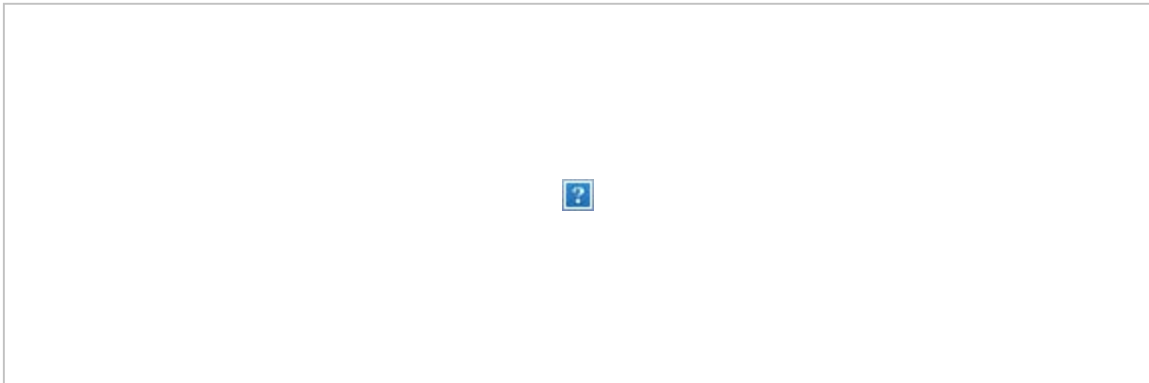


From: [Paula, Oak Park River Forest Food Pantry](#)
To: [Libby Stoffel](#)
Subject: Pantry News: April 2017
Date: Tuesday, March 28, 2017 9:15:28 AM

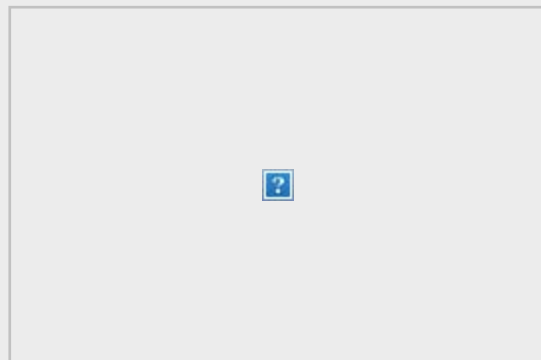


PANTRY PULSE: SPRING 2017

Our spring Pantry Pulse newsletter is out now!

In this issue:

- Nutrition Education's Impact
- Notes from a successful food drive
- Meet Zahava
- Check-in with Eddie, one year after Cooking Matters



[READ MORE](#)

[Pantry Hours & Information](#)



1st Wednesday: 7:00 pm to 8:30 pm

2nd, 3rd, and 5th Wednesday: 3:30 pm to 5:00 pm

Saturday: 9:00 am to Noon

Guests to OPRF Food Pantry may receive food ***ONCE per calendar month.***

You must present a **photo ID and proof of address** in one of the following zip codes:

60130 - 60131 - 60141 - 60171 - 60176 - 60301 - 60302 - 60304 - 60305 - 60402 - 60644 -
60651 - 60707

NUTRITION EDUCATION



Nutrition education is now offered at 100% of distributions. April's theme is Eating Healthy on a Budget.

[VIEW SCHEDULE](#)



NEED HELP CONNECTING TO BENEFITS?

The Pantry's on-site Benefits Coordinator, Pleshette (that's her in the picture) is here to help! She can pre-screen you for eligibility, help walk you through the application, and assist with follow-up. **To schedule an appointment, call Pleshette directly at (708)386-1324 ext. 1106.**



BYOB! (Bring Your Own Bags)

Bring reusable bags to distribution. Not only will you receive bonus items for doing so, but reusable bags tend to hold up better than plastic ones.



WE'VE GOT DIAPERS!

Diapers are available at distribution in a variety of sizes. We also have adult incontinence supplies available. Ask a staff member for more information.

SERVICE AREA EXPANDED!

We expanded our service area to include 60141 (Hines). Residents of 60141 are now able to visit the Food Pantry once per month to receive food and may utilize Pantry Services.

ADDITIONAL RESOURCES

[Access from AT&T](#) | low-cost home internet to qualifying families



[Greater Chicago Food Depository](#) | 773.247.3663

[Housing Forward/Prevail](#) | 708.386.1946

[Museums for All](#) | free/reduced price museum access with EBT card

Thank you for reading, we hope you found this newsletter interesting and informative. Please let us know if you have any suggestions for information to include in this monthly newsletter. Have a wonderful month!

Sincerely,

Paula, Kate and Ricardo

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[Oak Park River Forest Food Pantry](#)
848 Lake St, Oak Park IL (708) 386-1324

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