

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

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

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

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

Donate through
 our secure web
 portal!



“Get out in the community and help people and that will help you. It's like a give and receive relationship.”

- Alexis, Volunteer
 Coggs Center Food Pantry



NOURISHING NEWS

Spring/Summer 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



Meri's Story

The pantry... I don't know if I can express exactly what it means to me. I'd gone to the pantry one day to get food but I get support and love and peace and family. I can go there at any time and get support, not just food, but emotional, spiritual, and physical. It's more than a pantry it's a family. It's a community and there's no judgment - whether you need food or don't, whether you need just a home... everyone is there.

I have been here 8 years and it seems like it hasn't been that long. I made so many awesome, wonderful friends and lost some friends. I don't know where I'd be without this pantry, to be able to work with it, in it, for it, and to do the things that I get to do every day. It's a humbling experience. It's life's hug. My grandchildren have been raised in that pantry and my great grandchildren, as well. There they love everyone and everyone loves them; it's family.

You can learn more about Meri's story here:
https://www.youtube.com/watch?v=8Rqwhb_gHjQ

Meri M.
 Friedens Community Member



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



Nina Gaulin
 Home Delivery Coordinator



Good Food Balances The Scales of Justice

The past 2 years have illustrated the need for equitable, anti-racist, inclusive practices which ensure that historically marginalized populations have access, respect, and comfort in utilizing our agency's food services. **The families that we work with are chronically impoverished, which means that our families are constantly under stress.** The stress that families experience is from not having enough food, but also rent, safety, health and transportation. We know that individuals who experience these disparities in social determinants of health often have lower quality of life, less healthy days, more depression, substance use, poor mental health and even earlier death.

Good food should not only be a right, but a way to balance the scales of justice. This is why Friedens has made commitments now and into the future to center equity in our services. We launched a **home delivery program**, increasing access and equity for those who are not able to come to a physical location. We provide **culturally appropriate food** unique to the populations served at each location, which results in reduced food waste and increased satisfaction. We believe strongly in **encouraging our guests to come and serve others** in their community as an exercise in capacity building in work and life skills. We strive to be a space that is **welcoming to the community** we serve, **reducing the effects of trauma**. Whether it is a connection to healthcare, finding a job, or contributing service hours – **our spaces are more than just food pantries**. We call them community food centers where food is the focal point around which we nurture relationships, offer wraparound support, and build community capacity and leadership.



Sign Up to Volunteer:
<https://tinyurl.com/tzjvyj72>

Donate
Every bit counts

Advocate
Share about Friedens with others

Volunteer
Your time and talents help us succeed

Host a Drive
Let's partner to fill our shelves





EMPTY BOWLS

Save the Date!

Sunday, Oct 9TH | 12-3pm
The Deer District Beer Garden

- Handmade bowls for sale with free soup samples
- Your favorite local restaurants, raffles, music, and more to support Milwaukee's largest food pantry network
- 100% of the proceeds will benefit Friedens



LEARN MORE OR DONATE
AT FriedensPantry.org



Come Grow with Us!

At Friedens it's our mission to build more inclusive communities through food, by honoring and incorporating the diverse cultures that make up the past, present, and future of our community. This summer one of our community beds is dedicated to corn, beans, and squash in honor of the Native American Three Sisters planting traditions. As we use our gardens for educational outreach, it's important for us to first reflect upon the lands on which our gardens were built. Milwaukee has been home to the Ojibwe, Potawatomi, Odawa, Oneida, Sauk, Menominee, Ho-Chunk, and Fox Indigenous communities. The Three Sisters concept is a companion style planting in which the beans will grow up and protect the corn stalks while replenishing the soil with nitrogen. The squash becomes a living mulch in which all three plants will thrive together. Much like these plants that thrive better when grown together, so, too, is our community uplifted when all of us are allowed to thrive. Questions? Email Val at foodcenter@friedenspantry.org

Friedens al Fresco Summer Block Party Series!

Join us for food, music, and family fun at Despensa de la Paz (1615 S 22nd St) from 9:30am-12pm.

June 25 | July 30 | August 27