

Friedens Community Ministries P.O. Box 05411 Milwaukee, Wisconsin 53205-0411

If you have any comments or suggestions regarding this newsletter, please send to the above address or email director@friedenspantry.org.

### www.friedenspantry.org











# How can you help?

We have a variety of volunteer opportunities for you and your family such as pre-bagging food, unloading deliveries, and rescuing produce from local grocery stores. Consider hosting a food and supply drive (ask us what is needed) and follow us on Facebook (@friedenspantry) to receive updates. Email us at volunteer@friedenspantry.org to sign up.

## Donate.

Consider helping us with our "purchasing power" by making a donation through our website or mailing a check. **www.FriedensPantry.org/donate** 

## Pantry Locations:

### (HQ and Mailing)

Coggs Center

1220 W. Vliet St. 10230 W. Fond Du Lac Ave.

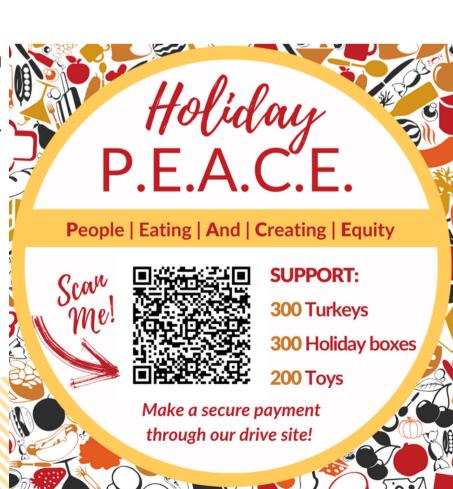
Milwaukee, WI 53205 Milwaukee, WI 53224

**Hope House** 

209 W. Orchard St. Milwaukee, WI 53204 Despensa de la Paz

1615 S. 22nd St. Milwaukee, WI 53204

**Zion Rock** 





# **NOURISHING NEWS**

Fall/Winter 2021



## Refelctions on the Times

Friedens is on the front lines, providing food - a basic survival need - in the safest way possible to help our neighbors make ends meet. In the midst of the pandemic, **we are committed to fulfilling our mission to feed our neighbors** while expanding our efforts to achieve more wraparound food and nutrition supports in our community.

While the challenges of the COVID-19 pandemic have lessened for some, many of our community members face a long road to physical, emotional, and economic recovery. We witness resilience daily, even though many of our community members are now dealing with the stress and impact of lost wages or reduced income, sick family members, and changes in every aspect of life. We will continue to see the disparate effects of the pandemic on our community as other government and philanthropic supports dwindle -- the eviction moratorium and rental assistance have ended, and less money is available to support basic community needs. We need your help now more than ever to provide consistent, comfortable, and COVID-safe services that support community resilience and recovery.

Our mission to transform lives through nourishment remains the same, but today it looks different in practice. We continue to deliver pantry services onsite through curbside pick-up, conducting virtual nutrition education and cooking classes, and continuing to expand to home delivery options next year. Our team of dedicated staff and volunteers continues to find ways to break down barriers to food access and address social determinants of health. We are discovering this new normal together, as one Friedens family committed to serving others with dignity and respect. Thank you to everyone who has walked alongside us this year.

Sophia Torrijos

Friedens Executive Director





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Executive Director



Aleka Shewcyzk
Operations Manager



Cheryl Ousley
Site Manager



Valerie MacMillan Food Center Coordinator



Aubrey Fochs
Volunteer Manager



Katrina Ramsey Volunteer Manager



**Abril Solis Sigala**Home Delivery Coordinator



For some families in Milwaukee, a holiday meal is a luxury they just can't afford....

This holiday season, you can help **People Eat And Create Equity** right here in our community - as a sponsor with a generous donation of your funds, your food, and your time at Friedens Food

### Why Sponsor our P.E.A.C.E. Holiday Food Drive?

- You will make the holiday season brighter for those struggling to make ends meet in our community, including children, adults, seniors, and veterans.
- Your supports means 300 Thanksgiving boxes, 300 Christmas boxes, and 200 toys are distributed to food-insecure households before and during the holidays.
- Because Friedens is a 501(c)(3) nonprofit organization, your donations are 100 percent tax deductible.
- Every \$5 donated feeds 1 person for 5 days.

Contact Sophia at director@friedenspantry.org with questions.



## Jardin de Paz gets a makeover!

Friedens worked with 6 local, Latinx artists to create a new mural out of recycled wooden pallets at our Jardin de Paz --Peace Garden. The mural uses themes of food and community to create a welcoming and vibrant outdoor space for community members to gather together while waiting for their curbside groceries.

Saturday, November 13th | 1615 @ 22nd St | 8-10am

Join us for the ribbon cutting ceremony!

## What Does Nourishment Mean to You?

"Nourishment is about being healthy, and making your body strong. It's also just about feeling good in general."

- Lonnie





"It's fullness and wellness physically, mentally, emotionally, and spiritually. It's taking care of all aspects of health."

- Amanda

"Nourishment means obtaining the food necessary for health and growth - cooking meals at home and avoiding fast food as much as possible. Providing your family with healthy meals with protein, starch, and vegetables."

- Cynthia



## What's New in our Programs?

### Emergency Food

- Serve 60,000 individuals with 7+ days of free groceries in dignified, supermarket-style sites
- Launching home delivery of groceries for homebound clients in 2021
- Distribute over 1 million lbs of food and supplies per year

### Food Recoveru

- Recover over 140,000 lbs of food from local grocery stores and community gardens
- Produce lettuce and herbs on-site in three hydroponic greenhouse towers

### **Food Education**

- Offer weekly **food sampling** based on ingredients given out at the pantries
- Conduct monthly instructional **food demonstrations** to promote greater food literacy

### **Food Justice**

• Active on the Milwaukee Food Council and the Milwaukee **Civic Response** Food Team

## **Emergency Food & Resources**

**Food Recovery** & Sustainability

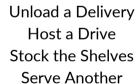
**Food Education** & Wellness

**Food Justice** & Advocacy

## Volunteer with Us!

volunteer@friedenspantry.org

Contact us to transform the community through food!









Pictured Above: Friedens team celebrates our new cargo van! Thank you City of Milwaukee for helping us purchase this much-needed vehicle.