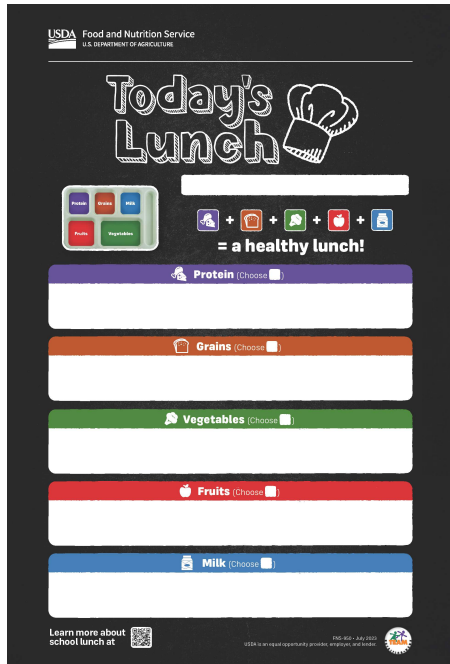


August 2024 Newsletter

<https://mybrightwheel.com/blog/10-tips-for-daycare-weekly-menus> gives a great step by step of how to meal plan your days in child care.



Here is a visual example of how to plan your meals. For your own copy, email jessie.m.lambert@wv.gov

<https://nowrongdoor.wv.gov/> is a wonderful resource. Go here, type in your zip code, and it will generate resources in your area!

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs> - here is a food buying guide from the USDA.

Welcoming children back into our care at the end of summer in terms of food is exciting! Why this is exciting is because we don't always know what or how much they've been eating over the summer, so it's a great time for you to hit the ball running with a super nutritious diet. Check our Resources page for resources in your area that could help you with food at your center or for your families/communities.



Interactive idea:

Combine food planning/prepping into your lesson plans or just have the kiddos help you out! You can have a color of the week and eats foods of that color or you could let them pick which food item they want to focus on/learn about and you could even plant some!

<https://www.howtostartahomedaycare.com/10-foods-you-should-always-buy-in-bulk-for-your-home-daycare/> - this article tells you what items you should be buying in bulk!

Interactive idea:

Create things with food to help introduce them to the kiddos. With supervision in tact, this can be very beneficial to all. Remember, always be modeling what you want to see!



<https://momsdinner.net/back-to-school-dinner-ideas/>

offers 30+ recipes for families like this hearty turkey chili that you could



serve with chips or cornbread!



YOUR resources

Randolph County

For Beverly residents- Beverly United

Methodist 304-630-1120

Catholic Charities of WV 304-636-

4875

Davis Memorial Presbyterian Church

304-636-2788

Department of Health and Human

Resources (DHHR) 304-637-5560

Ministerial Association 304-704-2385

Good Shepherd Ministries, Inc. 304-

636-7255

N. Central WV Community Action

Assoc. Inc. 304-636-5008

Rock Ministries Food Pantry 304-

637-5698

Salvation Army 304-265-3565

Summit Charities 304-637-3606

Tygart Valley Ministry 304-801-6098

Tyrand Cooperative Ministries, Inc.

304-335-2788

Women, Infant, and Children (WIC)

304-636-8100

Youth Health Service Family Support

Center 304-591-4052

Barbour County

Farmer's Market 304-457-5774

Heart and Hand 304-457-1295

Haven of Hope 304-823-3428

Faith Deliverance 304-823-2128

Berkeley County

Free meals at Immanuel's House 304-

596-1155

Community meals at Martinsburg
Union Rescue Mission 304-263-6901

Meals on Wheels 304-263-6622

Farmer's Market

304-263-1168

Grant County

Petersburg Interfaith Food Pantry

304-703-3376

Hampshire County

Food Pantry at the Romney United

Methodist Church

304-822-3023

Hardy County

Food Pantry at Moorefield Church of

God

304-538-7119

Jefferson County

Jefferson County Food Pantry

304-725-3186

For free meals, contact- Jefferson Co.

Community Ministries

304-725-3186

Meals on Wheels

304-725-1601

Lewis County

Broad Run Baptist Church

304-884-7413

Lewis County Food Pantry

304-269-4000

Lewis Co. WIC

304-269-1318

Meals on Wheels- LC Senior Center

304-269-5738

Our Neighbor	304-258-2148
304-269-6327	Food Pantry by Berkeley Baptist Church
WVU Family Nutrition Education	
304-269-4660	304-258-4101
WV Food Link	Food Pantry by St. Vincent De Paul Catholic Church
Foodlink.wvu.edu	
Victory Assembly of God Food Pantry	304-258-1311
304-269-5674	Food Pantry by Morgan County Interfaith Emergency Care

Mineral County

Food Pantry by Helping Hands	44 Bath ST. Berkeley Springs, WV 25411
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304-788-0110

Food Pantry by Faith in Action

Keyser

71 James ST. Keyser, WV 26726

Morgan County

God's Storehouse by Word of

Deliverance Church

Pendleton County

Pendleton County CANS

Ramblewood DR. Franklin, WV

26807

Preston County

Food for Preston

304-276-9447 or 304-379-3519

Taylor County

Food Pantries by Food for Preston

Taylor County Project Hop2e- Food

304-329-1028

Distribution Center

Food Pantry by Preston County

304-677-0379

Family Resource Network

Food Pantry by Taylor County Family

119 South Price ST. Kingwood, WV

Resources

26537

105 Beech ST. Grafton, WV 26354

Food Pantry by Catholic Charities

Tucker County

WV Raymond Wolfe Outreach Center

Tucker County FRN

304-329-3644

304-478-3827

Support Services for Families by

Upshur County

Preston County Starting Points

WVDHHR 304-473-4230

Family Resource Center

Braxton County

304-329-1968

Food Pantry by Sutton Baptist Church

Food Pantry by Kingwood Apostolic

305-765-5442

Church

Fayette County

305 South Price ST. Kingwood, WV

26537

Emergency Food Assistance by
Fayette County Emergency Food
Food Pantry by United Methodist
Church of Fayetteville
Center of Hope by Warm Hands from
Warm Hearts

Greenbrier County

Community Food Locker by Old
Stone Presbyterian Church
Food and Essentials Distribution by
Wellspring of Greenbrier, Inc. 304-
392-2095

McDowell County

Food Pantry by Five Loaves and Two
Fish 304-585-7295
Food Pantry by God's Grace Ministry
681-434-1121

Emergency Food Pantry by Council
of the Southern Mountains 304-436-
6800
Family Assistance Pantry by Big
Creek People in Action, Inc. 304-875-
3418
Mobile Pantry Program by Facing
Hunger Foodbank

Mercer County

Food Pantry by Kee Street United
Methodist Church
Food and Basic Needs Distribution by
Operation Compassion

Food Pantry by the Salvation Army
304-425-2971

Monroe County

Food Pantry by Peterstown United
Methodist Church

Nicholas County

Food Pantry by Summersville
Presbyterian Church

Pocahontas County

Harvest House Food Pantry 304-799-
6847

Raleigh County

Helping Hands Community Resource
Center by Beckley First Baptist
Church 304-253-4252

Food for Body and Soul Food Pantry
by Heart of God Ministries

Food Boxes by Beckley Dream
Center 304-252-3402

Baby Pantry by Beckley Dream
Center 304-252-3402

Food Pantry by The Salvation Army
304-253-9541

Summers County

Food Pantry by REACHH-Family
Resource Center

WellnessWorks Food Pantry by
Catholic Charities West Virginia 888-
900-2989

Webster County

Ongoing Services (Walk-In) by
Catholic Charities West Virginia 304-
847-7416

Food Pantry by Five Loaves & Two
Fishes Food Bank, Inc. 304-585-7295

Food Pantry by God's Grace Ministry
681-434-1121

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Hunger Foodbank