



LOAVES & FISHES

NEWSLETTER • SEPTEMBER, 2009

(805) 238-4742

P.O. Box 1720
Paso Robles, CA
93447

From the Director

The last few years have seen an increase in food cost and those in need with a decrease of volunteers. Especially over the last year as volunteers have had to find full time employment or rejoin the employed. It has been a difficult time for the volunteers here as they listen to the stories of the client who have had their hours cut or lost their jobs, lost their homes to foreclosure, their own or their landlords or could no longer pay their rent without full time employment. Our hearts have grown with Christ's love as we reach out to those who come through our door. We pray we continue to make a difference in their lives as we are Christ's hands and feet in the world.

Would you like to make a difference to those in need here in the Greater Paso Robles Area?

Loaves & Fishes is in need of volunteers in all areas of our work. We need people to help in the pantry morning and afternoon and to interview (bi-lingual and English speaking) in the afternoon. The director can also use help in the office with different projects, some require computer skills and some do not. We will have a **New Volunteer Orientation on September 24th at 10 am.** All who are interested in volunteering and/or learning more about Loaves & Fishes are welcome to attend. Please call and RSVP to Jackie or Lillie at 238-4742 or email your reservation to jmsebro@tcsn.net.

Angels Among Us

I would like to recognize a few of the churches for their above and beyond contributions to Loaves & Fishes. Covenant Presbyterian Church has taken on the responsibility of staffing Thursday nights from 5:30 to 7pm for over 8 years now, this includes USDA Commodity night the 3rd Thursday night of the month. About 6 months ago The Bridge Church took on the responsibility of staffing Tuesday nights from 5:30 to 7pm. This has been a great blessing for me and the clients, knowing there will always be a team to open the doors in the evening to the working poor.

There are other churches that hold a Loaves & Fishes Sunday each month where food and financial contributions are collected for us. St. Rose and the Mennonite Church have been doing it the longest, others are Trinity and Plymouth. If your Church has a program for Loaves & Fishes and I am not aware of it please let me know. I would love to thank you.

Hunger Walk In Paso Robles October 18th at 2pm

A walk to help end hunger in Paso Robles has been planned for October 18th by The San Luis Obispo Food Bank Coalition. Loaves & Fishes will be asking for people to walk for L&F and receive pledges for walking that day. The walk is 3 miles and if you walk for L&F we will receive 50% of your pledge as credit at Food Bank where we average a \$5,000 to \$6,000 bill a month for the food we distribute to the needy in our community. 25% will go to world hunger needs through Church World Service. For more information on the walk and to sign up to walk for Loaves & Fishes please call 238-4742, we look forward to hearing from you.

Food of the Month

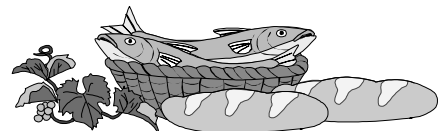
- Aug:** Canned Fruit
- Sept:** Peanut Butter
- Oct:** Tuna
- Nov:** Canned Soup

Garden Surplus

Loaves & Fishes is always willing to accept the surplus of your summer gardens. If your garden produces more than you, your family and neighbors can eat, L&F is always more than happy to receive your extra fruits and vegetables.

Let us help you recycle

We are always in need of large paper grocery sacks, and all sizes of paper and plastic bags. We can also use plastic containers from 1/2 cup up to 4 cups.



I would like to help Loaves & Fishes with:

- A monthly gift of \$ _____
- A one-time gift of \$ _____
- Volunteer Work
- Please put me on the mailing list
- You can count on my support in prayer

Name _____ Address _____

City _____ Phone _____

Checks may be sent to Loaves & Fishes, • P.O. Box 1720 • Paso Robles, CA 93447

The Difference Between Food Bank and Loaves & Fishes

We have had many questions lately about the difference between Loaves & Fishes and the Food Bank. The following is a simple definition of the difference between a Food Pantry (L&F) and a Food Bank.

What is a Food “Pantry”?

Loaves & Fishes is a Food Pantry. We work directly with the needy in helping to eliminate food insecurity (not having enough food). This happens through referrals from other agencies and word of mouth among the poor.

L & F provides 4 days of food as set out by the American Dietetics Association. This food pattern provides food from all food groups in approximately ½ cup portion. If a family is careful it will provide enough food for 4 days. We ask people to try to not come more than 3 times in 6 months, but if you are on SSI Disability and you get \$850 a month and your rent (if lucky enough to find something) is \$750 + we know we will see this person about 3 times in a month, because of housing costs.

Loaves & Fishes always gives food when asked for unless an abusive use is detected. Jesus did not give the people rocks when they were hungry he gave them food, so we do likewise. We give with an open hand – an open hand has more room to receive than a half closed hand.

What is a Food “Bank”?

A Food Bank, like The San Luis Obispo Food Bank Coalition, is a distribution point for food and other goods to be distributed to Food Pantries. Individuals do not go to the Food Bank, agencies like L&F go to Food Banks to pick up salvage (grocery store & manufacture donations & and community donations), and we pay a shared maintenance for this food of around 14 cents per pound. From the shared maintenance the Food Bank pays for their facility and for the employees who work there. The food that comes to Food Bank from the national Food Bank ‘Feed America’ has been greatly reduced in this economy with the opening of discount grocery stores and dollar stores now selling food. The mislabeled food, labels printed wrong, and trial run foods that were not popular that used to go to Food Banks now go to these discount retail outlets where the manufactures can still make a profit on the item instead of donating the item to ‘Feed America’ and having it distributed through out the national Food Bank chain.

If Food Bank has to pay for the item the cost may be a little more but normally less than the cost at the store. Our Food Bank also helps the agencies in San Luis Obispo County with CO-OP buying. The Food bank purchases a semi truck full of food or about 1,600 cases, that agencies can purchase from when they need specific foods. L&F often orders 400 to 500 cases of food at a time from Food Bank. This allows for agencies in the county to bring in food below the store cost.

So, Food “Pantries” like L&F are for the individuals in need of food and Food “Banks” like San Luis Obispo Food Bank Coalition are for agencies in the county like L&F to obtain food from.

Loaves & Fishes Needs You

I know it has been a long time since many of you have seen a newsletter from us. We have been short volunteers in a few vital departments required to put the newsletter out. It took a while but we have gotten the position of Treasurer covered by hiring AAA+ Bookkeeping Services to process our checks and reports. Our 2007 & 2008 financial reports were brought up to date by March of 09 and we are now staying current. Our statistics are still a bit behind and we are looking for help to input the data to help get us up to date. We now have some of the current months done but need help getting the months in the middle input. If you are computer savvy and have a few hours a week to volunteer please call Loaves & Fishes about helping with data entry on our statistics, 238-4742

	# of Requests	# of Families Served	Total # Served
Last old stats completed			
July 2007	387	329	1497
Newest stats completed			
March 2009	588	485	2375
July 2009	523	432	1975

	Income	Client Services	Total Expenses	Difference
2006	\$ 133,962	\$ 57,959	\$ 108,843	\$ 25,119
2007	99,931*	68,798	130,243	(30,312)
2008	176,170+	103,283	163,435	12,736
Jan-July 2009	63,066	45,339	82,826	(19,760)#

- * 2007 followed the Dec. 2006 earthquake when many donors were repairing their homes. Loaves & Fishes operated on savings from prior year’s donations
- + This includes a \$10,000 grant from the city to help recover from 2007
- # Loaves & Fishes is currently operating on monthly donations and savings from previous years



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