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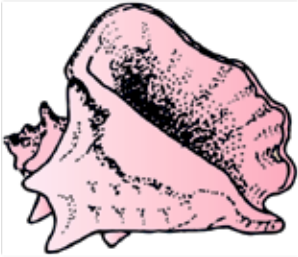
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33037



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We've Got You Covered!

Florida City to Islamorada...

You don't have to spend a fortune for great advertising coverage in the Coconut Telegraph.



AD RATES START AT JUST \$30 A MONTH.



The Tavernier Elks Lodge is helping to fill the VA food pantry!!
Your donations at work: every penny is used to purchase items to help our Vets!

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Feeding Island Families by Karen Beal

It is no surprise. Community food banks and meal services are seeing an increase in demand, possibly due to diminished food assistance funding, but also because of the holidays. County budgeting recently cut back on support making the equation even more out of balance.

There are 4 major food assistance locations in the Upper Keys. Hundreds of people use them every week and if you need help putting food on the table you should not hesitate. You will be met with a warm smile and generous hand. Most are "Client Choice," meaning you can choose what your family needs/

wants from the shelves. This reduces food waste and respects limitations in preparation.

While local businesses, particularly Publix, regularly supply food, if you are food secure and want to help, your time and donations will be welcomed.

St. Justin's Catholic Church at mile marker 105.5

FOOD PANTRY: Mondays 1:30-5pm.

WANT TO HELP?

- **Donate** nonperishable food items.
- St.Justins welcomes **volunteers**. Show up Monday mornings at 8am to help organize items for the food bank.

QUESTIONS? Office 305-451-1316



First Baptist Church of Islamorada at mile marker 81

FOOD PANTRY/CLOTHING CLOSET: Tuesdays 10am-noon and 5-6pm

MEALS:Community meal is served on Tuesday 5-6pm and is eat-in only.

Light breakfast and faith group on Tuesday at 9am.

OVER AND ABOVE:A licensed counselor can offer free counseling on any of life's challenges. They also have a "Celebrate Recovery" 12 step program.

WANT TO HELP?

With a food budget of \$6,000 a month, food and finances are the church's biggest need.

QUESTIONS? Community Ministry (305) 306-7842

First Baptist Church of Key Largo at mile marker 99

PANTRY BOX: 24/7 pantry box is located on the corner of Fisherman's Trail and U.S.1 and stocked with non-perishable items. It is available to anyone in need. The office also keeps food items, water, toilet paper and other emergency items. People can come to the office from 9am-1pm Monday - Friday.

MEALS: Hot dinner is served Wednesdays 4:30-5:30pm. Eat in or take out. They prepare 150 dinners weekly. Dinners are also delivered by volunteers to the homes of people who are not able to come to the church.

OVER AND ABOVE: The church makes showers available to those in need. Come to the church office 9am-1pm Wednesdays and Fridays. Clean towels are provided.

WANT TO HELP?

- The church welcomes **volunteer** help Tuesdays with cooking and Wednesdays to serve.

QUESTIONS? Office 305-451-2265

Burton Memorial U.M.C. at mile marker 93

FOOD PANTRY: Wednesday 9am-noon and Thursday 5-7pm. Offers bags of nonperishables and some bread, produce and meats.

MEALS: God's Kitchen serves a hot meal Thursday 5-6:30pm. Eat in, or take out limited to two meals per person. Over 100 meals are served each week and are provided by various businesses and groups in the community.

WANT TO HELP?

- **Volunteers** are needed during the pantry hours and Thursday 9-11am to help receive deliveries.

• **Financial donations** can be made online or by check made out to the church, designating the food pantry. www.bmumc.net/give

- **Donate** food: drop off nonperishable food items to the church.

QUESTIONS? 305-852-2581
Monday-Thursday 9am-4pm

WONDERING WHAT TO DONATE?

Check out Dollar Tree/Aldi's/Walmart for good prices. Suggestions: a large bag of white rice (to divide into 1 lb bags), dry or canned black beans, soups, pasta and sauce, instant mashed potatoes, canned tomatoes. green beans or other veggies, peanut butter and jelly, cereal/boxed milk, canned tuna and chicken, mac & cheese.

Lindi Mallison, a member of the Community Resource Council, provided much of this information and also noted: hot meals are available three days a week: Tuesday, Wednesday and Thursday at First Baptist Islamorada, First Baptist Key Largo and Burton Memorial respectively.