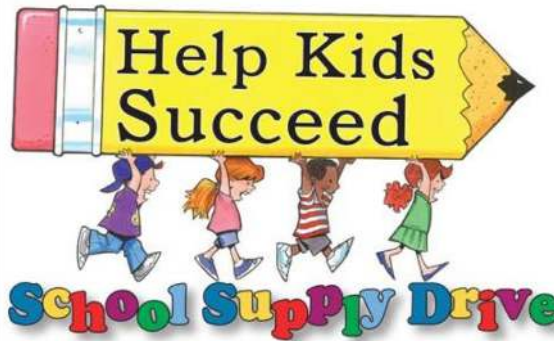
the Back to School Bash on Saturday, August 20th. The day will be filled with fun activities, games and crafts, face painting, a bounce house, and a delicious lunch.

We need lots of volunteers to make the day a success! Helpers are needed at the Northport event

from noon to 3PM, and helpers are needed at the Packer Townhouses from 3 to 6PM. Please contact us if you can help!

“Let children be children – let them run, let them fall and learn, but remember to nurse them when they come seeking you for help and support.” Child Insider

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Kids lined up to get their school supplies!

Back to School! Continued from page 1.

The Back to School event is a partnership between the Northport and Packer communities and Extended Hands Pantry. Andy had this to say about it, “We’ve been proud to work with the amazing staff at the neighborhoods for 23 years. They do a fantastic job with the children in the neighborhood. It’s an honor for us to help support their programs in practical ways.”

Andy goes shopping every week to provide the neighborhood Community Learning Centers with lots of nutritious snacks for the afterschool programs. He gets typical snack foods for kids like goldfish crackers, but also buys yogurt, apples, oranges, bananas,

PB&J or lunchmeat, bread, and hard boiled eggs.

While Andy and Jenny were tutoring in the Community Learning Centers afterschool program, it was apparent to them how hungry the kids were when they came in from school. The additional nourishment makes it easier for them to focus on their schoolwork. They have been providing the snacks ever since.

Interested in helping either at the Back to School event or with tutoring in the Community Learning Centers? Please contact Jenny at jenny@extendedhandspantry.org or 608-213-5114.

Food Pantry Garden

Don’t you just love this time of year? Especially the fresh fruits and vegetables right out of the garden! It simply tastes better when it’s freshly picked and we enjoy it while we can.

We at Extended Hands Pantry are extremely fortunate to have a huge organic garden available to us. The farmer is a retired medical professional whose mission is to provide fresh produce to those unable to afford it. He had donated tons of produce over the last decade to food pantries.

Many volunteers are needed to help keep the garden mulched, weeded,

and harvested of its goodies. This year we were able to secure

a grant to help us pay juvenile offenders a stipend to help with the gardening chores. It’s a win-win-win situation! The farmer has additional helpers, the teens get some spending money along with help paying off fines and restitution, and the food pantry has an abundance of fresh, organic produce!

Do you like to garden too? Contact us about how you can help!



Well-mulched Pepper Plants!



Ripening Tomatillos!



Lots of yummy Green Beans!

A Message From Our Founders and Directors



Jenny and Andy Czerkas

It's been a busy time for us! We have served over 90 new families at the food pantry in just the last few weeks. We served 30% more families in June 2022 than we did in June 2021. I'm sure this isn't a huge sur-

prise for anyone as grocery prices continue to climb. Humbertina, a mom of two, recently told us that by coming to Extended Hands Pantry she can provide food for her kids that otherwise she would not be able to afford. Healthy and nutritious foods like dairy and fresh produce are typically the first to go in a tight grocery budget.

Thankfully with the help and support of our donors, we can continue to ensure families like Humbertina's are able to keep healthy and nutritious foods on the table.

As inflation drives more and more families to our food pantry, it's also the cause of several delays to our new indoor space.

Lighthouse Church and School is in the process of building an addition to permanently house the food pantry indoors. The indoor space is critical for us to be able to offer our shoppers a 100% choice food pantry. With our outdoor mobile pantry, people receive a mix of pre-boxed and bagged items, along with some choices. Once we can set up inside, our shoppers will have the basic dignity of being able to choose everything they take. They will come inside and shop, just like they do in a grocery store.

Inflation has hit the expansion hard! The estimated costs last year were between \$450,000 to \$500,000. Now the cost is going to be about \$748,000! That's a much bigger increase than what we had planned for. We are grateful for the leadership at Lighthouse as they have committed to the addition despite the huge cost increase. Fundraising for the new space is a joint effort between Extended Hands Pantry and Lighthouse Church and School. Please contact us if you can help us fund this project. We are trusting and praying that God will provide the needed funding!

"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me,'" Matthew 25:40. Thank you for your part in doing what you do for Jesus!

It's Produce Season at Extended Hands Pantry!

By Milsa Tejeda

We have been receiving fresh produce and families are very grateful to be able to take some home. Many of the families who come prefer to use fresh produce every day. This is crucial for them as with high inflation in the grocery store they are not able to afford all the fruits and vegetables they need. Please keep us in your prayers. Your goodwill makes it possible for Extended Hands Pantry to continue with this wonderful act of love and care. These bags are filled with avocados, lettuce, tomatoes, shredded carrots, peaches, and cilantro!



"Practice kindness seven days a week, Spread kindness every time you speak" — Charmaine J. Forde



Volunteers a crucial part of Extended Hands to Keep Serving Those in Need.

by Milsa Tejada

Gustavo has known Jenny and Andy since 2005. He stated that the wonderful job both have done through the years to care and provide food for families and individuals that find it difficult to buy groceries moves him to give his time helping at the mobile pantry.

Gustavo had this to say after volunteering recently, "I love to help our community, Extended Hands truly cares for providing quality food products and kindness. After seeing the wonderful service that the pantry provides, I felt more optimistic and joyful."

Gustavo is a full-time science teacher at Madison College and also works for RMS Regenerative Medical Solutions, a biotechnology company. He is married and, along with his



Preparing boxes of frozen meat

wife, is awaiting the birth of their first child with great anticipation. They are eager for the day where they can all volunteer together as a family!

Gustavo wanted to share one of his favorites quotes:

"The best way to find yourself is to lose yourself in the service of others." — Mahatma Gandhi



Gustavo helping prepare food boxes



Volunteers loading groceries