



GERMANTOWN AVENUE CRISIS MINISTRY
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GERMANTOWN AVENUE CRISIS MINISTRY FOOD CUPBOARD

The GACM Food Cupboard operates every Thursday, 10am to 4pm. Households are served once in a 30 day period. Food is provided through congregations, Share, Philabundance, and purchases. GACM uses guidelines set forth by the Greater Philadelphia Food Bank. Per availability, clients are able to select enough food for for three days. Per availability, items include dry and canned goods, bread, meats, eggs etc. To be a food cupboard recipient, one must document income, residence and household size. Given the increase in numbers of people needing food assistance, GACM would like to increase food donations to provide enough food for a week. To accomplish this goal GACM will need to more than double current food and cash donations.

Who needs food?

People use the Food Cupboard for a variety of reasons. As a maintenance cupboard, the food provided helps maintain their food supply and extend their limited financial resources. By obtaining canned goods from the cupboard, their resources can be used to buy meats or fresh vegetables.

Other individuals use the cupboard for emergencies. They have experienced a crisis such as job loss, an interruption in food stamp benefits, loss of cash, or change in family composition. While others need cupboard assistance because of diverting household financial resources to address a crisis such as back rent, preventing a utility shut off etc.

How are special populations or circumstances addressed?

When serving clients GACM is mindful of specific circumstances which impact foods to be provided such as:

No electricity or gas

Those using a microwave for cooking, (no stove available)

Transient people no cooking available – need small sizes (must eat entire contents once opened), e.g. pop top, easy tear opening etc.

Children, elderly, those with medical needs – low sugar, “lite”, low salt, 100% fruit juices

How are packages served?

GACM uses recycled clean plastic grocery bags

Do you accept perishables?

GACM has a freezer and two institutional refrigerators. We can receive perishable donations, (e.g, meat, fish).

Food Donation Do's and Don'ts

Do

Provide low salt, low sugar, lite items

Donate foods you like

Share generously

Label perishables, month/date purchased

Recycle clean plastic bags

Don't donate

Outdated food items

Unlabeled food

Opened (partially used) items

Homemade canned items

Brown paper bags

GACM is a not-for-profit charitable organization. Contributions are tax deductible.

Contact the office to arrange a food drive or donation drop-off.





GERMANTOWN AVENUE CRISIS MINISTRY FOOD CUPBOARD DONATIONS NEEDED

GERMANTOWN AVENUE

CRISIS MINISTRY

FOOD

BEANS (DRY)
 BISCUIT/MUFFIN MIX
 CAKE MIX & ICING
 CANNED/BOXED
 FISH
 FRUIT
 JUICE
 MEATS
 PASTA
 SOUP
 STEW
 TUNA
 VEGETABLES
 CEREAL- COLD OR HOT I.E.
 GRITS,
 CREAM OF WHEAT, OAT MEAL
 COFFEE
 CONDIMENTS
 KETCHUP
 PICKLES
 MAYONNAISE
 MUSTARD
 RELISH
 COOKIES
 CRACKERS
 JELL-O
 JELLY
 LUNCH SNACKS
 NUTS
 PASTA
 PEANUT BUTTER
 RAMEN NOODLES
 RICE
 SUGAR
 TEA
 TOMATO SAUCE
 TRAIL MIX

PERISHABLE ITEMS

MEATS
 HOTDOGS
 BREAD

SPECIAL NEEDS

POP TOP ITEMS
 TEAR OPEN POUCHES
 MICROWAVABLE PRODUCTS

PERSONAL HYGIENE

TOOTHBRUSH, PASTE, FLOSS
 SOAP, LOTIONS- FULL OR
 TRAVEL SIZE ITEMS
 RAZORS, SHAVING CREAM
 SANITARY PADS
 WASH CLOTHS

**"GACM clients eat the
 same things you do.
 All donations are
 appreciated!"**

**--Eileen Jones,
 Executive Director**

INFANT/CHILD

PAMPERS (LARGER SIZES
 PREFERRED)
 PEDIASURE
 FORMULA

HOLIDAY BASKETS

MEAT: TURKEY, TURKEY BREAST,
 ROASTING CHICKEN
STARCH: RICE, MASHED POTATOES, YAMS,
 MACARONI AND CHEESE, CORN, STUFFING
VEGGIE: GREEN BEANS, GREEN PEAS
BREAD: ROLL/(CORN) BREAD MIX
DESSERT: CAKE MIX, ICING
 COOKIE MIX, JELLO, PIE FILLING, CRUST
OTHER: GRAVY, CRANBERRY SAUCE
 SEASONINGS, SUGAR, FLOUR, BEVERAGE

MEDICAL

PAIN RELIEF MEDS
 COLD CARE
 COUGH DROPS
 BAND AIDS
 OINTMENTS
 ENSURE
 GLUCERNA
 DEPENDS

PACKAGING FOR FOOD CUPBOARD

DISTRIBUTION USE
 CLEAN PLASTIC BAGS
 RECYCLABLE CANVAS BAGS
 GREEN BAGS
 (NO BROWN PAPER BAGS)

CLEANING PRODUCTS

LAUNDRY DETERGENT
 DISHWASHING LIQUID
 HOUSEHOLD CLEANING PRODUCTS

THANK YOU BEING A FOOD CUPBOARD PARTNER.

YOUR DONATIONS HELP KEEP THE CUPBOARD FULL AND FEED THE HUNGRY IN OUR COMMUNITY.

