

Friedens Food Pantries
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 shopping with guests, 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) or Instagram (@friedenspantrymke) 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

Dispensa 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 2022

Friedens Food Pantries has been nourishing communities for over 40 years. As Milwaukee's largest food pantry network, we build community through dignified food access, food education, food rescue and sustainable practices, food advocacy, and community connection. Each year, we serve over 36,000 individuals in Milwaukee across four sites with over 1 million pounds of healthy, nutritious, free groceries.



Consider Giving Back This Season

While the upcoming holiday season brings with it joy and togetherness, it can also cause financial strain and anxiety in families struggling with day-to-day expenses. Particularly this year with rising inflation costs, the cessation of federal pandemic aid programs, and persisting supply chain issues, not to mention Christmas dinners and presents, more and more families are feeling the stress of the season.

What many people don't know is that **pantry use at Friedens has increased 42% compared to this time last year.** With demand growing higher and social resources diminishing around every turn, now is the time to get involved to make a difference. Here's how you can lend a hand:

- **Donate** - Purchase a Thanksgiving dinner for a family in need. Every bit counts.
- **Advocate** - Spread the word and share about Friedens with others.
- **Volunteer** - Your time and talents are needed at our sites.
- **Host a Drive** - Let's partner to restock our shelves with healthy groceries.

Gifts can come in many forms. Sometimes wrapped in a box under a tree and sometimes a gift is just a hug, a bag of groceries, or a warm cup of coffee when someone needs it most. Our community is our greatest gift and asset; let's build it together this season.

Sophia Torrijos
Friedens Executive Director



Sophia Torrijos
Executive Director



Aleka Shewczyk
Operations Manager



Cheryl Ousley
Site Manager



Valerie MacMillan
Program Manager



Aubrey Fochs
Communications Coordinator



Connor Carynski
Volunteer Manager



Banseirr Da
Home Delivery Coordinator



Jakob Dufner
Volunteer Coordinator



Sam Scaffidi
Food Center Coordinator

A Space Where You Belong

Last year, Despensa was open on Christmas morning. We didn't expect the normal rush, but we were there to serve whoever needed us that morning. As folks began to arrive, we offered hot ham and rolls and corn chowder. There were Christmas greetings and lively conversations. It was slower than usual, but our team of staff and volunteers were having a good time and enjoying spending time with each other and clients. A beat up car pulled up and a dad and his three kids poured out of it. The kids were shy until volunteers offered them hot cocoa and asked them questions. We made the children hot ham sandwiches and volunteers came out with wrapped Christmas presents. They were surprised and delighted; a trip to a food pantry on Christmas morning turned into a party with presents from Santa.

At Friedens, we pride ourselves on being more than a food pantry. We are a safe place, a nourishing place, a place of learning, and most importantly a place of connection. We're open rain, shine, and holidays because we know that people count on us, often for food, but also because we may be the only place they can go on the holidays. Friedens is an extension of family for many. People arrive expecting a food pantry and are met with a community of love, as well.

On Christmas Day 2021 Friedens served 175 people.

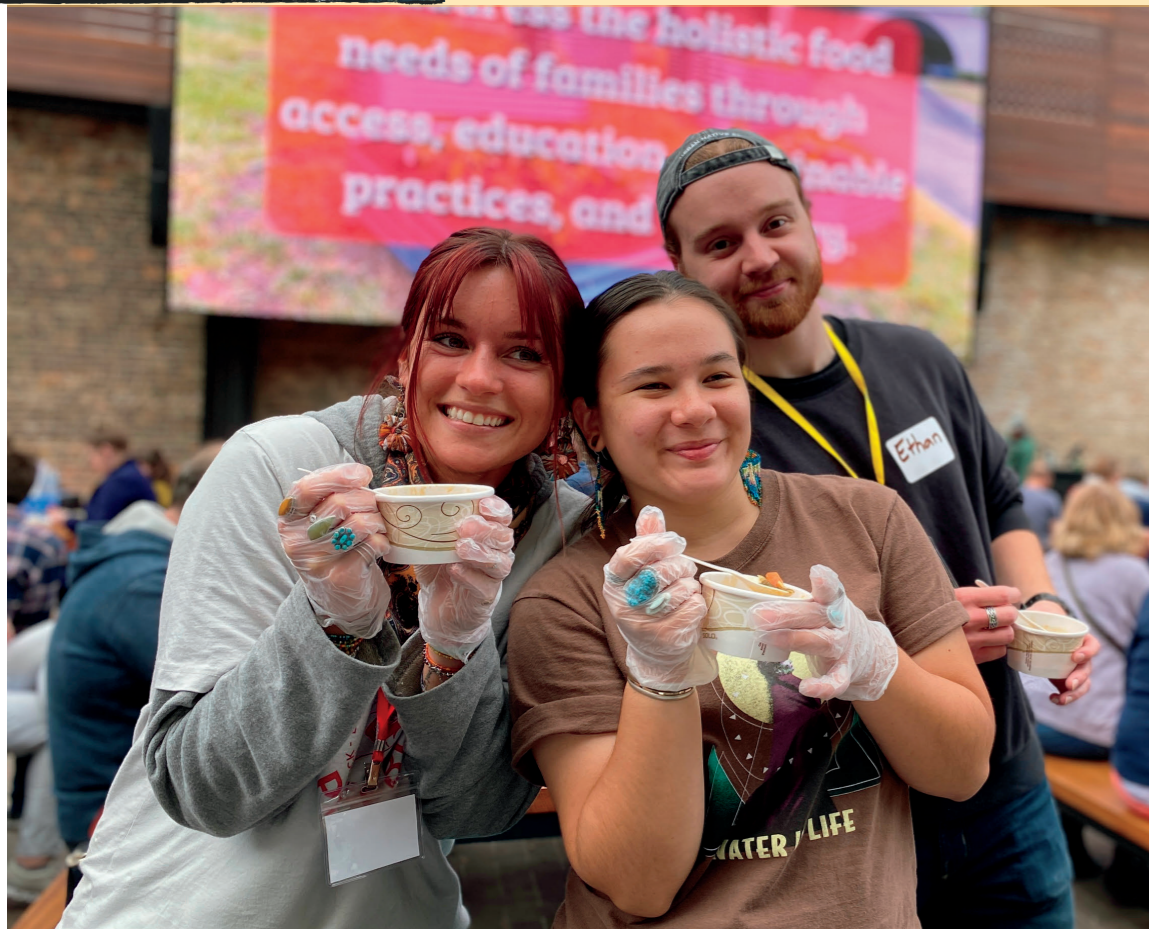


33,000+
people served so far this year

42%
increase in need this year

32%
of the clients served are children

Sign Up to Volunteer:



Friedens Takes on The Deer District with: **EMPTY BOWLS**



Friedens' 2022 Empty Bowls event drew hundreds to the Deer District on Oct. 9 to sample delicious soups, shop for masterfully-crafted bowls, and most importantly, to support Milwaukeeans in need.

Thanks to our many sponsors, donors, volunteers, artisans, and vendors, we were able to surpass our fundraising goal and generate more than \$60,000. These funds will support food-insecure families throughout Milwaukee and make a world of difference to food pantry clients.

Thank you to everyone involved in this year's spectacular event! Truly none of it would have been possible without you.

Missed the event but still interested taking home a work of art? You can still purchase beautiful, one-of-a-kind bowls at Cream City Clay and Outpost Natural Foods through the rest of the year.