

# GC COMMUNITY FOOD PANTRY MONTHLY UPDATE

VOLUME 3, ISSUE 1

JANUARY 3, 2010

## Pantry Point of View

- *EAT BETTER*
- *LIVE BETTER*
- *FEEL BETTER*

## COMMUNITY GARDEN

The Grove City Community Food Pantry has been asked to join the community to start a Community Garden. This is great and exciting news. This will teach the value of growing your own pesticide free foods.

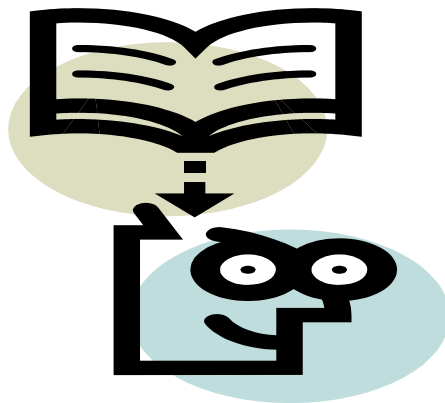
This garden will provide fresh fruits and vegetables for anyone who is willing to help with the preparing, planting and harvesting. There is no fee to help. All you need is a little spare time and the ability to do a little hard work. The benefits of this garden will be amazing! If you would like to help with this garden please sign up at Pantry registration or call (724) 372-5359.

## FOOD FOR THOUGHT

February's Food For Thought class will be "Safe Food Handling". The American Red Cross will be the host. Everyone will receive a free gift but only the first 10 to sign up will get a **BONUS** gift.

If you would like to sign up for the class you can do so at registration Monday's or please call (724) 372-5359.

No registration is necessary and this is open to the public.



**"Change your thoughts and you change your world."**

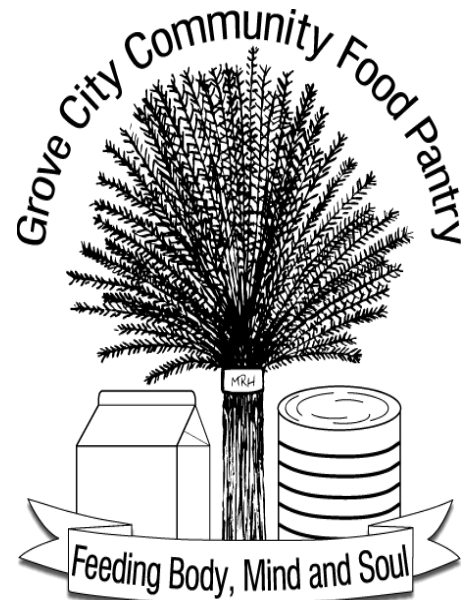
[Norman Vincent Peale](#)

## MOVE IT!!

It can be hard to get outside in the winter. But it is important to get moving! Spend at least 10 minutes a day getting fresh air and exercise. A nice short walk outside can help with keeping your immune system healthy. This will help you fight colds and flues.

There is a nasty stomach

virus going around so you could use all the help you can get. Get your kids involved. Make a game out of it. Have fun and stay healthy. When was the last time you played hide and go seek? How about Red Light Green Light? How about duck duck goose or hopscotch?



The Grove City Community Food Pantry is located in the basement of Grace United Methodist Church at 220 North Broad Street, Grove City, PA 16127. Our phone number is (724) 372-5359.



## Other Useful Numbers

Grove City Area United Way  
(724) 458-4527

C.A.N.  
(724) 992-3193

Salvation Army  
(724) 458-8493

Meals On Wheels  
(724) 458-5371

## GC COMMUNITY FOOD PANTRY MONTHLY UPDATE

### RECIPES

Turkey left overs? You can freeze your left over turkey in gallon sized ziplock bags. It's an easy to have a quick meal in the future. Here are some helpful recipes for left over turkey.

#### Turkey Grilled Cheese

soften margarine

2 slices of bread

2 slices of cheese

Preheat skillet with 1 pat of margarine . Spread margarine

front and back of both sides of bread. Put a slice of cheese then turkey then another slice of cheese. Brown both sides.

#### Turkey Vegetable Soup

2 cups of turkey

2 quarts of water

2 can of mixed vegetables

1 can of diced tomatoes

1 teaspoon of salt and pepper

Mix all the ingredients together and bring to a boil. Turn down to a simmer and let simmer for 1 hour. Season to taste with garlic powder, salt, and pepper.

#### The Best Turkey Toast

Preheat Oven to 375. Butter one side of both pieces of bread and face it up. Place turkey, diced tomatoes, salt, pepper, and shredder mozzarella on top. Bake for 7 minutes.

#### Easy Peanut Butter Fudge

2 cups sugar

1/2 cup evaporated milk

1 cup peanut butter

Bring sugar and evaporated milk to a boil in sauce pan. Stir in peanut butter until smooth and remove from heat. Pour immediately into a buttered 8x8 dish. Let cool and serve. You can substitute sweetener for sugar .

*"If you do not hope, you will not find what is beyond your hopes."*

**St. Clement of Alexandra**

### COMMUNITY AWARENESS

Last year during the months of November and December the Pantry received over 6,000 donated items from the Grove City Community. Over 4,000 of these items were donated through the Parade of Trees Event held in the downtown area during the end of November to the middle of December. Thousands more were from businesses, churches, individuals, and private donors.

Every month the Pantry has a rise in the number of people that we help. We depend greatly on the community to help us fill their needs. I would like to thank the church congregations that have special boxes in their lobby. I would like to thank the businesses who have supported food drives for the Pantry. I would like to thank the countless individuals who have donated non perishable items to the Pantry.

During these financially trying times we must all remember to continue to support the Pantry. The Grove City Community Food Pantry is now on Face Book under Grove City Community Food Pantry. We will post monthly items that we are running low on in the Pantry. If you purchase these items you can drop them off at Grace United Methodist Church from 9:00 AM to 5:00 PM Monday through Friday.

#### Contact

#### Information

#### Phone:

**(724)372-5359**

#### Website

[www.grovecitycommunityfoodpantry.org](http://www.grovecitycommunityfoodpantry.org)

#### Mailing Address

**Po Box 684  
Grove City, PA  
16127**

### PANTRY FACTS TO REMEMBER

The Pantry is open every Monday except on major Holidays. The hours of operation are :

**Monday 1:00-4:00 PM**

**1st Monday of the month we are also open from 5:00-7:00 PM**

You must enter through the Pantry door located directly across from the First National Bank parking lot. Due to limited space you may not enter the building early.

Hats and gloves will be available in registration for you and your family during these winter months. They have been donated by the Grace United Methodist Church. Most of the gloves are hand knitted. If you or anyone you know would like to knit hats, gloves, and scarves please contact me and I will provide you with yarn free of charge.