

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.
Milwaukee, WI 53205

Zion Rock
10230 W. Fond Du Lac Ave.
Milwaukee, WI 53224

Hope House
209 W. Orchard St.
Milwaukee, WI 53204

Despensa de la Paz
1615 S. 22nd St.
Milwaukee, WI 53204



Holiday
P.E.A.C.E.

People | Eating | And | Creating | Equity

Scan Me!

SUPPORT:
300 Turkeys
300 Holiday boxes
200 Toys

Make a secure payment through our drive site!

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



Sophia Torrijos
Executive Director



Aleka Shewczyk
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



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.

Join us for the ribbon cutting ceremony!

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

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 Recovery

- 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**



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 Pantries.

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.

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**



"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**



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



Volunteer with Us!

volunteer@friedenspantry.org

Contact us to transform the community through food!

Unload a Delivery
Host a Drive
Stock the Shelves
Serve Another



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