



## CLEMMONS FOOD PANTRY

is a local non-profit organization providing supplemental groceries to residents of Forsyth County who are in need. The Pantry was established in 2004 and since that time has extended its services to more than 175,000 people.

From the start it was determined that the Pantry would not turn away anyone in need, regardless of circumstance. This still holds true today and clients may receive groceries every 30 days, no matter their income or situation.



### Client Service Hours

Tuesdays 4:00-6:00 pm  
Thursdays 4:00-7:00 pm  
Saturdays 9:00-11:00 am

P.O. Box 871  
2585 Old Glory Road, Suite 109  
Clemmons, NC 27012  
(336) 331-3432  
clemmonsfoodpantry.org

*Clemmons Food Pantry, a 501(c)(3) non-profit organization, is committed to reducing hunger by providing supplemental groceries to residents of Forsyth County*

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish).

USDA is an equal opportunity provider and employer.

Our goal is  
to help  
more people,  
more often,  
with  
more food.



*A Partner Agency of Second Harvest Food Bank of Northwest NC,  
A member of Feeding America*

# Food Insecurity


Hunger in the U.S. is such a growing problem that the term “food insecure” has been coined to describe those who do not know where or how they will get their next meal.

## Who do you know that is “food insecure”?

Don’t fool yourself into thinking only the destitute, homeless, or “other people” need food assistance.

Hunger does not discriminate by age, gender, or ethnicity – and you would be surprised how many people in our community are food insecure.

 1 in 5 Americans are food insecure.

 1 in 4 North Carolina children under age 6 regularly face hunger and don’t know where their next meal will come from.

# You Can Help the Hungry

There are many ways you can help. Choose a role which best suits you.

## Volunteer

Opportunities to help include supporting fund raisers, shelving, shopping, picking up donated food from local stores, working at the Pantry during store hours, and many other ways to volunteer.

## Make a Donation

The Pantry can buy groceries at a discounted rate making your donations go even further.

## Organize a Food Drive (It’s Easy and Fun)

Just visit [clemmonsfoodpantry.org](http://clemmonsfoodpantry.org) to find everything you need to organize a food drive in your church, neighborhood, club or school.

## Make Your Office/Church a Pantry Partner

Collect food, apply for grants and donation matching opportunities and designate Clemmons Food Pantry as the recipient of your United Way donation.

## Encourage donations for memorials and special events like birthdays, anniversaries and weddings.

# Your Monetary Gifts Go a Long Way

Last year over 8,500 Forsyth county families received supplemental groceries from Clemmons Food Pantry.

A family of 1-4 receives an average of 30lbs of food per month. This has an average cost of \$33 and is a combination of donated goods and purchased fresh meat and produce.

You can make your donation online at [clemmonsfoodpantry.org](http://clemmonsfoodpantry.org) or by mailing a check to:

Clemmons Food Pantry  
P.O. Box 871  
Clemmons, NC 27012

*Donations may be tax deductible. Donation amounts are approximate based on average food prices.*

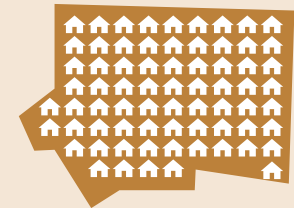
**Help is available. If you or someone you know is in need of food assistance, please call or visit Clemmons Food Pantry.**


# QUICK FACTS

Clemmons Food Pantry is one of the largest in the region.



Clemmons Food Pantry serves all of Forsyth county and serves more than 700 households each month.



 = 10 households served monthly

Each year over 320,000 pounds of food are distributed to needy individuals and families by Clemmons Food Pantry.



 = 10,000 lbs. of food distributed annually