



GENEROUS HELPINGS

A NEWSLETTER FOR DONORS AND FRIENDS OF EPCP

EASTERN PLAINS COMMUNITY PANTRY

THANKSGIVING FOR ALL



What is the best part about Thanksgiving dinner? Is it the turkey that turned out perfectly after slaving over it all day? Or those fluffy mashed potatoes that are gone in minutes? Maybe it is the slice of delicious pumpkin pie everyone has waited for all year. Most would probably agree it is friends and family coming together around the table that is the best part. Imagine not being able to experience any of that. Not having a turkey to worry about. No potatoes to scoop onto on your plate. No pumpkin pie to sneak bites of. No dinner to bring everyone together for. Sadly this is a reality for many families.

This Thanksgiving, Eastern Plains Community Pantry is helping to make sure Eastern Colorado families will have a dinner to put on the table. We need the help of our supporters though!

Eastern Plains Community Pantry, REACH Pikes Peak, and the Calhan Ministerial Alliance will be working together to provide assistance to those in need this holiday season. Please consider helping in any way that you can. We will be collecting funds to purchase food certificates from Woolsey's Food Center. Food Certificates allow the families to purchase the type of food that their family enjoys, much the same as you and I do in preparing holiday meals for our loved ones. The certificates are calculated for the number of members in the family and \$50 will cover a certificate for a family of four. The certificate will be mailed to the families in need.

Checks can be made payable to your local Calhan church. One check will then be given to the Ministerial Alliance for the purchase of the food certificates. OR cash donations may be delivered to EPCP (701 4th Street, Calhan, Colorado 80808) starting Monday, Nov. 3rd till Friday, Nov. 21st from 9 a.m. to 4 p.m.

There is a great deal of work that needs to be done to make sure that no one goes hungry during the holidays. Help plan to offer the holiday trimming food items that are a part of our American tradition. From everyone at Eastern Plains Community Pantry, thank you for your support in helping families this holiday season and Happy Thanksgiving!

FALL 2014

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FOOD FOR THOUGHT

Did you know?

- * \$1 donation provides 8 meals to a family
- * 165 families approx. receive Commodities
- * Mobile Food Pantry serves approx. 200 families
- * 33 Senior boxes are handed out monthly
- * About 480 volunteer hours are given to EPCP monthly

VOLUNTEERS!

Volunteers are the key to the success of the Eastern Plains Community Pantry (EPCP). You can make a real difference in the lives of families that are struggling to put food on their table. Each and every month EPCP gives out hundreds of pounds of food.

How can you volunteer at the Eastern Plains Community Pantry?

- Take in food, clothing and household donations
- Sort food, clothing and household donations Stock food, clothing and households donations
- Box monthly commodities for pick-up
- Help clients to fill out paperwork
- Plan and work fundraisers for EPCP

**EASTERN PLAINS
COMMUNITY
PANTRY**

701 4th Street
Calhan, CO 80833
(719) 347-2976
Monday-Friday 9am-5pm

We're on the web:
www.EasternPlainsCommunityPantry.org
[Facebook.com/EasternPlainsCommunityPantry?ref=hl](https://www.facebook.com/EasternPlainsCommunityPantry?ref=hl)



EPCP will encourage, support and enhance the quality of life of community members by assisting with food distribution, living necessities and other resources for everyone with respect, dignity and without judgment or prejudice.

2014 Commodities can be picked up starting on the first Monday of every month, continuing until the 25th of the month.

The Care & Share Mobile Food Pantry provides emergency food (produce, bread, snacks, drinks, etc.) on the third Friday of each month, starting at 11am. Products will be distributed first come first served.



This Christmas season by the time the basics - food, housing and clothing are provided – money for gifts will be very small if there are any at all for many families in our area. Many families live in poverty and are unable to celebrate Christmas. A simple way to bring Christmas to these families and children is to donate a new, unwrapped gift or cash donation for Christmas dinner.

Eastern Plains Community Pantry along with REACH Pikes Peak, and the Calhan Ministerial Alliance, will be joining together this holiday season to share Christmas with these families.

SANTA SHOP DONATIONS



Spread the Cheer

Donate a new, unwrapped gift for children between the ages of newborn -14 years old. We will be collecting toys at the pantry or through Accolade Homes annual toy drive.

Parents will then select toys for their children. We will not be providing an area for children to shop for parent's gifts this year. We ask instead that a little extra effort be given to in-sure a good selection of items for 10, 11, and 12 year old children.

Help make a difference for hundreds of children in need this holiday season.



Angel's Angel's

It may not yet be beginning to look a lot like Christmas, but Eastern Plains Community Pantry, REACH Pikes Peak, and the Calhan Ministerial Alliance need help with making sure children and needy families have a good holiday when it does roll around.

We will be seeking sponsors to purchase gifts for teenager through our Angel's Angel's program. This can be done as a group as well an individual. The sponsor will be provided with a wish list completed by

the teenager and his or her parents. A minimum of \$50 per child is suggested as this will likely be the only gift this child will receive.

Contact us today to find out how you can sponsor and help brighten the holidays for a special child.



Christmas for All

Give the gift of compassion, support and help this Christmas. There are many in our community that will be struggling to keep their homes heated and their families fed. Christmas meals will be meager and not very much from the daily fare.

Just like for Thanksgiving, we will be collecting funds to purchase food certificates from Woolsey's Food Center. The certificates are calculated for the number of members in the family and \$50 will cover a certificate for a family of four. The Christmas distribution will occur in con-junction with the Loins Community Christmas Party. The tentative distribution date is December 13.

Checks can be made payable to your local Calhan church. One check will then be given to the Ministerial Alliance for the purchase of the food certificates. OR cash donations may be delivered to EPCP from 9 a.m. to 4 p.m.