



GHC Today

A Monthly Newsletter from the Gateway Homeless Coalition

October 2016

Food for Thought

Every instance of homelessness is different. Every individual going through it has unmet needs, some unique while others the same as anyone else's. Food is one of these. As a constant need, and as a consumable, food cost is a fixture on everyone's budget; if you live on a limited income, or no income, food cost can eat up (no pun intended) much of your resources.

At Gateway House, reducing or even eliminating this cost burden for our residents while they stay with us is important. We do that in three ways. First, every resident applies for SNAP (food stamps) to help cover their food budget. Second, GHC provides basic staples like milk, bread, and lunchmeat kept in the shelter's kitchen for anyone to use. Third, and most importantly, we keep a food pantry to cover everything else, and to assist residents with food when they move out. With the help of a generous community we keep the pantry stocked all year.

Or at least, most of the year – as you can see, supplies are running low. This is your chance to help. Our annual food drive is coming up, and this year we've set our sights high; for it to be a success, we'll need everyone to take part. The food pantry is a key aspect of our ministry – your ministry – to the homeless individuals and families in our area. Please consider donating or volunteering to help us continue that service.



We need your help to fill the shelves!

Our annual 'Trick or Treat for the Homeless' food drive is October 24th and 26th. Contact our office to learn more about how you can donate, and be on the lookout - we might visit your neighborhood!



Volunteer with Gateway House!

We'll need as many as **80** volunteers to meet our goal for Trick or Treat. That's a lot of people! To sign up to hang flyers or pick up food, you can call our office, find more information on Facebook, or email Andrew at akuchenbrod@gatewayhouseky.org

How You Can Help:

Gateway House is in need of the following items:

- ◆ Canned soups and meats
- ◆ Peanut butter, cereal
- ◆ Boxed meals, rice
- ◆ Disinfecting spray/wipes
- ◆ Pasta and sauce, canned ravioli
- ◆ Kleenex tissues

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