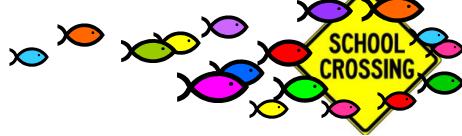
FISH Newsletter





A BIG Thank You to
McHenry & Sunrise Rotary Clubs
Good Guys vs. Good Guys
Buss Ford of McHenry
Farmers Feed the World Tractor Run
Green St. Cruise Night each Monday
and to all of the local churches who

participated in food drives and fundraisers

over the summer. We are truly grateful!

# Catch of the Day



#### Meet Jim...

Jim has been a dedicated volunteer and is known for his great "sales" approach when it comes to handing out produce, breads and sweet treats to our FISH clients. He is always willing to offer his great cooking tips for unusual squash or root veggies so they don't seem intimidating to make! His cheerful disposition makes him a favorite stop for our clients. 

We are proud to say that Jim was recently chosen to participate in an Honor Flight to Washington D.C. for veterans of World War II this October

Congratulations & Thank You, Jim!



It has been a busy, hot summer and our warehouse shelves are now completely bare! Any contributions are greatly needed and appreciated. Please check our website for pantry needs, food drive themes and ideas for fundraising. You will also find the Top 10 List of items most frequently needed by the pantry. We thank you for your support!

www.fishofmchenry.org

Please help us Stock Our Shelves!



## Let's Talk Turkey!

This year we plan to purchase the Holiday Meal Boxes again from Northern Illinois Food Bank for Thanksgiving. The box includes a 12-14 lb. whole frozen turkey, stuffing, vegetables, gravy, dessert & coffee is valued at \$40.00 but we can purchase them for the very low price of \$15.00 each. All the fixings for a holiday meal for a family of eight! Please visit our website to donate directly by PayPal or credit card. We are grateful for all and any amount!

Special thanks to Stade's Farm & Market & Harm's Farm for the delicious sweet corn & vegetables each week! Also thank you to our local gardeners for offering the "fruits" ( or veggies) of your hard labor!

#### **BIG NEWS FOR FISH!!!**

Donating to FISH is now as easy as pushing a button. Please visit our new website to donate directly and safely through PayPal or credit card. Just look for the "Donate" button! www.fishofmchenry.org



### Post-It on your Calendar! September 17<sup>th</sup> & 18<sup>th</sup>

Tractors for Charity

Stade's Farm & Market Food & fun for the whole family! All proceeds benefit FISH!

In May, June & July of 2011
FISH helped a total of:

1380 Families
2496 Adults
1829 Children
\$15,225.00 Vouchers
6291 Bags of Food

The Food Pantry is open on **Tuesdays and Thursdays**9:00 – 11:30am

McHenry Township Building 3703 N. Richmond Road (Rt. 31) rear lower level

Please contact FISH at:

815-344-4717

Mail donations to: FISH of McHenry P.O. Box 282 McHenry, IL 60051



Or by PayPal or Credit Card at: www.fishofmchenry.org