

FISH Newsletter



We are born believing. A man bears beliefs as a tree bears apples. Ralph Waldo Emerson

Thank You for Believing in FISH of McHenry!

It is because of the generous support of this extremely loyal community & our faithful volunteers that we are able to offer support to our neighbors in need. We are blessed that you believe in FISH of McHenry to choose as your charity! It has been a very busy Spring & Summer here at FISH Food Pantry! Since we opened the doors of our new home on March 6, 2012, there has been an unfortunate increase of clients each week. On average, we are now serving 575 families per month, over 2000 adults & children. We are open just 2 days a week and register approximately 8 - 12 new households each day. FISH tries to supply these households with at least 2 weeks of food per month. *We would never be able to provide any of this without your kindness and generosity!*



Holiday Meal Boxes

The holidays are just around the corner! Northern Illinois Food Bank is again offering Holiday Meal Boxes for approx. \$15.00 per box. Boxes include all of the fixings for an entire meal! A donation of \$20.00 would cover the cost of a Holiday Meal Box for a larger family and one Ham for a smaller family. See how easy it is to donate through our website!
www.fishofmchenry.org

Donate




It's Easy as ABC!

It's Back to School time again and many classes & clubs like to help us stock our shelves by hosting Food Drives. We have tried to make it as easy as possible for you to host your Food or Fund Drive for FISH. Please be sure to visit our website for a [FISH Fundraiser Kit!](#) We have devoted an entire section designed to help you with your fundraising efforts! You will find several ideas along with our logo, signs and flyers to print off for handouts. Our Top 10 List shows items that we try to have available at all times. You may also consider a "themed" Food Drive which have great successes! For more ideas, please visit us at:

www.fishofmchenry.org

Lesson of the Day!

Top 10 FISH WISH LIST

1. Canned Meats & Fish Uh oh! Yikes! 
2. Canned Meals or Boxed Meals
3. Canned or Dry Soups
4. Canned Tomatoes & Tomato Sauces
5. Canned Vegetables & Fruits
6. Peanut Butter & Jelly
7. Dried or Canned Beans
8. Dry Cereal & Oatmeal
9. Dried Pasta & Rice
10. Toilet Paper/Personal Hygiene/ Household Cleaning & Paper Goods

Special Thanks to Stade's Farm & Market & Jewel of McHenry for the fresh produce & bakery goods each week! Thank you to the volunteers that deliver them as well!



In May & June of 2012

FISH helped a total of:

1090 Families

In July & August of 2012

FISH helped a total of:

1226 Families



Thank you to all of our local schools, churches, businesses and organizations for your support all year long!

FISH Food Pantry is open on **Tuesdays and Thursdays**

9:00 - 11:30am

Our New Location is at:
3515 N. Richmond Road

(Behind McHenry Moose Lodge across from The Senior Center)

Please contact FISH at:

815-344-4717

Mail Donations to:
FISH of McHenry
P.O. Box 282
McHenry, IL 60051
www.fishofmchenry.org

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