

December 2024 Newsletter



Catholic Parish Outreach
A Program of Catholic Charities

CATHOLIC PARISH OUTREACH FOOD PANTRY

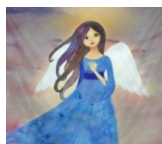
Note From the Director



I am always so inspired by this season of Advent leading up to Christmas. That is surprising because I am usually a very impatient person. I am always eager to “get things done” and “check things off of my lists”. Advent, in contrast, is a period of waiting, preparing and praying. That is not usually in my nature at all, but for me it is a period of peace, separate from the day-to-day distractions of decorating, shopping, and other commitments. It draws us closer to our connection to God and our brothers and sisters — Agape (a selfless, unconditional love)!

I feel so blessed that I get to come to work everyday and be inspired by our Donors, Volunteers, Staff and Clients. It is good to know that with all the “doom and gloom” that is promoted everyday that God’s grace is quietly and steadfastly working to bring us closer together in unity.

I pray that you all have a blessed and peaceful holiday and that this coming year will be a better one for us all, especially our clients.



Merry Christmas
& Happy New Year!
Take Care and God Bless!

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Hours of Operation:
Mon/Wed/Thurs/Friday & Saturday
9 am—12pm

CPO will be closed for the Holidays:

Christmas
for Christ

Tuesday - Thursday
December 24th – 26th

2025
NEW YEAR

Wednesday, January 1st

CPO will be open:

Monday Dec 23rd

Friday Dec 27th

Sat Dec 28th

Monday Dec 30th

We are now open ALL Saturdays
for CPO food distribution
CPO is open from 9 am—12pm

Looking to volunteer:

We are now using **Point** software for people to volunteer at CPO.

To sign up go to: dash.pointapp.org

Create username and password

Choose **Catholic Charities Raleigh** for the organization

If you need help in signing up contact our Volunteer Coordinator Darcy Hull (call or text) 919-847-1466 or email her at CPOvol.Coordinator@ccharitiesdor.org



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Nourish Our Future: United for Our Future

January 25, 2025 9am-2pm

Join North Carolina members of Bread for the World, nonprofit partners, and other allies across the state as we gather, learn, and take action to end hunger.

The convention will hold at the Highland United Methodist Church [1901 Ridge Rd, Raleigh, NC 27607](https://www.google.com/maps/place/1901+Ridge+Rd,+Raleigh,+NC+27607)

Register Today!

go.bread.org/page/74936/survey/



CPO served over **11,000** people in **Nov 2024**. We have not seen a people count that high since **Jan 2015**.

We also served almost 3,000 families, another milestone we reached in **Jan 2015**.

We do not know how high is high at this point! We just know that we will keep serving all who enter our doors!

Inflation has fallen.
Why are groceries still so expensive?



	Nov-23	Nov-24	% Inc
Families	2,413	2,921	24%
People	9,525	11,387	20%



Join us for the Nourish Our Future campaign launch!

Online and in-person

Register below for the launch on **Tuesday, February 4, 2025** at 8:00 p.m. ET.

It's here.

The child-focused advocacy campaign we've been building together for the past year, with input from more than 1,400 Bread for the World members, partners, policy experts, and people directly impacted by hunger.

Join us online as we launch this campaign together, to make a historic impact against child hunger and malnutrition, both in the U.S. and around the world. Come and learn about the issues and the legislative priorities we will pursue over the next two years, why they matter for children, and what you can do to make a difference. Take your place in this campaign, and help us pursue a world without hunger.

It's time to Nourish Our Future.

Register Today!

go.bread.org/page/73502/survey/



NOURISH
our *FUTURE*

Clothing Corner

CPO is still in need of WINTER toddler (2T-6T) clothing to provide to our clients and we need your help!

Currently new families are coming to CPO daily. We need more clothing to help families clothe their preschoolers.

Sourcing TODDLER (2T-6T) clothing:

- Share with us the clothes your children and grandchildren have outgrown
- Encourage donations from Schools/ Church groups and Business drives
- Donate from sales — buy 1 for a child / buy 1 for CPO
- Make a request on Neighborhood, Social or Facebook Groups



CATHOLIC PARISH OUTREACH FOOD PANTRY

"Hunger in America is getting worse, not better" according to an explosive new USDA report

The USDA reports the highest levels of food insecurity in America in nearly a decade

By **ASHLIE D. STEVENS**
Food Editor

Source:
salon

PUBLISHED SEPTEMBER 5, 2024 12:37PM (EDT)

As Americans all across the country report feeling increasingly **pressed by inflated food prices**, an **explosive new report from the U.S. Department of Agriculture** reveals that about 18 million families — or 13.5% of U.S. households — struggled to access enough food, marking the highest levels of food insecurity in **nearly a decade**.

This increase represents a troubling spike from 2022, when 12.8% of households reported insecurity, and 2021, when the figure was just over 10%.

The report also highlights another alarming reality: Nearly 9% of households with children experienced food insecurity, up from 2021. And while, as the report authors put it, children are “usually shielded from the disrupted eating patterns and reduced food intake that characterize very low food security,” over 380,000 families experienced days where **children were hungry**, skipped a meal or did not eat for a whole day because there was not enough money for food.

While it might be tempting to solely attribute the spike in hunger to food inflation, food insecurity experts including Mitchell and Crystal FitzSimons, interim president of the Food Research & Action Center (FRAC), point to pandemic-era programs that successfully aided in addressing the issue during a time of global upheaval.

Many of these programs, which **temporarily boosted SNAP benefits**, allowed for the implementation of **universal free school meals** and expanded the Child Tax Credit, were a lifeline for families. However, many of those same programs expired or were rolled back, leaving households who had participated in them struggling to make ends meet.

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— *Continued* —

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"Without greater investments in anti-poverty and anti-hunger programs, hunger in this country will continue to climb. "



(This is reflected in the data in the USDA's new report, which shows that 47.4 million people lived in households experiencing food insecurity last year, an increase of 3.2 million compared to 2022, and 13.5 million compared to 2021.)

"Without greater investments in anti-poverty and anti-hunger programs, hunger in this country will continue to climb. The findings in USDA's report highlight the need to make significant investments in and expand proven programs like SNAP, Healthy School Meals for All, and the Child Tax Credit," FitzSimons wrote in a statement. "We have the tools to end hunger in America. It's time to wield them and finally make hunger in America a thing of the past."

U.S. Department of Agriculture's Economic Research Service confirms FRAC's ongoing warning: Without greater investments in anti-poverty and anti-hunger programs, hunger in this country will continue to climb."

FitzSimons emphasized that proposals to cut SNAP benefits—like the **\$30 billion reduction over the next decade currently under consideration**—would only worsen the problem.