

# St. Mary Food Pantry Schedule 2019

Food Distribution is the 2nd and 4th Tuesday of the Month, 10-11am and 3-4pm.

JANUARY						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FEBRUARY						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

MARCH						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JULY						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER						
S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

If Griswold Schools are cancelled or delayed the Food Pantry is closed and not rescheduled.  
If there is a delay or early dismissal we are open at the regular times (10-11am & 3-4pm)

## St. Mary Food Pantry

We serve the towns of Jewett City, Griswold, Voluntown, Canterbury and Lisbon

Food Distribution is the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month. 10am-11am and 3pm-4pm

First time users must bring picture ID and proof of residency (a piece of mail addressed to you at your current address). You will be asked to fill out further information when you arrive.

## USDA Defines Food Deserts

### No Car and No Supermarket Store Within a Mile

Food deserts are defined as parts of the country void of fresh fruit, vegetables, and other healthful whole foods, usually found in impoverished areas. This is largely due to a lack of grocery stores, farmers' markets, and healthy food providers.

This has become a big problem because while food deserts are often short on whole food providers, especially fresh fruits and vegetables, instead, they are heavy on local quickie marts that provide a wealth of processed, sugar, and fat laden foods that are known contributors to our nation's obesity epidemic. The food desert problem has in fact become such an issue that the USDA has outlined a map of our nation's food deserts, which I saw on Mother Nature Network.

The Food Desert Locator (<http://www.ers.usda.gov/data/fooddesert/>) is a part of the First Lady's Let's Move initiative to end childhood obesity.

According to the USDA: Part of the First Lady's Let's Move! initiative, the proposed Healthy Food Financing Initiative (HFFI) will expand the availability of nutritious food to food deserts—low-income communities without ready access to healthy and affordable food—by developing and equipping grocery stores, small retailers, corner stores, and farmers markets with fresh and healthy food.