

## Special Events...

**There is hunger  
in Weymouth...**

Please support our

**\$.O.\$. Walk to  
\$tock Our \$helves**

### **\$.O.\$. Walk**

The \$.O.\$. Walk is held in the Fall of each year. We walk an easy 2 mile stroll along Broad Street to Middle Street, past Legion Field and back to the Food Pantry.

This short walk is ideal for people of all ages. Walking groups, school teams, and other organizations often walk together. Many make it a family outing with moms, dads, kids and even grandparents joining the festivities.

Once back at the Monsignor Hackett Hall of Immaculate Conception Church, the excitement of raffles, prizes and refreshments begins. It is a fun day for all and raises needed funds to provide food for the coming holidays.

**People are hungry  
all year, not just at  
the holiday season!**

Please become a friend  
and support our

**Heart To Heart  
Campaign**

### **Heart To Heart**

On Valentine's Day we readily share our hearts with our family and friends. Our **Heart To Heart** campaign reminds us that there is also a need to share our hearts with those less fortunate. Please become a friend of the Pantry and support this effort either by pledging a monthly contribution or by making a single donation. Your gift will go a long way in relieving the fear that there will not be enough food for those who need it.

With winter in full force and donations dwindling after the holidays, the need for food becomes greater. People are hungry all year, not just at the holiday season. Please become a *friend* of the Pantry and let your heart reach out to another. Share your heart this February and all year long.

*Remember, for the price of a box of Valentine chocolates, you can feed an entire family.*

## **Weymouth Food Pantry**

P.O. Box 890009

Weymouth, MA 02189-0001

Phone: (781) 331-7682

Fax: (781) 331-9794

Email: [info@weymouthfoodpantry.org](mailto:info@weymouthfoodpantry.org)



The **Food Pantry** is located at:

1189 Commercial Street  
Weymouth, MA 02189

and is open

**Tuesday & Thursday**

**9:00<sup>am</sup> to 11:30<sup>am</sup>**

and the

**last Thursday of each month**

**4:00<sup>pm</sup> to 6:00<sup>pm</sup>**

Visit our website at:

<http://www.weymouthfoodpantry.org>

## About Us...

### **Our sole purpose is to feed the hungry of Weymouth**

We do this with the help of a generous community and with dedicated volunteers. We provide canned goods, pasta, rice, cereals, meats, milk, cheese, eggs, etc. When available, diapers, paper and cleaning products are supplied.

Besides emergency food, information is given concerning food stamps, fuel assistance, WIC, education and job training. The Outreach Program, available for elderly shut-ins and the handicapped, makes deliveries to those who are unable to come to the Food Pantry.

### **Who needs Assistance?**

There are many people right here in our town who need a helping hand. The greatest number of people we serve have either a physical or emotional disability or may be caring for someone with a disability. The second greatest number of people are the working poor. Many do not earn enough to pay for rent, utilities, and clothing and still be able to provide their families with nutritious food. Over 10% of our clients are the elderly poor. They, too, are on a limited income and cannot afford to pay their bills plus the high cost of their medications and still eat nourishing meals.

Those we serve come from diverse backgrounds, but all have one thing in common—without the aid of the Food Pantry, they would suffer the dire effects of hunger.

### **The Hunger Equation**

**Your Efforts + Our Efforts = Less Hunger in Weymouth**

Whether you are a community neighbor, a next door neighbor or a business neighbor, your help is desperately needed to ease the plight of the hungry in Weymouth.

Become a key part of the hunger equation.

Without *YOU*, we won't be able to help.

## How Can You Help?

### **Cash Donations**

*\$7.00 for every dollar!*

For every dollar that is donated, the Pantry is able to obtain about \$7.00 worth of healthy and nourishing food at the Boston Food Bank. *A donation of \$10.00 will feed a hungry family.* Isn't that a great bargain for your money?

### **Neighbor Helping Neighbor**

The generosity of our neighbors makes our efforts possible. How can you help?

It's easy.

*Simply:*

- Support our \$.O.\$. Walk in October
- Support our Valentine's *Heart To Heart* campaign in February
- Support our community's food drives
- Help fill our bins at each supermarket
- Give *In Memory Of* gifts for loved ones
- Volunteer at the Food Pantry
- Cash donations

### **Our Business Neighbors**

The generous help of our business neighbors is a key part of the equation to help stop hunger in our community.

*We invite all businesses to:*

- Become an \$.O.\$. Walk Sponsor
- Encourage employee participation
- Conduct a Food Drive or a Fundraiser to benefit the Weymouth Food Pantry
- Cash donations