

# KNIGHTS OF COLUMBUS KICK OFF LENTEN FOOD DRIVE

The Parkersburg Knights of Columbus Council #594 kicked off its annual “40 Cans For Lent” food campaign March 1. This is a national Knights of Columbus project that encourages local councils to collect food as a spiritual act of sacrifice and gratitude during the 40 days prior to Easter.



Food was collected through Easter and distributed to the food pantries in the Parkersburg Vicariate operated by Catholic Charities West Virginia, St. Francis Xavier Church, and St. Margaret Mary Church. The local council conducted the first drive in 2013 and has collected nearly 15,000 pounds of food during the past four years.

The food drive was extended to the community this year as a Community Food Collection was held in the Catholic Charities parking lot April 1 prior to the Community Easter Parade. The local YMCA also collected food during the Lenten season.

“This food is greatly appreciated. Our mobile food pantry distributed more than 30 tons of food throughout the Mid-Ohio Valley last year. It takes everyone working together to make a difference in other peoples’ lives,” said Deborah Shaffer, Parkersburg Regional Director for Catholic Charities West Virginia.

## PARKERSBURG CATHOLIC STUDENT COUNCIL CONTINUES PARTNERSHIP WITH CATHOLIC CHARITIES

The Parkersburg Catholic High School Student Council recently presented Catholic Charities West Virginia (CCWVa) with a \$300 check from the proceeds of a pizza sale. This presentation was one of the many ways the students have supported Catholic Charities through their ongoing partnership.

The students and CCWVa staff have worked to strengthen the relationship over the past four years. Staff have served as speakers in the classrooms as well as partnered on float projects for community parades. The Council has also conducted very competitive but much needed food drives for CCWVa. Students annually assist the Knights of Columbus and CCWVa with “40 Cans For Lent.” The older students pick



up the food at the churches, and also assist with sorting, weighing, and checking expiration dates.

This is a win-win arrangement. The students receive community service credit while the staff receives much needed help during a very hectic project.

### REGIONAL ASSISTANCE

#### January - February 2017

Assistance	Families	Individuals
Utilities, Prescriptions, Transportation	40	132
Food Pantries	295	671
Stone Soup Kitchen Meals		740



Spring 2017

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PARKERSBURG REGION

*Working to reduce poverty in* Calhoun, Jackson, Pleasants, Ritchie, Roane, Tyler, Wetzel, Wirt and Wood Counties

Parkersburg (304) 917-4486 | New Martinsville (304) 455-9740 | Mobile Outreach (304) 989-4511

## PARKERSBURG AREA COMMUNITY FOUNDATION AND REGIONAL AFFILIATES (PACF) AWARD GRANTS

Catholic Charities West Virginia is open to all people regardless of their race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, socio-economic background, marital or family status.

### Needed Items

Canned meats, peanut butter, jelly, pancake mix & syrup, dried beans, soups, crackers, coffee, tea, dry pasta, personal and cleaning supplies

### WellnessWorks:

Low-sodium products, sugar free products, whole grain pastas, canned fruits in light syrup, fresh produce

Deliver donations to  
1226 Market St.  
Parkersburg, WV  
26101

or by credit card  
online at  
[CatholicCharitiesWV.org](http://CatholicCharitiesWV.org)  
1-888-900-2989



The Parkersburg Area Community Foundation and the Doddridge County Community Affiliate awarded Catholic Charities combined grants of \$10,000 to support our WellnessWorks Mobile Food Pantry in Calhoun, Doddridge, Roane, and Wirt Counties.

The money will be used to launch the “Try It” educational program. The purpose of the program is to introduce pantry clients to new and nutritious ways to prepare dishes with the foods that are routinely available at the pantry. The recipe will be available to sample (similar to the way larger grocery stores offer samples) to determine if they would like to try it at home. Recipe kits that include the recipe and ingredients are available for clients to make at home. The participants will then be asked to complete a brief survey to rate their families’ opinion of the recipe and if they would make it again.

Due to financial limitations and availability of certain foods, families tend to prepare the same foods the same way without trying new ways that can improve their overall diets. This provides the opportunity for families to try new foods before they use resources to purchase the items. The Parkersburg regional staff is truly appreciative of PACF for supporting this project.



### *Recovery from the June 2016 Flooding Continues*

*For updates on our efforts, follow us on Facebook or visit our website at [CatholicCharitiesWV.org](http://CatholicCharitiesWV.org)*

## HELPING PUT FOOD ON THE TABLE

Catholic Charities West Virginia’s Supplemental Nutrition Assistance Program (SNAP), provided in part by the USDA and the Walmart Foundation, is helping low-income, vulnerable people take steps toward self-sufficiency by assisting them in obtaining healthy, nutritious food on a regular basis.



One of those families we’ve helped is Tina’s. Tina is a grandmother who is raising her grandson who is terminally ill and not expected to live much longer. She is low-income and struggles with the day-to-day financial burden of taking care of a young child.

We explained the SNAP program to Tina and assisted her in completing an application. Tina has been approved and is now receiving the SNAP benefit. She said she is very grateful for the assistance and doesn’t know what she would have done without our help.

### PARKERSBURG REGION STAFF

Regional Director, Deborah Shaffer; Regional Program Assistant, Mara Capati; Regional Food Pantry Coordinator, Jeremy Lessner; AmeriCorps Member, David Joy; Senior Community Service Worker, Keith Eddy

**Our Mission** is to alleviate poverty, distress, and injustice by providing comprehensive social services to the poor and vulnerable, advocating for social justice, and calling all people of good will, especially those of the Church, to service.