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## How you can help feed the hungry in Westchester County

November 19, 2010  
by Heather Baker-Sullivan

The Food Bank of Westchester is the supply and support center for over 200 hunger-relief programs in the county. It solicits, acquires and warehouses donated and purchased food and groceries. It is located in a huge warehouse in Millwood that does not serve clients directly. Instead, the Food Bank is the primary supplier for an emergency food-distribution network that exists throughout Westchester. This network, which serves roughly 200,000 county residents, includes food pantries, soup kitchens, day-care centers, residential shelters and other programs.

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The Mount Kisco Interfaith Food Pantry is a part of this relief network, directly providing emergency food to combat hunger in our own backyard. We buy most of the groceries we distribute from the Food Bank, where we have enhanced purchasing power through discounts and government lines of credit.

The Pantry, based in Mount Kisco, is open Tuesday evenings, 5:30 to 7:00 p.m. and Wednesday mornings, 9:30 to 11:00 a.m., 50 weeks a year. We are a "choice pantry" offering every week to those in need a selection of fresh eggs, shelf-stable milk, frozen meats, bread, nonperishable staples – rice, beans, pasta – and during the growing season, fresh produce twice monthly. Currently we serve an average of 165 households a week, individuals and families reside within the greater Mount Kisco area, including New Castle.

### How to donate to the Food Pantry

The Pantry also relies on monetary and food donations to supplement what is available at the Food Bank. Some items are simply not available on a weekly basis. To find out what is especially needed, please visit: [www.mtkiscointerfaith.org](http://www.mtkiscointerfaith.org). This week the Mount Kisco Interfaith Food Pantry has an urgent need for shelf-stable milk: Parmalat, Hershey's or the A&P brand that it is non-refrigerated.

Food may be delivered directly to the Food Pantry at the United Methodist Church of Mount Kisco at 300 East Main Street, on the corner of Main Street and Smith Avenue, and placed in storage bins just outside the Pantry room, which is accessed from the church's parking lot off Smith Avenue. Please register your donation on the form provided so that we may properly acknowledge your donation. Entrance to the building is assured Monday, Tuesday and Thursday from 9:00 a.m. to 5:00 p.m. and Tuesday evening from 6:00 to 7:00 p.m. Thank you for your gracious donations!

*Heather Baker-Sullivan is the executive director of the Mount Kisco Interfaith Food Pantry.*

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