

East Side Soup Kitchen



Newsletter Spring 2022

Kitchen Staff Spotlight

How could there be a soup kitchen without the kitchen staff? They constantly innovate, coming up with new delicious options, using whatever food donations they have that day. Some staff are employees, others are volunteers. Regardless, all of them are driven to give back to the people in our community. Guests have said that the highlight of their day is dining at the soup kitchen, and enjoying a warm meal with friends. For some, this warm meal might be the only warm meal they have all day. Our kitchen staff makes it so that none in our community goes hungry, or wonders where their next meal will

Farmers to Families

It is spring time, and that means farmer's markets! We already work with local farmers and markets to save food that could end up in landfills. Now with Covid restrictions easing, we plan to reach out further in the community, bringing new opportunities to the East Side Soup kitchen. This could mean picking up produce at farms, and delivering it directly to door. This is another way we can address healthy food scarcity and food deserts in our communities. Please help by supporting local farmers, and pointing them our way if they are interesting in helping.

ESSK Provided Hope

I am part of the Sobriety Court Program, and was referred to the East Side Soup Kitchen. I had never been to a soup kitchen before, and had no idea what I was walking into. What I did know was that if I didn't get sober, I could end up back in prison! I started doing my community service hours, and fell in love with the ESSK and everyone there. As time went on, I built friendships, became more confident and found staying sober easier. I am also fortunate to have strong family support. My family drove me to and from the ESSK 3 times a week. Eventually I had my entire family volunteering at the ESSK. Even my parents (who are in there 80's), and 10 year old grand-daughter. A Job opening became available, and I am now employed part-time. The ESSK does provide nutritious meals and hope in the heart of the city of Saginaw,



**Providing meals and hope
in the heart of Saginaw
for 42 years!**

Serving Meals and Hope in the Heart of Saginaw
www.eastsidesoupkitchen.org

Board Notes

I love a good story. It gets across a point in a subtle way that we all can understand and can relate too. Much like Jesus who communicated to his disciples through parables or stories which illustrate a point. In that same light, I have a story for you.

A plumber had applied for a teaching position at the system's technical school. The first and obvious question the interview team asked was: Why? "Mostly for the kids," he replied, "I Just want to give back a little of what life has given me." But there was more. "Part of my reason for being here is selfish," the candidate went on. "It's because I take pride in my work, When I fit pipe, I do it perfectly; as well as it can be done. My work is beautiful. It makes me proud. But when I'm done, the carpenters and plasterers come in and cover my work. By the time they finish nailing studs and building walls no one can see or ever know how beautiful my work really is. It kills me. I wish they could put up glass walls, so when visitors come to the house I worked on, they could see how well I did my job!" "If I teach," he concluded, "at least my students will see my work. I will be able to show them how truly beautiful plumbing can be." The plumber went on to become a great teacher. Every time I walk into the ESSK, I see so many hands hard at work. I see all the time, talent, and treasure on display as the ESSK continues to do great and wonderful things. Some of the work is hidden and other times it is on display for all to see. Whatever the level of visibility, it would not be possible without all of you.

Thank you.

Fr. Steve Gavit
Board President ESSK



2021 Stats

148,454 Meals Served
175,637 Food Distribution
lbs & Give-aways



Pam Cole Spirit of the Kitchen Award Volunteer of the Year

**For those who exemplify an extraordinary enthusiasm, service and dedication
to the East Side Soup Kitchen**

Laurie Shell is a Saginaw native. She volunteers regularly at the Saginaw Mustard Seed Shelter and the Partnership Center. Laurie retired from Human Resources at Dow Corning in March 2017. In March 2020, when Covid-19 put a halt to her other volunteer activities, Laurie reached out to the East Side Soup Kitchen offering to help make and distribute "to-go" lunches in the parking lot.

Laurie enjoys spending time with friends and family. She has one son, a daughter-in-law and a 2 ½ yr old grandson.

Hobbies:

- traveling
- reading
- spending time outdoors

Memberships:

- St. Dominic parish



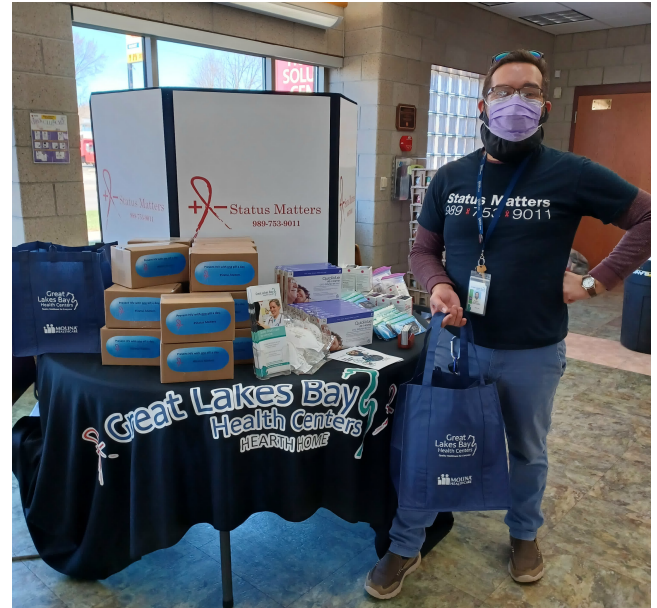
Laurie Shell

The Doctor Is In



Mobile medical and health services frequent ESK, usually on a bi-weekly basis. Some services they provide include Covid shots, health check-ups and HIV testing. Similarly, dental services are also available, such as check-ups and teeth cleaning.

At ESK we are proud to partner with such great organizations.



Little Free Library



Out front, next to the "Blessing Barn" is our "Little Free Library" station. Anyone can take and share books, absolutely for free. Thank you to the international Little Free Library community of stewards for providing these amazing services. Please check our library out and consider donating your books.

Annual Golf Outing



SAGINAW COUNTRY CLUB

ESTABLISHED 1898

June 20th **18 Hole**
4-Person
Scramble

Register online at
www.eastsidesoupkitchen.com
or by calling Dianne at
989-755-3663

Signup Deadline: **Fri June 3rd**

Snacks and Luncheon

Raffle - Prizes



Lets Send The Food Truck!

Food insecurity continues to be a challenge for many in Saginaw County. We average serving over 500 meals daily, often being closer to 600. We could not provide the services that we offer to our guests without your assistance.

Your food donations are distributed in the community, as well as being used to make healthy and nourishing meals. To compliment these food donations, money donations are used to supply items, like fresh produce. To that end, we have partnered with Food Bank of Eastern Michigan for food purchasing and delivery via loaded semi trucks.

With inflation on the rise, and the increase in the cost of food and supplies, your continued support is crucial. It takes all of us to collaboratively working together. Please pass the word, and donate in any way you can.



Meet the Blessing Barn

As a new service to people that cannot make it to ESSK during meal times, we have the "Blessing Barn" (an after hours grab-and-go food locker). What makes this service so amazing is that it works on the honor system, and has not been abused. A warm-hearted thank you to Jim Koski for making this service a reality



DIANE'S DESK

My first thought is THANK YOU to each person reading this note.

Your generosity is sincerely appreciated! Whether you have taken part in our fundraisers, held a food drive, donated food, donated financially, volunteered your time / talents, or donated items for our guests. Thank you!

Our guests constantly tell us how welcomed and accepted they feel at the East Side Soup Kitchen. Additionally, guests are always raving about how tasty the meals are!

Our volunteers are always mentioning how rewarding it is serving at the ESSK. Staff, volunteers and guests are one big family. In fact, when we do not see a guest for a couple of days, we seek to find out where they are and if they are ok. Likewise, guests wonder about staff and volunteer well-being, if they are not seen in a while.

The level of caring that I see at ESSK on a daily basis is just amazing. I hope everyone can experience what a great feeling it is to

Diane Keenan
Executive Director

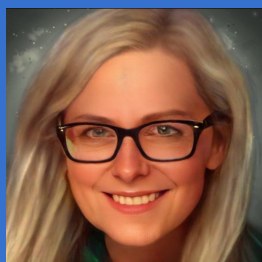


Audry Griffin

East Side Soup Kitchen Service Award

Volunteer of the Year

For support and dedication of unconditionally feeding the hungry of the Saginaw community



Terri Cardon-Weiss

Terri is born and raised in Saginaw. She retired from Davenport University after 29 years working in Human Resources, Student Services, and as Interim Campus Director for the Saginaw and Midland campuses.

Terri is married to her husband Jim, has one son David, a daughter-in-law Alex and grand-pup Brew.

My mission and heart is serving my community. Along with my service to ESSK, I also volunteer at Ascension St. Mary's hospital and for the Diocese of Saginaw Lay Ministry formation program.

I'm so blessed that Laurie Shell invited me to become a volunteer at the East Side Soup Kitchen when the pandemic began. Meeting new people and serving my community brings joy to my days. Thank you for the recognition!

Terri

Memberships

- Member of St. Dominic Parish
- Mission Lay Ecclesial Minister
- Board Member of ACEA

(Academic Career and Education Academy)

Hobbies:

- scrapbooking
- quilting
- reading

Why Are Soup Kitchens Needed



Did you know that 33.6% of Saginaw residents have incomes less than the national poverty level? For many this is not by choice, such as from losing a job, or being a "starving college student". Also, bills such as medical and car repair can make it difficult to cover monthly costs, such as rent, utilities, clothing and food. Finally, retirement benefits such as social security, might not cover these cost of living expenses. Soup Kitchens help not only the homeless, they help those struggling financially. At ESSK, we want to lower the burden of a person wondering where and when their next meal could come from.

source: <https://www.welfareinfo.org/poverty-rate/michigan/saginaw>

More Than Just Food

Yes, East Side Soup Kitchen provides food to those in need. Also, with our partners, we provide medical and dental assistance. But probably most important, is that ESSK lets people know that they are not alone with the hardships that they might be facing. We provide a place for people to relax, be respected and to not be judged.

Hardships can affect anyone, no matter their ethnicity, income or social status. ESSK is not just a community service, we are a family that looks out for each other.



You Really Do Make A Difference

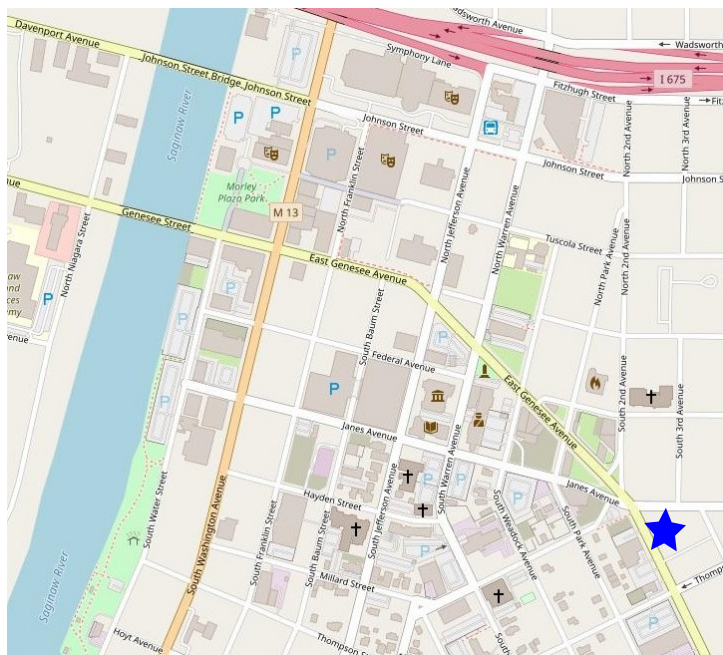
Many people think that East Side Soup Kitchen is mainly government run and paid for. In reality 70% of Soup Kitchen revenue comes directly from you, individual donors, local organizations, and companies. Less than 2% comes from government funding. The rest comes from our events, such as our annual golf outing and fall fundraiser. Yes, your donations do make a difference to many people's lives in Saginaw.

Soup Kitchen Donations Are Tax Deductible

As you know, East Side Soup Kitchen's mission is to feed a nutritious meal to the hungry. We are also a non-profit, 501(c)(3) organization. That means that donations to East Side Soup Kitchen are tax deductible to the full extent of federal law. Please consult your tax advisor for further information on tax benefits of your generous donations.

Come Visit Us

Would you like to learn more about the ESSK? Schedule a Tour! Individuals, businesses, church groups, social service groups, and Non-Profit agencies are all welcome! Give us a call to schedule your tour.



940 E. Genesee Ave. Saginaw, MI 48607

The Stars Route 5 bus drops you off at our doorstep

Got Motivational Stories?

One of the most amazing things we see at ESSK is watching the amount of individual successes and growth. Let's showcase these great people, as well as others in the community. Please share your motivational stories with us so that we can put it in the next newsletter. You can easily share by writing, calling or email the East Side Soup Kitchen.

Hopefully your story will impact someone's life as positively as it impacted you.

Upcoming Events

Jun 20	Annual Golf Outing
(TBA)	Feed the Van
Jul 30	Fifth Saturday Breakfast: 9am - 10:30am
(TBA)	Medical Bus on site 11am - 1pm
Oct (TBA)	CROP Walk
Oct 20	Fall Frenzy Dinner Fundraiser
Oct 29	Fifth Saturday Breakfast: 9am - 10:30am
Nov 24	Thanksgiving Meal
Dec 21	Christmas Meal

Summer Events

Every Thursday (TBD): Please join us at Part on McCarty!
Every Friday (TBD): Please come join us at Friday Night Live

The Dental and Medical Buses visit ESSK at 11am - 1pm about every other week.

Food Always Appreciated



Fruit (Canned)	Vegetables (Canned)	Additional Items
Peaches	Green Beans	Spaghetti Sauce
Pears	Pork & Beans	Yams/Sweet Potatoes
Fruit Cocktail	Corn	Tuna and/or Salmon
Applesauce	Peas	Coffee
		Packaged Cookies
		Fresh Fruit
		Pudding and Fruit

Open - Monday-Friday
Office Hours: 7am-3pm
Meal Service: 11am-12pm



official_eastsidesoupkitchen



www.eastsidesoupkitchen.org



ESSK@eastsidesoupkitchen.org

ESSK@eastsidesoupkitchen.org

Diane Keenan: 989-755-3663 (FOOD)