

HEAT OR EAT?

Imagine you are facing a time when you are struggling to pay your bills because of a lay-off, illness, fire, escaping an abusive situation, a change in family dynamics, or other situation. What bill should you pay first, how do you feed the family, where can you turn for help?

FRCM can help. Here you will be met by the caring Program Director who will interview you to find out if you meet the income guidelines for your family size. At this time she might refer you to other agencies that could help. She will then direct you to the Food Pantry, where volunteers will provide you with groceries that are the equivalent of 9 meals for each of your family members. The food is donated by churches, various groups, individuals, and food drives, as well as purchased at reasonable prices from the Food Bank of Central New York. The Foothills Food Pantry is a place where one who is facing difficult circumstances is treated with respect and given assistance in a private and dignified manner.

In addition to receiving emergency food through Foothills Rural Community Ministry's Food Pantry, clients can receive both food stamps and heating assistance. Here are the people to contact:

- Alice Webster, an employee of Central New York Food Bank, is often on hand during our Pantry hours to prescreen for food stamp eligibility. You can also contact Alice at 1-866-839-7304, ext. 249.
- Mary Gauthier, our intake worker, can direct you to the Home Energy Assistance Program (HEAP) offices. Just ask Mary or call her at 865-5854.

The Pantry is open the first 3 Saturdays and the 4th Thursday of each month between 10AM and 2PM. In November, though, the Pantry will be closed on the 4th Thursday of November, Thanksgiving Day, but WILL be open on the 3rd Thursday, November 16. When you pick up your food, take a look at our Thrift Shop, which has tons of good used clothes at bargain prices!

FREE THANKSGIVING TURKEYS Once again we will have turkeys available during November. You can pick up a turkey on any of the November Saturdays (Nov. 4, 11, or 18) or Thursday, Nov. 16.

CHRISTMAS BASKET SIGN-UP These baskets include food for the holidays and gifts for your children. Sign up for baskets during Pantry hours, ending November 16. The baskets will be distributed on December 17.

INFORMATION AND REFERRAL NUMBERS – The following are some handy numbers:

- **FIRST CALL FOR HELP:** 624-9211 (This agency can put you in contact with many other non-profit agencies with free services in time of need.)
- **CONSUMER CREDIT COUNSELING SERVICE:** 797-5366 (Financial counseling and debt repayment)
- **YWCA 24 HOUR HOT LINE:** 797-7740 (Confidential counseling for domestic violence and abuse)
- **FOOTHILLS RURAL COMMUNITY MINISTRY:** 865-5854 (General referrals for various services) Call for hours when Mary is available. Leave your name and phone number if you wish to be called.