

Bernardine Center is grateful to **Dapplecroft Fund of The Philadelphia Foundation** for a grant of \$3,600 to be used where it is most needed.

Bernardine Center is grateful to **Catholic Human Services Foundation** for a \$10,000 grant towards the renovation of the Food Pantry Storage Area.

Bernardine Center Distribution – from what we’ve received from you, the Giver!

Food Pantry	September '12	October '12	November '12
<b>Households Served</b>	<b>295</b>	<b>307</b>	<b>320</b>
• Children	369	339	415
• Adults	352	351	380
• Seniors	99	110	113
<b>Meals Provided</b>	<b>14,247</b>	<b>16,730</b>	<b>16,408</b>
<b>Emergency Food</b>	<b>9</b>	<b>7</b>	<b>3</b>
<b>Poundage Given Out</b>	<b>9,897</b>	<b>12,437.11</b>	<b>17,430.80</b>
<b>Volunteer Hours</b>	<b>446.75</b>	<b>383.5</b>	<b>517</b>
<b>West Side Brunch</b>			
<b>Households</b>	<b>512</b>	<b>494</b>	<b>391</b>
• Children	0	19	4
• Adults	361	335	286
• Seniors	151	159	105
<b>Meals Served</b>	<b>512</b>	<b>513</b>	<b>395</b>
<b>Poundage Given Out</b>	<b>833.25</b>	<b>822.5</b>	<b>660.25</b>
<b>Clothing Items Distributed</b>	<b>60</b>	<b>2,000</b>	<b>112</b>
<b>Personal Care Supplies</b>	<b>32</b>	<b>212</b>	<b>53</b>
<b>Infant Supplies</b>	<b>97</b>	<b>95</b>	<b>94</b>

*Thank You*

*“Two kinds of gratitude: The sudden kind we feel for what we take; the larger kind we feel for what we give.*

*Edwin Arlington Robinson*



In-coming Widener University freshmen cleaned our yard and garden areas refurbishing them and bedding them for the winter.



A client celebrates his birthday during West Side Brunch.



Computer Class, taught by volunteer Mary, (far left) was a hit with women who were awed by what they learned to do on the computer.

*Maybe You'd Like to Help Us but Don't Know How?*

- Offer a monetary donation for our Food
- Pantry renovation work
- Consider designating your United Way donation to Bernardine Center – UW of SEPA, we are # 44950 UW of SE Delaware County – write in “The Bernardine Center”
- Prepare and serve a Westside Brunch meal
- Volunteer time and talent
- Do a food or diaper drive

**Bernardine Center serves all those in need regardless of age, disability, national origin, race, religion, or sex.**



**Bernardine Center**  
2625 West Ninth Street,  
Chester, PA 19013  
[www.bernardinecenter.org](http://www.bernardinecenter.org)

Stamp



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FALL 2012

THE **Bernardine** Center  
A NEWSLETTER OF THE BERNARDINE CENTER

**TIMES**  
A Ministry of the Bernardine Franciscan Sisters

*Bernardine Center's Food Pantry "Workings"*

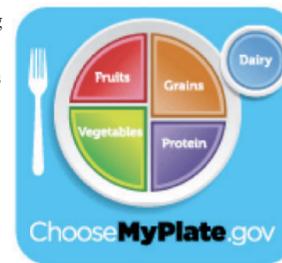
The majority of Bernardine Center's food comes from individual, church and agency donors. We do also receive laydown funds from the Pennsylvania Department of Agriculture which allows us to purchase food from a state- approved vendor. Each county of the Commonwealth of PA is designated a specific percentage of the state funds based on county poverty levels. Bernardine Center is one of 12 food pantries in Delaware County, members of the Delco Interfaith Food Assistance Network, (DIFAN) that participates in the State Food Purchase Program (SFPP). We also receive food commodities from the federal government through The Emergency Food Assistance Program (TEFAP). Presently, in the 2013-2014 state budget there is a 20% decrease in funding for the SFPP with that money re-allocated to the administration of the The Emergency Food Assistance Program.

Often times individuals and families deliver the food and other items, such as personal care products, diapers and infant formula, but other times, Marylou, our Food Pantry Manager, does food pick-ups from donor sites. In-coming food donations are weighed then the food is separated by category and shelved. Out-going food is also weighed. This creates part of the "in-kind" portion of our annual budget. Volunteer hours also contribute to the "in-kind" income in our budget. "In-kind" donations and services are the heart of our revenue.

Food pantry work is extremely physical, never-ending and tedious, but we are so grateful, first that we have work that meets the needs of others, and secondly, we know many folks depend on your gifts and our organizational skills.

Clients who come to our food pantry receive a menu based on the foods that are available the week of their visit. Menus change based on family size as well as week by week since types of donated food change with each donor's preferences. Presently, besides the emergency food distributed at any time during our working hours, we provide seven-days of supplemental food (21 meals) for each member of a family seeking our assistance. As an example, fifty families presenting during one pantry session could consist of 200-250+ individuals which could be 5,250 meals that volunteers have pulled and packaged in one food pantry distribution session. A food drive that took a week to gather food can be distributed in one morning or evening session.

Last fall, students from a Swarthmore College Statistics class analyzed the food offerings on our menus as well as the food chosen from the menu by clients. Their results challenged us to adjust our food offerings, such as increasing calcium-rich products and cutting down on canned foods with high salt content. We also changed our menus to correlate with the My Plate, <http://www.ChooseMyPlate.gov>, nutritional guidelines as opposed to the previous Food Pyramid on which our menus had been based.



Bernardine Center staff and volunteers deliver supplemental food to an average of 20-25 homebound individuals one Friday each month who receive the same supplemental food benefits as those who come to our Center.



*Mission Statement*

The Bernardine Center provides a helping hand to low-income Chester area residents by distributing emergency or supplemental food and supplies.

The Bernardine Center also offers educational, spiritual and advocacy programs to help clients build better lives for themselves, their families and communities.

All the ministries of the Bernardine Center are rooted in Franciscan hospitality and the social teachings of our Catholic Christian tradition.

*“As each day comes to us refreshed and anew, so does my gratitude renew itself daily. The breaking of the sun over the horizon is my grateful heart dawning upon a blessed world.”*

*-Adabella Radici*

## *In-Kind & Monetary Donations*

*“Give us this day our daily bread.”*

*-Mt.6:11*



### Food Pantry “Workings”

Marylou, Food Pantry Manager, restocks the shelves and the freezers to ensure that enough food will be available. She also prepares the clients’ menus of available foods for distribution. Sisters Maria Denise and Carolyn harvest our garden produce – in this case, collards. Volunteer, Bette, interviews a client and assists in completing the menu as needed. Carol, volunteer, distributes bread and sweets.



Lillian and Natalina, volunteers, review the menus and pull the designated food from the shelves. Ron, Mike and Jim package the food for the clients to take home.



## *Food Pantry “Workings”*



Volunteer Carly unloads the van from a food donation pick-up.



Ron and Bill begin the weighing and unpacking process after loading boxes of food from car to cart.



Jose and Ron unpack cases of food.



Widener University students donate fresh produce for a food distribution day.



Volunteers Diane and Pete separate donated food with concentration and patience.



Dawn Berardinelli, Gayle Oddi and Bill Chambers from the Office of Behavioral Health /Department of Human Services along with the Delaware County Council provided us with 2,770 pounds of food from the county’s Thanksgiving food drive. Marylou, BC Food Pantry Manager accepts the food with delight.



Linda and Thurman Alderman deliver prepared frozen casseroles and non-perishable foods donated by St. Thomas the Apostle Church.



After a long tedious afternoon of sorting and shelving food, volunteers Mike, Judy and Drexel University students, John, Chris and Nick pose with a final can of food.



Dennis, volunteer, distributes compact fluorescent light bulbs to clients after they receive their supplemental food from the pantry. Several hundred bulbs were donated by Central Baptist Church as a way to help our clients conserve energy.

- |                                             |                                  |                                               |
|---------------------------------------------|----------------------------------|-----------------------------------------------|
| A.B.A.T.E.                                  | Regina DeRaso                    | Sisters of St. Francis of Philadelphia        |
| Acme Market                                 | Mike DeVacchio                   | Philadelphia                                  |
| Anthony & Kathleen Alosi                    | Lisa DeProphetis                 | John J. & Loretta Smith                       |
| Archdiocese of Philadelphia                 | Margaret M Desmond               | St. Anastasia Parish                          |
| Richard Ailes                               | Patty Doohan                     | Dave & Stacie Lospinoso                       |
| George & RoseMary Alexander                 | Stephen & Patricia Dolan         | St. Dorothy Parish                            |
| Gil & Joan Bardsley                         | Adam Drust                       | St. Francis of Assisi Academy                 |
| Ruby Benson                                 | William & Marie Duffy            | St. Francis de Sales Parish                   |
| Bernardine Franciscan Sisters               | Cass Englert                     | St. James Alumni                              |
| Susanna Betsch                              | Essington Boy Scouts             | St. James Regional Catholic School            |
| James & Diana Billinger                     | Exton Community Baptist Church   | St. John's Boy Scout Troop # 605              |
| Edward Bonnes                               | Mary Farley                      | St. John Chrysostom CCD                       |
| Cynthia Boyd                                | Mary Fee                         | St. John Chrysostom Parish                    |
| Vince & Joan Boyle                          | Feinstein Foundation             | St. John Vianney Convent                      |
| Eugene F.& Christine Bradley                | Gloria Ferrell                   | St. Kevin Parish                              |
| Linn Bramble                                | Thomas J. Feyas                  | St. Madeline Parish                           |
| Jane Brennan                                | Fisher Tank Company              | St. Mark's United Methodist Church (Broomall) |
| James & Margaret Bruno                      | John & Mary Flynn                | St. Margaret Mary Alacoque Parish             |
| Richard & Judith Burns                      | Fresh Baked Theatre Co.          | St. Margaret Mary Alacoque CCD                |
| Nora Burrigde                               | Tom Gallagher & Tish Ewing       | St. Mary Magdalen Community                   |
| Joseph & Eileen Butler                      | Giant Food Stores (West Chester) | On A Roll Restaurant                          |
| Mr. & Mrs. Ed Burke                         | Giant Food Stores (Brookhaven)   | Our Lady of Charity                           |
| Catholic Human Services Foundation          | Robert Godbey                    | Alex & Patricia Petroski Pharmco Pro, Inc.    |
| Central Baptist Church                      | Judy Gould                       | Polish-American Heritage Association          |
| Chester Residents Independent Senior Group  | James & Karen Grugan             | Norbert J. & Carmella Poloncarz               |
| Paul Cacciatore                             | Madeline Gudelunas               | Sandra M. Powell                              |
| Ola Cannon                                  | Robert & Maura Gustafson         | Walter Heindl                                 |
| Barbara Caramanico                          | Nancy Hardesty                   | Ron & Cheryl Hodgins                          |
| Catherine Carpitella                        | Leon & Patricia Harenza          | Holy Cross Parish                             |
| William & Patricia Cassels                  | Barbara Harris                   | Patricia Burns Horwitz                        |
| Chelsea Milling Company                     | Hathoro-NGA                      | Lorraine Iacone                               |
| Robert S. & Donna Clancy                    | Jamie & Chris Heckman            | IMA Consulting                                |
| Community Arts Center                       | Walter Heindl                    | J. Melchiorre & Sons, Inc.                    |
| Concordville-NGA                            | Ron & Cheryl Hodgins             | Bryan James                                   |
| Congregation Ohev Shalom                    | Holy Cross Parish                | George & Regina Johnson                       |
| Myles Cook                                  | Patricia Burns Horwitz           | Erin Judge                                    |
| Francis I. Corey, Jr.                       | Lorraine Iacone                  | Jim Judge                                     |
| Lillian Cosenza                             | IMA Consulting                   | George & Peggy Kau                            |
| County Savings Bank                         | J. Melchiorre & Sons, Inc.       | Mr. & Mrs. Edward P. Kaiserian                |
| Peggy Cully                                 | Bryan James                      | Debbie Kelly                                  |
| Mary Cummings                               | George & Regina Johnson          | James & Mary King                             |
| Bill & Theresa Cupples                      | Erin Judge                       | Andrew Kiszka                                 |
| Josephine Curry                             | Jim Judge                        | Connie & John Kopko                           |
| Daniel Cooke                                | George & Peggy Kau               | Ramon & Marylou Laboy                         |
| Janet Czarnota                              | Mr. & Mrs. Edward P. Kaiserian   |                                               |
| Henry & Alice Dawson                        | Debbie Kelly                     |                                               |
| Pat Daly                                    | James & Mary King                |                                               |
| Gerry DeFonzo                               | Andrew Kiszka                    |                                               |
| Delaware County Office of Behavioral Health | Connie & John Kopko              |                                               |
| Delaware County Juvenile Probation          | Ramon & Marylou Laboy            |                                               |
|                                             |                                  | Tina Laboy                                    |
|                                             |                                  | Vincent & Felicia Lindsley                    |
|                                             |                                  | Linda Locklear                                |
|                                             |                                  | Stephen & Patricia Dolan                      |
|                                             |                                  | Marjorie R. Lucci                             |
|                                             |                                  | Dolores & Debbie Luniewski                    |
|                                             |                                  | Magellan Health Services                      |
|                                             |                                  | Chuck Marshall                                |
|                                             |                                  | Martindale's Natural Market                   |
|                                             |                                  | Jean McGarrey                                 |
|                                             |                                  | Chuck & Natalina McLaughlin                   |
|                                             |                                  | Joan McLaughlin                               |
|                                             |                                  | MaryEllen McTeague                            |
|                                             |                                  | Minaret Temple Daughters of Isis              |
|                                             |                                  | Bob Mitchell                                  |
|                                             |                                  | Wilhelm F. & Terry Moller                     |
|                                             |                                  | John & Mary Flynn                             |
|                                             |                                  | Richard T. Murray & Mary O'Gorman             |
|                                             |                                  | Robert & Rosemarie Naef                       |
|                                             |                                  | Carolyn Nelson                                |
|                                             |                                  | Newcomers and Neighbors                       |
|                                             |                                  | Joe O'Leary                                   |
|                                             |                                  | On A Roll Restaurant                          |
|                                             |                                  | Our Lady of Charity                           |
|                                             |                                  | Alex & Patricia Petroski Pharmco Pro, Inc.    |
|                                             |                                  | Polish-American Heritage Association          |
|                                             |                                  | Norbert J. & Carmella Poloncarz               |
|                                             |                                  | Sandra M. Powell                              |
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|                                             |                                  | Ron & Cheryl Hodgins                          |
|                                             |                                  | Holy Cross Parish                             |
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|                                             |                                  | Lorraine Iacone                               |
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