



## Island Food Pantry of Martha's Vineyard

### A Choice and As Needed Food Pantry

#### Information – Fall/Winter 2018

**Purpose:** The Island Food Pantry believes no one on Martha's Vineyard should be without food. We receive private donations to purchase food for those who are not able to obtain enough by their own means. In addition we receive local food donations from a large variety of sources.

**Location:** Stone Church, corner of Church & William Streets, Vineyard Haven

**Hours of Operation:** Monday 2-4pm, Wednesday 2-4pm, Saturday 10am – noon

**What:** We purchase nearly all of our food, household and personal products through the Greater Boston Food Bank. We purchase produce through a local source. We work to stock healthy food selections of good variety to meet all tastes and needs.

**Using the Pantry:** Anyone who is not financially able to obtain the food they need may use the Pantry. On the first visit a registration form is completed. Shoppers may visit every two weeks as needed. Some shoppers come less frequently depending on current needs. If you are limited in what you can take due to transportation or storage, let us know to arrange for more frequent visits.

**Amount:** Everyone who uses the Pantry has different needs that frequently change over time. The amounts given are guidelines. If you need only a little to supplement what you have, that is what you should take. If you are in a particularly difficult time and you need more than what is recommended, let us know. We want you to take what you need.

**Please note:** we base our amounts on a standard Brown Paper Bag. Nearly all of our shoppers bring their own re-useable bags – thank you! But as you fill these, please follow the Brown Bag sizing. Picture your selection in the recommended number of Brown Bags.

#### **Household Size:**

1 Person ( <b>Yellow Card</b> ):	3 Brown Bags
2 or 3 Persons ( <b>Purple Card</b> ):	4–5 Brown Bags
4+ Persons ( <b>Green Card</b> ):	6+ Brown Bags

**Other:** Let us know if you need any help as you shop. We are there for you. We welcome suggestions as to product you like – or don't like. We will try to get additional products that you would like. And – please - remember to return carts!

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