

# Article 11.

## Calvary Food Pantry planning low-cost cookbook

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Our hero is one of our volunteers, Miriam, and her husband, Randy, who took the challenge I made this year asking our political representatives to go on a month of meals with SNAP funds to see how well they could eat. In the past year I have wondered at our government representatives' lack of knowing what hungry people need. Miriam, an educated woman with managerial instincts, has volunteered here at the pantry for a year now. Miriam took up the challenge and I am grateful to her. We have come to some startling facts, which includes the need for fresh produce year-round. I plan to take time this spring and summer explaining our conclusions.

Miriam planned a 30-day menu, essential for success. She proceeded to put all her information on an Excel spread sheet, determining costs for each meal. She then stuck to it. The bottom line: Miriam was able to stay on the 30-day plan, but it was tough. She ate enough to sustain her health, but was severely limited in food choices and recipe planning. Miriam did something few people in America want to do: Plan to help hungry people become more self-sufficient while eating nutritionally.

So I am asking everyone in this historical town to help me. Do you have a recipe? For the next few months I want to take Miriam and Randy's efforts further by starting a recipe book for the best, nutritious meals for the least amount of money, here at the pantry. Our first problem is simple: Many of my clients do not have Miriam's full kitchen. I need recipes for hot plate and microwave cooking. Drop it off here or email us at [calfpcny@localnet.com](mailto:calfpcny@localnet.com), and Miriam and I will eventually post her program on our website. Thank you, Miriam and Randy.

### NEWS FROM THE PANTRY

- Spring events start with our spring cleaning. Quality Care Cleaners scoured our carpet of 20 years. It looks like new. A local church paid the bill. Thank you.
- Samatha and Riley, two birthday girls, asked their friends for gifts to my pantry instead of presents. They celebrated by presenting me with bags full of food and produce. Thank you both for your generous spirits.
- Thursday, May 15 through Saturday, May 17 is our rummage sale.
- Then, BOCES decided to oversee the gardens themselves, in an effort to help their students, especially those in the plant animal and life science programs. We have moved our pantry garden to the Faatz-Crofut Home under the guiding hands of head gardener Don Russell, one of our volunteers. It will be named the Victory Garden in honor of Bill Aaron, who built the raised bed

and took an interest in it as a master gardener for Cornell Cooperative Extension. My thanks to Christine and Tamara at the home for making this possible. We start gardening on or about May 15. Any one who wishes to volunteer in it can call us at (315) 252-7772.

- We are still seeking new board members to strengthen our board for a new term beginning July 1. We are looking for people who are committed to the success of my food pantry and able to attend monthly board meetings. Contact Kristie Rath at 2kristie16@hotmail.com for more information.

Please volunteer, donate, reciprocate or donate to the pantries listed with this story.

*Additional notation: The SNAP monthly food planning and recipes book of what Miriam and Bill ate will be available at a future date. For more information, please call the pantry.*