



FISH Newsletter



NOVEMBER 2014

TURKEY cranberries Pecan Pie SWEET POTATOES STUFFING
THANKS GIVING
GREEN BEAN CASSEROLE Mashed Potatoes & Gravy Pumpkin Pie

Giving Thanks... A Celebration of Fall, Food & Gratitude



2014 Thanksgiving Holiday Meals

The statistics from the Hunger in America Study prove that there are many individuals and families still struggling with the current economy and seeking food assistance. The number of clients we are serving continues to grow with totals averaging now over 700 families per month. The holidays can be a stressful time to those facing hunger and on a limited budget. It is our goal to make sure these households receive a warm meal as they gather together with family and friends to celebrate the Thanksgiving holiday.

This year, FISH of McHenry will be purchasing 425 Holiday Meal Boxes from the Northern Illinois Food Bank. Holiday Boxes include a 12-14 lb. frozen turkey and all of the fixings for a complete meal. In addition, we have been stocking up on traditional Thanksgiving favorite foods to fill 300 bags for smaller families. These bags also include the fixings for an entire meal and a frozen turkey breast roast purchased by FISH of McHenry.

A donation of just \$25.00 covers the costs of 3 meals; 1 Holiday Meal Box and 2 Holiday Meal Bags. Donating is as easy as the click of the [Donate](#) Button on our website at www.fishofmchenry.org. Please consider helping our hungry neighbors this Holiday Season. Our families will be so grateful!

Hunger in America 2014 Study

The Hunger in America 2014 study, conducted by Feeding America, is completed every four years, surveying the food pantries and feeding programs in the Northern Illinois Food Bank network and the people who seek food assistance from them. Listed below is a snapshot of the individuals NIFB serves:

- 40% identify as white
- 33% identify as Hispanic or Latino
- 17% identify as black or African American
- 36% are children under age 18
- 15% are adults age 18 – 29
- 26% are adults from age 30 – 49
- 13% are adults age 50 – 59
- 9% are seniors age 60 and older
- 66% of households have incomes that fall at or below the federal poverty level
- 45% of households have annual incomes of \$10,000 or less

Of households within the past 12 months:

- 77% have a member that has worked for pay
- 23% did not have employment but include members in the household who are retired, disabled, in poor health or caretakers
- 77% reported they had to choose between paying for food and utilities
- 69% chose between paying for food and transportation
- 62% chose between paying for food and paying for medicine at least once
- 62% chose between paying for food and paying for housing at least once



In September of 2014
FISH served a total of:
707 Households
1824 Individuals

In October of 2014
FISH served a total of:
749 Households
2538 Individuals
Over 10,200 Bags of Food distributed!

New Evening hours at FISH!

In an effort to address the needs of our clients that work during the day, FISH is now open on the 3rd Tuesday of each month from 4:30pm – 6:30pm.

A BIG THANK YOU to:

Catholic Order of Foresters 594
Johnsburg Public Library
McHenry Junior Warriors
Stade's Farm & Market

and to all of the organizations & churches who have hosted food drives & fundraisers

The Food Pantry is open on
Tuesdays and Thursdays
9:00am – 11:30am
3rd Tuesday of each month
4:30pm – 6:30pm

3515 N. Richmond Rd. (Rt. 31)
Behind the McHenry Moose Lodge & across
from the Senior Services Center

Please contact FISH at:

815-344-4717

Mail donations to:

FISH of McHenry
P.O. Box 282
McHenry, IL 60051
www.fishofmchenry.org

FISH is partnered with:



Special thanks to McHenry Printing for donating the printing of this Newsletter