



MATCHAN MENU

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Managing Your Donation

Matchan does its best to get the most for your donated money when planning the meals we serve. Our mission statement includes the phrase, “**to serve hot, well balanced meals to our neighbors in need.**” That’s our first concern. Our second is to do this in the most economical way.



The meals we serve are made from scratch using whole ingredients and minimizing the use of processed food. Meals consist of a salad, fruit, vegetables, a meat or fish entrée, a dessert and a drink. The main course of the day is usually planned

one or more days in advance. It is often something from the freezer that has to be thawed. Sometimes it is based on the weather. If we are anticipating an extremely warm day, we may not want to turn on the ovens. In the winter, soups may be a favorite. Homemade soup is one of the best cheap and healthy meals you can make containing multiple nutritious vegetables, canned tomatoes, and a protein.



Fruits, desserts and salads depend on daily donations. Vegetables are generally canned; except for carrots, there aren’t enough donated vegetables of one kind to feed a crowd.

Now that we have some freezer space, we can minimize our cost of food, especially meat. As mentioned in last month’s newsletter, Hospitality House in Commerce Township donates surplus frozen meat to Matchan when their freezers are

overloaded for the cost of a 12 mile van trip to pick it up. These are usually large volume donations that can be used for meals.

GFS is also a frequent donor of meat. Most of the time, we give this meat to our neighbors in the Market Place (our pantry) because it comes in varied smaller quantities. Honey Bake ham bones and ham scraps are also given to our neighbors.

Gleaners is a great source of meat, canned goods and vegetables. Headquartered in Detroit, Gleaners serves five Southeast Michigan counties. Gleaners provides food to more than 400 partner soup kitchens, food pantries, shelters, schools and other agencies across the region. Every Tuesday and Thursday, we pick up well over 1000 pounds of food



from them.

Few people know that Gleaners has Catholic roots. Born in 1940, Gene Gonya grew up on a family farm in Ohio. At age 19, he became a Brother in the Jesuit Religious Community believing in their motto of “doing all for the greater honor and glory of God.” In 1977, Gene chose to leave the Jesuit Community to start Gleaners, continuing his mission of community service as a Catholic layperson.



Gleaners has three cost tiers—Free, Shared Maintenance and Co-Agency. Milk and fresh vegetables are free. Normally, there will be one or two vegetables available, like potatoes and tomatoes. We could get 56 gallons of milk, 100 lbs. of potatoes and 75 lbs. of tomatoes. They also have banana boxes filled with various foods that are in damaged

packages (but sealed) or slightly outdated. We will take about 30 of those boxes per pick up.

Gleaners also has donated food that agencies can purchase for 18¢ per pound, no matter what the food item is. This is their cost for handling these products. For example, we purchase Tyson chicken biscuit sandwiches for 25¢ each. These are the same sandwiches that IHOP recently added to their menu to increase sales. They were already on our menu. The cost of canned goods is less than 20¢ a can.

The third class of food at Gleaners is Co-Agency. This might be thought of as a co-pay. Gleaners has enormous purchasing power and passes that cost savings on to the agencies. So, you can see that your donated funds can be stretched by Matchan using Gleaners as a food source for both the pantry and for meals.



Salads and fruits are provided with every meal at essentially no cost. Each morning the kitchen people look at what came in. They have a wonderful imagination

and vision when creating a salad. GFS normally donates large bags of lettuce and other fruits and vegetables like tomatoes, broccoli and brussels sprouts to name a few.

Desserts are also a no-cost item. The Ladies of Charity deliver delicious homemade cookies and sweet breads. Ellen's Café provides fancy cakes and Panera give us coffee cakes.

Matchan manages their food intake very carefully. We take advantage of any cost saving that might be available. We purchase some foods like eggs and fresh fruit and vegetable when donated sources are lacking. We buy 40 dozen eggs each day because we figure that a couple of eggs costing 20¢ for a breakfast is a good buy and maybe what people in need go without.

Thank you for your donated funds. This article is to let you know that we do our best to get the most for your money.

Volunteers from Comerica



You may remember a story from our March 2023 Newsletter, about a volunteer named James Stanley who died just hours after leaving Matchan one

Thursday afternoon. James was in charge of canned goods in the Market Place. He was loved dearly by all. His cousin, Theresa Evens, works at Comerica and knew of his dedication to Matchan. She decided to preserve his memory by adding Matchan to Comerica's outreach program.

Comerica encourages their employee to spend time



helping those in need. They will pay an employee to participate in an outreach program, for up to eight hours a year. Each Tuesday and Thursday four people from Comerica volunteer at Matchan. All levels of Comerica employees serve at Matchan, but here they are all at the same level; all are volunteers. Joining Theresa the first day were

Sabrina Siple, Deb Jerrell, Blenda Becker and Racquel Nissian. Racquel and Blenda worked in the kitchen area serving meals and Theresa, Sabrina and Deb worked in the Market Place.



It is always helpful to have a Spanish speaking volunteer on the line. I complimented Racquel after hearing her speak in Spanish with one of our neighbors. I discovered she also speaks Chaldean and can read Arabic.

Thanks, Tina Anderson for your work at Matchan and for your help with this story. Matchan thanks all who show up week after week and hope that you enjoyed serving the less fortunate as much as we enjoyed having you. You are welcomed back anytime.

Third Generation Volunteers

On August 24th, Ian King and his aunt Nancy King Lentini brought the cookies he made and the muffins



she made to the Matchan Kitchen. Ian needed to earn community service hours to complete his 7th grade summer service requirement at Covington School in Birmingham. Because Ian was only 12 years old, his aunt Nancy came with him. Nancy is well

known to Matchan because of her work with the Ladies of Charity (LOC).

Up until this point, there was nothing unusual about Matchan working with a young person on a community service project. It's an excellent way to show a young person what God has given them and how they can share with those in need.

But Ian is the grandchild of Barbara and John King. Barbara King was one of Matchan's earliest volunteers. She is also a member of the LOC and was instrumental in obtaining donors for a stove and two ovens in our first location. **That makes Ian a third generation volunteer** (all three generations participated). There aren't many of them. I can only think of one other three generation volunteer family at this time. I, Frank Schmid, was the first and maybe the only other person that brought his children and grandchildren to the kitchen as volunteers. Some have brought their grandchildren but not their children.

So Ian, you now belong to a special group of third generation volunteers. Know that you are always welcomed at Matchan and we hope that you will continue to think of those in need throughout your life.

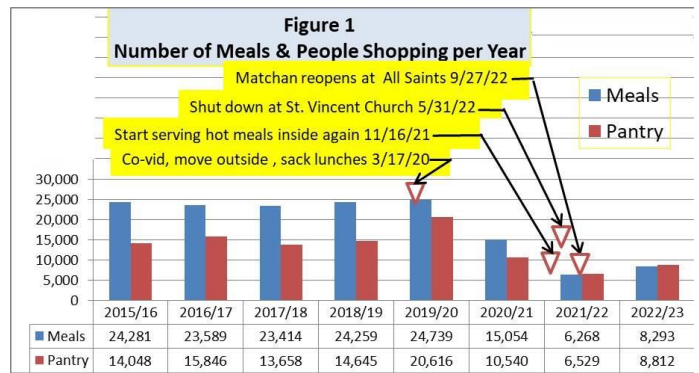
Attendance is Growing

Although our attendance is not as high as it was in the past years, we are steadily growing.

We were closed down for four months, moved to a new location and reopened September 27, 2022. Many of the people we served did not come to our new location.

The old location was serving some who needed the service to help them get by. I think that other people used it as a community center. They would come for coffee and donuts at 9 AM and socialize with their friends until lunch time. They might do a little shopping in between time at the pantry. We were known to have the best meals in town. Often there were two entrees; there were always three salads from which to choose and a couple of vegetables. We had a big kitchen (although, at the time we thought it was small) and an excellent cook. We had 80 some volunteers on hand. Up until October, 2020, we served an average of 24,000 meals each year (See Figure 1).

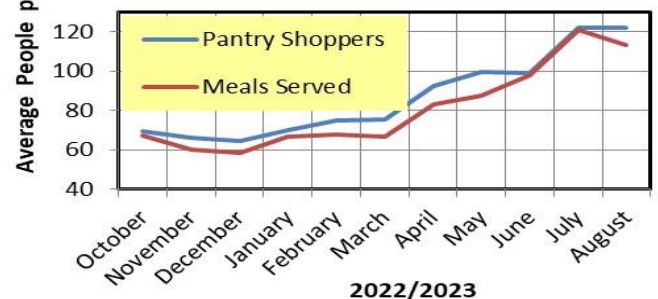
Then Co-vid came. We moved outside. For the next year, 2019/20, (our fiscal year starts October first) we saw very little change. In fact the pantry activity increased. We were picking up more food to give



away and some people were picking up more than one sack lunch plus meals were sent to a Rehab home and the Hope Shelter. This may be why the average meal count remained high; however, we definitely had more people coming to our site.

For some reason 2020/21 was a slow year. Activity dropped 40%. We were outside. Maybe people were being cautious about crowds. Maybe they didn't like other people picking up food and putting it back which we tried to control. I don't know but our figures were low.

Figure 2 Average Number per Day



Then came the news that we had to move because the church needed the facility 100% of the time. Our daily attendance was about the same but we were only open for 8 months.

We opened at All Saints on November 27, 2022. We now have a mix of new people and those we had served before. Figure 2 show the attendance for each month since we opened. It shows that people are continuing to find us by word of mouth. On April 6, 2023 we reached 100 people attending in the pantry. Short ly after on May 25th, we served over 100 in the kitchen.

It is interesting to note that at the old location more people came for the meals than ate lunch, whereas at All Saints', more people go shopping at the pantry than eat lunch. The pantry has grown considerably. More food is available now than before.

**Matchan Nutrition Center
Society of St. Vincent de Paul
P.O.Box 430954
Pontiac, MI 48343**

**Return Service
Requested**



Saint Paul Street Evangelization



Matchan welcomes back the Saint Paul Street Evangelization. They are one of the few, if not the only organization that was with us throughout the pandemic, during which they placed their table under a tree on the lawn outside of Matchan. Under the direction of Anne Harman,

they have been setting up their evangelization table with rosaries and brochures related to the faith for almost six years. They share the Gospel message and offer to pray with patrons who approach their table. Sometimes one patron will see another receiving prayer and also come to the table for a prayer.

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The Matchan Nutrition Center

We are a 501(c)(3) non-profit charitable organization sponsored by Oakland County District of the Society of St Vincent de Paul. Take a look at the Matchan website at <http://www.matchannutritioncenter.org/>. It is a story book about the Matchan Nutrition Center.

Find out how you can help with your time and talents.

If you are able and we have convinced you that what we do is worthy of your support, you can help financially by making a donation on line or mail it to: **Matchan Nutrition Center, PO Box 430954, Pontiac, MI 48343.**

Send comments to: matchan.svd@gmail.com