



*Reaching out to the hungry of Tangipahoa Parish since 1987.*

## CELEBRATING 25 YEARS OF FEEDING THE HUNGRY!

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The Tangi Food Pantry has been successfully feeding hungry residents of Tangipahoa parish for 25 years. We incorporated in 1987 and received our 501c3 status from the IRS that first year.

In the beginning we worked from a building with no electricity which meant no heat or air conditioning. Volunteers had to be very dedicated and we thank

each one of our original volunteers for their hard work and perseverance during our difficult years. We are now in a wonderful facility that includes both a warehouse and distribution site in Hammond's Town & Country shopping center.

We began by helping 20-50 families each week on Tuesday and Thursday afternoons from 1:00-4:00 with a small bag of canned

goods. We now serve over 1000 families each month and provide a variety of food items to sustain a family of four for 4-5 days.

Each qualifying family receives 40-50 pounds of food once a month that includes fresh produce, meat, dairy products, bread, canned goods, boxed mixes, breakfast items, hygiene products, paper goods, baby food, and much more.



## CHECK US OUT ON THE WEB

The Tangi Food Pantry has a website: [tangifoodpantry.org](http://tangifoodpantry.org)

Please log on to get the answers to all your questions. You can learn about our hours of operation, how to donate food, how to become a volunteer, how to qualify for food, and some suggestions for having a food drive. Our phone number & address are also listed.

## DID YOU KNOW?

The Popsicle was first created in 1905.

Eleven year old Frank Epperson accidentally left his glass of water and soda powder on the back porch with a stick and it froze overnight.

Frank got a patent on the idea a few years later. In 1922 the Popsicle was the first frozen item marketed to the public.



## “FOOD OF THE MONTH” PROGRAM

Our **Food of the Month** program has been a great success for the past 3 years and we thank everyone who has participated! Churches, businesses, and individuals have been loyally donating and we are so grateful for their help. Below is our list for the upcoming year. We hope that it will be both easy and fun to help feed the need in Tangipahoa. Keep this list in a convenient place so it will be on hand when grocery shopping. Your donations can be dropped off at the Tangi Food Pantry Distribution Site from 1pm-4pm on Tuesdays & Thursdays, or call 985-429-8551 so we can arrange a convenient time for you to deliver your food items. Thanks so much for your support!



- **June:** tuna & canned meat
- **July:** peanut butter & jelly
- **August:** red beans & rice
- **September:** spaghetti & sauce
- **October:** oatmeal & grits
- **November:** stuffing & green beans
- **December:** dessert & cake mix
- **January:** chili & beans
- **February:** fruits & vegetables
- **March:** macaroni & cheese
- **April:** apple & fruit juice boxes
- **May:** muffin & pancake mix

# ALWAYS WILLING TO LEND A HAND

## BE A VOLUNTEER!

Call the office at 985-429-8551 to learn more about volunteering. Our volunteer coordinator will get in touch with you and answer any questions. We are always thrilled to get new volunteers. We have 80 volunteers that work one day a month. If you are looking to volunteer, we have many wonderful ways that will match your abilities. This is a great way to give back to your community and a super way to make new friends.

Our volunteers assist clients with paperwork, fill grocery bags, stock shelves, and distribute food to clients. There is always something that needs to be done. Our volunteers come from all walks of life. Ask any of them and they will tell you that they look forward to their afternoons at the Pantry. It gives them a chance to do something different and to touch base with their volunteering friends.



During our afternoons at the pantry, there is a huge sense of camaraderie and teamwork among the volunteers. The time goes by quickly and it hardly feels like work.

## WHAT DO I DONATE?

*When planning a food drive, please know that almost all items are welcome. Just think of staples that you have in your own pantry:*

Tuna, Peanut Butter, Tomato Sauce & Spaghetti, Canned Meat, Red Beans & Rice, Chili, Soup, Canned Vegetables & Fruits, Cream, Cereal, Oatmeal, Grits, Muffin Mix, Mac & Cheese, Noodles, Jell-o, Cake Mix, Icing, Cookies, Crackers, Box Mixes, Snack Foods, Baby Food, Ensure, Condiments, Meat, Dairy, Eggs, & Fresh Produce

*Cleaning Supplies, Paper Products, Kitchen Utensils, Diapers, and Personal Hygiene Items are also needed for families who have suffered a house fire.*



We try to include a variety of items in our bags.

*Summer months are a great time to donate breakfast & lunch food items!*

## VOLUNTARILY HAPPY - DO-GOODERS ARE FEEL-GOODERS



About 25% of Americans volunteer. Volunteering our time, energy, and money is the right thing to do. We all know that, but now studies show that this habit boosts happiness. Those who work to further the causes they value are usually much happier and healthier, experience fewer aches and pains, and even live longer. But there's even more: studies show that helping others in itself causes happiness.

Volunteering enables us to grow in unexpected ways. We learn something new and/or we're teaching someone else and in addition we're making something better. As the poet William Butler Yeats observed, "We are happy when we are growing." Gretchen Rubin, Good Housekeeping columnist wrote a book on happiness and says "volunteering allows us to build and strengthen relationships" which means that happy people have better relationships with family members, friends, and co-workers.

*A Secret of Adulthood: Do Good, Feel Good!*

# FEEDING YOUR CREATIVITY WHILE FEEDING THE HUNGRY

## WHO DO WE HELP?

✠ In Louisiana, 49% of the population is “low income” and 14.6% of the population is food insecure. In Tangipahoa, this statistic is even higher than the state average. Food insecurity is the USDA’s way to measure lack of access, at times, to enough food for an active, healthy life for all household members. It also measures limited availability of nutritionally adequate food. Households that are food insecure are not necessarily in need all of the time, but food insecurity means the head of the house must decide between purchasing food, medicine, or nutritionally adequate foods.

*PLEASE HELP FEED THE HUNGRY*



✠ Child nutrition continues to be a major focus throughout the United States. The U.S. Department of Agriculture reports that one in four children in Louisiana live in households struggling with hunger. In Tangipahoa parish, 74% of children in public elementary and middle schools live in poverty. Chronic hunger and food insecurity affect the educational performance and a child’s ability to learn, which can have long term impacts on children. Hunger contributes to many health problems in both children and adults. We are actively pursuing opportunities to reduce hunger and to improve the overall health and nutrition of children.

✠ Here in Tangipahoa food prices continue to rise as gas prices go up. Requests for food is still rising at the Tangi Food Pantry. We are so grateful to our many donors who have continued to be generous and think of their neighbors in need, which enables us to continue our mission of feeding hungry families.



✠ Donating to the Tangi Food Pantry is easy, fun and will help so many families through difficult situations such as loss of a job, house fire, death in the family, serious illness of a breadwinner, becoming guardians for grandchildren or other family members, becoming caregivers for an older family member, as well as many other personal crises that can occur with no warning.



*Hens produce almost 7 billion eggs each year in the U.S.*

*Eggs age more in one day at room temperature than in one week in the refrigerator.*

*Egg yolks are one of the few foods that naturally contain Vitamin D.*

## HOW & WHEN DO I DONATE?

The Tangi Food Pantry accepts food donations every Tuesday and Thursday afternoon from 1:00-4:00 at the Distribution Site in the Town & Country Shopping Center in Hammond. If that time is not convenient for dropping off, we can set up at alternate time to meet you at the Distribution Site. Just call the TFP office at 985-429-8551 to arrange a time. For larger donations you may schedule a free pickup.



## ABOUT THE TANGI FOOD PANTRY

The Tangi Food Pantry is a local, volunteer, non-profit organization that provides free groceries to over 40,000 members of our community every year who are in desperate need of food assistance. Our warehouse and Distribution Site is located in Hammond in the Winn Dixie shopping center between Anna’s Linens and Rent-A-Center. We are open from 1pm-4pm on Tuesdays and Thursdays.

# TANGI FOOD PANTRY MEMBERSHIP FORM

Please don't pass up the opportunity to make a difference in the lives of desperately hungry people in our community.  
**NO DONATION IS TOO SMALL!**

Please make checks payable to: **Tangi Food Pantry, PO Box 3081, Hammond, LA 70404**  
(985) 429-8551

**LEVELS OF MEMBERSHIP:**

**PLEASE PRINT**

_____ \$10-24	Handing Out Hope	NAME _____
_____ \$25-49	Facing the Hunger Crisis	ADDRESS _____
_____ \$50-99	Feeding the Need	CITY _____ STATE _____
_____ \$100-249	Staple Stocking Patron	ZIP CODE _____
_____ \$250-499	Famine Fighting Sponsor	
_____ \$500+	Hunger Help Benefactor	

**THANK YOU FOR YOUR HELP!**

WE ARE A 501(c)3, "NOT FOR PROFIT" ORGANIZATION.

ALL DONATIONS ARE TAX DEDUCTIBLE.



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Hammond, LA 70404

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