



CROS Ministries // This Week!

October 11, 2016

A weekly update especially for CROS Liaisons, Board Members, Friends, and Volunteers

The CROS Administrative Office has Moved!

New Address
3677 23rd Avenue South
#B-101
Lake Worth, FL 33461

Pantry Needs This Week Tomato Sauce

Caring Kitchen Need This Week Men's Pants

Gleaning

Look for new gleaning dates soon. We start gleaning again in November or December.

See you soon!

For more information about CROS Gleaning, please contact Keith Cutshall at kcutshall@crosmministries.org.

When a Job's Not Enough to Get You Off Food Stamps

Five years ago, Guadalupe Beltran had just had her second child. She was a single mom in her early 20s, hadn't finished high school and was on welfare. One day she walked into a deli and pizza place and bought some subs with her food stamps. On a whim she asked the cashier if they were hiring. Just like that, she had a job.

Today, as she rolls out pizza dough at the same Fresno deli, Guadalupe - she goes by Lupe - says she feels trapped here.

Read on...

By Vanessa Rancano/KQED, October 2, 2016

End Hunger Walk a Great Success!



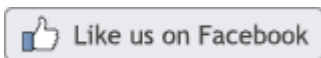
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Fall Newsletter

[Click here](#)
for a our Fall Newsletter

DONATE NOW

*Please remember
CROS Ministries in your
Wills and Estate Planning*



CROS Ministries

The Caring Kitchen
Community Food Pantries
After School Snack Program
Nutrition in a Knapsack
Summer Camp
Gleaning and Food Recovery
Community Advocacy
CROS Ministries



Despite the weather, we had 170 walkers and more than \$23,000 pledged.

**Thank You
To Our Sponsors!
To The Volunteers!
To All Who Attended!
To Our Fundraisers!**

For more photos of the End Hunger Walk taken by Leonard Bryant Photography, [click here](#).

Bulletin Announcements

Volunteer Needs

Caring Kitchen - Delray Beach Traffic Director

A volunteer is needed to direct cars to proper parking areas during peak meal times. Shift time is approximately 11:15 am - 12:20 pm.

Drivers to deliver meals to the Home-bound

Mondays, Wednesdays, and Thursdays, time commitment approximately 2 hours one day per week. Background check and driver check mandatory. After training delivery time is flexible anytime between 10:30 am-1 pm.

Weekday Van Drivers

Wednesdays. Approximately 4 hours one day per week to make regularly scheduled stops and occasional random pick ups. Drivers will be trained and must pass driver background check.

3677 23rd Avenue South, #B-101
Lake Worth, Florida 33461
www.crosministries.org

For information about volunteering, please contact
Juanita Bryant Goode at (561) 233-9009 x110 or
jgoode@crosministries.org

**Volunteers: Do you need a volunteer shirt?
Please let your program director know if you
want one.
Just \$5!**

If you would like to make a donation to CROS
Ministries, [click here](#) or contact Gibbie Nauman,
Director of Development and Community
Relations at 561-233-9009 ext. 108 or
gnauman@crosministries.org.



Weekly Office Volunteer

Once weekly, any weekday, from 9 am - 1 pm. Duties include answering phones, filing, helping with mailings, and once monthly statistic gathering for the Caring Kitchen. Good MS WORD/EXCEL knowledge a necessity.

Meal Preparation & Serving

Any day Monday through Friday from 9 am to 1 pm. Duties include preparing lunch with other volunteers, serving and cleaning up. Please contact Shona Castillo for more information, 561-278-0918 or scastillo@crosministries.org.

Food Pantries

Community Food Pantry - Lake Worth

Two volunteers needed on Tuesdays from 10:00 am to 2:00 pm to pack and distribute food bags. Also, we are looking for one to two volunteers Monday - Friday from 9:00 am - 10:00 am to pack food bags before the pantry opens.

Please contact Danielle Devine at 561-271-1566 or ddevine@crosministries.org.

Community Food Pantry - Riviera Beach

Volunteers needed Monday, Wednesday, and Friday 9:00 am - 12:00 pm. Must be able to lift and bend and pickup 20-25 pounds.

PLEASE NOTE: This food pantry is located at the Port Center building and is housed in the same location as the Department of Children and Families and the Palm Beach County Sheriff's Department.

Please contact Brian Rowe at 561-779-7936 or browe@crosministries.org for more information.

Community Food Pantry - Indiantown

Volunteers needed Tuesday 9:00 am - 12:00 pm and 2:00 pm - 5:00 pm. Must be able to lift and bend, and pickup 20-25 pounds.

Please contact Jeanette Hemphill for more details at 561-475-7276.

Community Food Pantry - Belle Glade

Volunteers needed Tuesdays and Thursdays from 1:00 pm - 3:30 pm. Must be able to lift and bend and pickup 20-25 pounds.

Please contact Mayra Echenique for more details at 561-755-2495 or secretarycumc@bellsouth.net.

CROS Warehouse

Food Pickups

A volunteer is needed to help with picking up food from Palm Beach County Food Bank in Lantana on Tuesday mornings. Must be able to do a lot of lifting and bending, at least 20 - 25 pounds at a time, and be comfortable driving a truck.

Please contact Brian Rowe at 561-779-7936 or browe@crosmministries.org for more information.

Warehouse Volunteers

Volunteers needed to lift heavy loads (30 to 65 pounds) and assist other CROS storage volunteers loading, unloading trucks, and delivering to CROS Food Pantries. Tuesdays and Thursdays from 9 am - Noon.

Please contact Keith Cutshall at 561-233-9009 x114 or kcutshall@crosmministries.org.

Sorting Groups

Sorting groups needed to sort food at CROS' warehouse. Must be able to do a lot of lifting and bending, lifting at least 20 -25 pounds at a time. Monday-Friday from 9:30 am- 11:30 am or longer and weekends too.

Please contact Brian Rowe at 561-779-7936 or browe@crosmministries.org for more information.

Lake Worth Office Volunteer

Any day Monday through Friday from 9 am to 1 pm. Duties include answering phones, filing, helping with mailings and light computer work in MS Word/Excel.

Please contact Juanita Bryant Goode at jgoode@crosmministries.org or 561-233-9009 x110

Community Resources

Farm Share is hosted by State Representative, Bobby Powell and Mayor Muoio. The purpose of the event is to feed those who cannot afford to feed themselves with healthy foods.

When: Saturday, October 15, 9:00 am - 1:00 pm

Where: Gaines Park

1501 N. Australian Ave., West Palm Beach
What: Distributing free fruits and vegetables to up to 500 local families.

To pre-register or for more information, contact Representative Powell's office, 561-650-6880. [Click here](#) to download the information flyer below.



REPRESENTATIVE
BOBBY POWELL, JR.

AND



MAYOR JERI MUOIO

HOST

FARM SHARE

TO DISTRIBUTE FREE FRUITS AND VEGETABLES FOR LOCAL FAMILIES

Saturday, October 15th

9:00 AM – 1:00 PM

GAINES PARK

1501 N. AUSTRALIAN AVE.

WEST PALM BEACH, FL



"First come, First served"

FOR PRE-REGISTRATION OR FOR ADDITIONAL INFORMATION CONTACT THE OFFICE OF REP. BOBBY POWELL AT (561) 650-6880

Drive – Thru Services Recommended

Mission: CROS Ministries serves the hungry in Palm Beach and Martin Counties through community collaborations.
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