

MESSAGE FROM *the* DIRECTOR

FACING CHRONIC ILLNESS

Much has changed in our lives because of the Coronavirus, but some things stay the same, such as the debilitating effects of chronic illness on an individual and his or her family. At the POBC Pantry, we believe and know for a fact that many chronic conditions like diabetes and cardiac disease can be treated or outright prevented by good nutrition, which is sometimes unaffordable for the disadvantaged.



In May, we were approached by Zenger Farm to join their Community Supported Agriculture (CSA) Partnerships for Health program. Since 2015, this program has partnered with several Portland area community health centers. Physicians and other healthcare staff prescribe chronically ill, food insecure patients to receive a package of fresh fruits, vegetables, and grains every week for a small co-pay. Since its inception, the program has had tremendous results, such as the eye-opening story of Paula and her son Jose Luis.

Several years ago, Jose Luis came home from school feeling terrible with a stomachache. His stomachaches got worse,

he developed a fever, and Paula says he was in agony. After several visits to the Multnomah County Mid-County Health Center, Jose Luis was diagnosed with a swollen liver and high cholesterol. Paula and her son were referred to the CSA program, and, fortunately, after several months of eating nutritious foods, her son recovered.

When COVID-19 hit, several health care organizations that supported the program had no choice but to redirect their funding towards the pandemic. Zenger Farm reached out to the POBC Pantry to become a partner and support 60 of the most medically compromised patients and their families, representing approximately 240 individuals.

Our goal is to ensure these families continue to get the support and attention their physician believes they need, even during these difficult times.

Your ongoing support to the POBC Pantry makes these kinds of partnerships possible. There is nothing more painful to a parent than being unable to provide for his or her sick child. We believe that what someone eats should not be dictated by one's income, where one lives, or the color of one's skin. In this country, why are there kids like Jose Luis who are suffering from liver disease? Access to good food is the key, and every dollar you give to the pantry continues to make that access possible.

Even as Portland reopens and people go back to work, we continue to see families coming to the pantry for the quality, fresh fruits and vegetables that are out of reach of their budgets. You can be the rock these families count on for staying healthy by

donating easily at pobcpantry.com/donate/give-financially

On a brighter note, last month, we highlighted Sarah, one of our most dedicated volunteers, who had to self-quarantine and stop helping at the pantry due to a higher risk of complications from COVID-19. During her time at home, she raised \$1,740 for the pantry by selling plant starts from her backyard to her friends and neighbors. Well, joined by her friends Linda and Ann, these ladies put on another plant sale early in the month of June and raised another \$2,500! Their contributions have made a tremendous difference in our operations. Thank you, Sarah, Linda, and Ann, for your ingenuity and your determination to keep giving even when it was difficult. The monies they raised helped fill a void from one of our partners that had to temporarily withdraw as a result of the pandemic. And, the women plan on doing another plant sale in the fall! What an amazing job!

**FEED A FAMILY
BUY A BOX**



Due to COVID-19 the amount of people we are feeding has more than quadrupled. In order to continue to meet the demand we have launched this box campaign.



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COMMUNITY PANTRY**
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Thank you for supporting our nonprofit. All donations will receive a tax receipt.

Each year, about 80% of our funding comes from our yearly autumn Gala and Silent Auction. This year, due to dining health restrictions from the Coronavirus, we are pivoting to a different fundraiser. Welcome to our campaign: Feed a Family. Buy a Box!

For \$50 a month, you can feed a family of four, and for \$25 a month you can feed a family of two. The pantry is able to provide quality food at this price because of the buying power and charitable in-kind contributions of our partners such as the Oregon Food Bank, New Seasons Market, Grocery Outlet, Portland Food Project, Imperfect Foods, and many others. You can join our pantry in feeding families like that of Paula and Jose Luis every month.

Our goal is to raise \$25,000 this year, allowing the pantry to purchase much needed refrigerators, certain foods, gloves, and other supplies. With the pandemic, costs are surging as the pantry has been serving

a huge number of clients each week. You can provide ongoing hope and good nutrition for those who are the most vulnerable in our communities. Will you join us?

Joining the Feed a Family. Buy a Box! program can usually be set up easily online with your checking account, and we can also take credit cards at this time. An online form for credit card signups should be available in several weeks. Contact us for more information.

Thank you, once again, for your ongoing support, to all the volunteers who are risking their own well-being to serve others, and to all our partners and all the donors who provide the pantry with the resources to feed the needy. At times, solving the issue of hunger and the outcomes that arise from it seems so gigantic. Hunger causes physical, emotional, and mental anguish for many. But with every one of us partnering and working together as a caring community, we can help solve the problem, one family at a time.

Sincerely,

Betty Brown

Executive Director

Portland Open Bible Community

Pantry