

icmessenger

Food & Clothing Bank

*For the friends and
supporters of ICM
Food & Clothing Bank*



Summer Feeding Program For Kids



As summer approaches, many children beam with excitement as they anticipate long days spent playing, swimming, and being carefree. They long for days without getting up early for school or having to do homework. Yet for many children in the Valley, summertime can bring anxiety and trepidation. These worries come because these youngsters will lose access to school lunches and after-school snacks they received during the school year.

Did you know that one in four children in Arizona lives in poverty and is at risk of going to bed hungry? And 37% of those children are under the age of five! It's devastating to think that right now, as you read this very newsletter, an innocent child somewhere in this city of ours, is suffering from hunger and is staring into a bare pantry. We know by parent reports that the child will cry themselves to sleep because of hunger.

This, the motivation and driving force behind ICM Food & Clothing Bank's decision to establish a summer lunch program last year for the very first time, in collaboration with St. Mary's Food Bank Alliance (SMFBA). The goal of our program was to fill the critical gap during the summer months when school is out by providing nutritious meals to children at risk of hunger in a safe, accessible, and nurturing environment.

For eight weeks last summer our lunch program provided a free nutritious lunch meal with snacks to 40 neighborhood children each day. Food included standards like a cheese or turkey sandwich, carrot sticks, apples, healthy cookies and milk. The food was provided by SMFBA, and volunteers included moms and daughters from National Charity League and the Sun Devil Kids Camp. They distributed food and discussed simple nutrition from the USDA Food Pyramid.

This year, ICM's lunch program will run from June 1st to August 5th. If you know of a child who can benefit from these lunches we urge you to share the program details with them. If you would like to get involved with our program to fight hunger and change the life of a young child, you can volunteer to help. Contact Vanessa Torres about volunteer opportunities with our summer lunch program by calling 602.254.7450. Ext. 2.

Not only does our summer lunch program fill the empty stomachs of children most in need, but it also plays a critical role in their healthy educational development by filling in the breaks in meals for these children. In fact, a recent study demonstrated that two-thirds of children reported feeling better since participating in a summer feeding program and more than half reported that they earned better grades in school and had more energy.

You can also make a nominal donation of just \$6 to provide one deserving child with a nutritious meal every day for one week. For your ease and convenience, we've provided you with an envelope inserted in the middle of our newsletter.

Thank you for helping us to make a difference in the lives of children.

"There's nothing harder to imagine than a hungry child. We are happy to continue a program that significantly helps our youngest customers."

*Liz Mullen
ICM Board President*



Liz Mullen & Verna Lauritsen, Monday volunteers



Mailing Address:
P.O. Box 2225
Phoenix, AZ 85002

Physical Address:
501 S. 9th Avenue
Phoenix, AZ 85007

Service Hours:
9am - 11am Mon - Sat
(except holidays)

Office Hours:
8am - 4pm Mon - Fri

In-Kind Donations Accepted:
7:30am - 2:30pm Mon - Sat

Phone Number:
602.254.7450

Website:
www.icmaz.org



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Go to www.icmaz.org and sign up to receive timely updates from ICM.

Our Values:
Our services are provided by volunteers.
We treat people with dignity.
We are interfaith.
We do not proselytize.
We recognize & value diversity.
We promote self-sufficiency.
We instill hope.

MEET THE PEOPLE ICM HAS HELPED

Family of Four Gets Much Needed Help

Robert, along with his two small children, boarded a public bus for a seven-mile ride that dropped them off about a mile from ICM. At the bus stop, Robert found a grocery cart and was able to put his children in the cart and pushed them for a mile until they arrived at ICM. You see, Robert, his wife and two small children had just moved to Arizona from Indiana with the promise of work. When they arrived in Phoenix, however, neither could find a job. Broke and without food, Robert sought out ICM Food & Clothing Bank where we provided him with several days' worth of food and toiletries. We even provided him with information on jobs and food stamps. ICM was there for Robert and his family.

80-year-old Receives Food and Medical Help



Addie, an 80-year-old woman on social security, explained to her intake volunteer that she didn't have enough money to pay for her rent, utilities, or even food with her \$450 monthly Social Security check. Her son had lived with her, then he moved, making her small income unsustainable. Now Addie comes to ICM twice a month and uses her food boxes to supplement her limited income and has even visited our free medical clinic.

Young Volunteers Touched by Compassion at ICM

Ruth and Ruby came to ICM needing to complete community service hours for school. The first day they helped in our Love Corner, a place for our clients' children to play while their parents receive our services. They both loved working with the kids but wanted to learn more about all the services at ICM. Each day they volunteered in different positions: checking clients out of both the adults and children's clothing rooms, filling food boxes in the pantry and translating for many of our Spanish only speaking clients. They continue to volunteer on their breaks from school, and spend most of the summer helping with our Summer Feeding Program. When asked why they spend all their free time at ICM, they said, "It makes us feel good and the volunteers here are so compassionate about helping people, we know we are doing something special for our community."



MAKE A DIFFERENCE

Become an ICM Volunteer

As a non profit organization, ICM Food & Clothing Bank fills an important community need by providing an immediate response to basic human needs. In 2010 alone we served over 103,000 people, which represented an increase of 40% in people served over the previous calendar year. With a staff of just four full-time and four part-time individuals, our organization is able to continue to meet the demand for our services because of our dedicated team of volunteers. Volunteers at ICM are truly the foundation of the organization and without whom we could not help those in need.

People volunteer for a variety of reasons, ranging from a desire to help others to developing new skills to meeting new people. Whatever those reasons are, ICM volunteers are part of a team of people who make a difference in the lives of others – it is truly a rewarding experience.

We want YOU to consider being a part of our team of volunteers. Here is a comprehensive list of volunteer positions and responsibilities:

- Love Corner - watch over small children while their parents receive services. (Needed: Tue, Wed, Thu, & Sat)
- Intake - meet with clients to understand their needs; match their needs with our services; record their information in computer. (Needed: Thu, Fri, & Sat)
- Clothing check-out - assist clients with check out after they complete shopping in our clothing room; provide toiletries if there are any. (Needed: Sat)
- Pantry - add perishable food items to pre-assembled food boxes then distribute to clients. (Needed: Mon, Wed, & Sat)
- Children's Clothing check-out - assist clients with check out after they complete shopping for their children in our children's clothing room. (Needed: Mon, Tue, Wed, & Sat)
- Clothing sorting room - Help sort incoming clothing donations and restock our clothing room. (Needed: Mon - Sat)
- Toiletries - fill empty containers with shampoo, conditioner, and/or lotion. (Needed: Mon - Sat)
- Warehouse - assist warehouse in receiving incoming donations, checking expiration on canned goods, sorting food, assembling food bags, and/or cleaning. (Needed: Mon - Sat)

All volunteer positions/shifts are from 8:30am to 11:30am.

If you would like to join our volunteer team, please contact Vanessa Torres at: vanessa@icmaz.org or by calling 602.254.7450 ext. 2 or by visiting the "Volunteer" tab of our website at www.icmaz.org to complete an On-line Volunteer Interest Form.



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ICM Wish List

Help us keep expenses down by donating these much-needed items.

Donations are accepted Monday through Saturday from 7:30am - 2:30pm
Tax-deduction receipts given with each donation.

Food

Peanut butter
Rice
Beans
Soup

Toiletries

Shampoo
Conditioner
Lotion
Soap
Body Wash
Laundry Detergent
Deodorant
Toothpaste
Toothbrushes

Clothing

Jackets
New or gently used clothing
Shoes
New underwear and socks

Baby Items

Diapers (sizes 1-5)
Baby Wipes
Formula
Baby Food
Baby Cereal

Office Supplies

Copy paper
Sticky notes
Pens and pencils

WAYS TO SUPPORT ICM!

Leave YOUR Legacy

YOU can leave YOUR legacy so that other deserving people may benefit from your thoughtful and generous gift. This can be achieved through a charitable bequest, which is simply a distribution from your estate to ICM through your last will and testament. There are different kinds of bequests. For each, you must use very specific language to indicate the precise direction of your assets, and to successfully carry out your final wishes. If you are leaving our organization in your charitable bequest, be sure to use the full name: **ICM Food & Clothing Bank.**

Feed A Hungry Child Through Our Monthly Giving Program



YOU can help feed me for one month. On average, it costs about \$36.70 to provide enough nutritious food to feed me for 30 days. By joining the ICM monthly giving program, you can make sure that my most basic need – food – is met and that I don't go to bed hungry tonight...or any night.

Set up your automatic monthly donation TODAY by calling Abby Loza at 602.254.7450 ext. 4 or by email at: abby@icmaz.org. Your contribution will be deducted from your checking/savings account or charged to your Visa, MasterCard, Discover, or American Express each month.

Have "Sole" This Summer - Donate Shoes

As any Phoenician knows, summers in the Valley mean daytime temperatures exceeding 100 degrees for most of the summer. In fact, since 1971, the average number of days with temperatures at 100 degrees or above in Phoenix is 106 – with an average of 17 days per year exceeding 110 degrees in temperature. (Information is cited from the National Weather Service Forecast Office.) With air temperatures so hot, sidewalk temperatures are even hotter. Most sidewalk and roadway surfaces can be up to 10 degrees hotter than the air temperature.

Many of our clients use public transportation and sadly, many of our clients children do not have shoes adequate for walking on the sidewalks in these hot temperatures, if they even have shoes at all. But YOU can make a difference. Here's how:

1. Donate your pairs of gently worn shoes to ICM Food & Clothing Bank. Children need shoes - especially during hot summer months.
2. Organize a shoe drive at your school, business, club, or work place. (Be sure to get appropriate permission, then publicize the event, set up a collection box, then turn in all donated shoes to ICM.) If you would like more information about creating a shoe drive, contact Abby Loza at abby@icmaz.org.



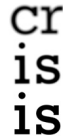
benefiting:



honoring:

Sara and Alvan Adams

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Save the Date

Pancake Breakfast Fundraiser

benefitting
ICM Food & Clothing Bank

Saturday
November 5, 2011
details coming in June



Photos from 2011 Soups & Sweets



Event attendees enjoying dinner



Honorees Alvan & Sara Adams with Event Chair Debbie Tupper (C)



The band "crisis" kept everyone entertained.