



Manna Outreach, Inc.

931 McPherson Ave. Cincinnati, Ohio 45205 921-5344

Nibbles of Manna - We invite you to use any of the following announcements in your publications to help others know more about Manna Outreach, Inc. and the work it does through the food pantry in Price Hill. Some notices are short and some are longer, letting you pick what fits best in the space you have available!

Nibbles of Manna

- from the Manna Food Pantry, 931 McPherson Ave. Cincinnati, Ohio 45205, 921-5344

Have you heard of Manna? It is an emergency food pantry located in Price Hill that serves the west side of Cincinnati. We give food to individuals and families who are in need of healthy staple foods. In 2007, Manna provided food for 3488 families. Monetary donations and non-perishable foods are always welcome contributions (no glass container, please).

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The Manna food pantry is located in the basement of BLOC Ministries. This building, a former church, is located on the corner of McPherson and VanVey Avenues in East Price Hill. Volunteers from the community, area agencies, and supportive churches, staff and run the food pantry for those in need. Manna assists around 300 families each month. Peanut butter is a good nutritious non-perishable item that we often run out of (no glass containers, please).

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Who comes to the Manna food pantry for help? Single adults, Parents with children, Grandparents, anyone with a need for food. Adults show an ID and a document with their current address in order to allow us to keep records for statistics. If needed, Manna will assist a family as often as once a month. Manna opens its doors every Wednesday from 11:30 a.m. to 1:00 p.m. Manna is also open on the 3rd and 4th Saturday of each month from 12 noon to 1:00 p.m. Your donations to Manna are greatly appreciated by the families who receive help.

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Manna Outreach, Inc. is staffed completely by volunteers. Cincinnati churches, social agencies, civic organizations and individuals support, contribute and run the Manna food pantry. We encourage churches, groups and individuals in the entire Cincinnati area to donate to our pantry. Call Manna if you have an interest in helping at the food pantry.

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You may think of Manna as the local food pantry that helps out those who have need for groceries to make ends meet. And you would be right in thinking that! But did you know that Manna also has a Clothing and Household Item Room? We have dedicated volunteers who hang clothes, organize the room, and put out seasonally appropriate items. Depending on the amount of clothing and items we have, clients may choose

things appropriate for their family. What a great help this is to the families who come to Manna. This part of Manna is run strictly on donations. Jeans, bedding and baby clothes are a few of the things we always need. Please call or email us to check on our current needs for this room!

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Where does Manna Outreach, Inc. get the food it gives out? We get it from the generous donations of food from schools, churches, groups, and individuals. As a food pantry, Manna is able to buy some food items from the Free Store/Foodbank at a very low cost per pound. Monetary donations are very important and allow the purchase of needed items on a timely basis to supply clients needs. Call Manna if you would like a speaker to address your group and explain more about the emergency food pantry.

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Where in the Bible do we find out about Manna? In Exodus Chapter 16 the LORD said to Moses, "I will rain down bread from heaven for you." In the morning there was a layer of dew around the camp. When the dew was gone, thin flakes like frost on the ground appeared on the desert floor. When the Israelites saw it, they said to each other, "What is it?" Moses said, "It is the bread the LORD has given you to eat. This is what the LORD has commanded: 'Each one is to gather as much as he needs.'" The people of Israel called the bread manna. It was white like coriander seed and tasted like wafers made with honey. The Israelites ate manna forty years, until they reached the border of Canaan.

Manna Outreach, Inc. chose this word to use as the name for the emergency food pantry. It indicates we are dependent on God and the goodness of God's people for daily bread, both for ourselves and for those in great need.

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"I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me." Matthew 25:40 (NIV) When Jesus spoke these words, he called us to do, to give, and to contribute so that we might help our brothers and sisters. Those who come to the Manna food pantry are never treated as 'the least', but as valued people of our community who simply have greater need for food than they can supply themselves. Sharing what we have with others is a basic moral and spiritual value. At Manna, serving others and sharing gifts so generously given to help others is what we do best! Help Manna help those in our community!

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Let them give thanks to the Lord for his unfailing love and his wonderful deeds for men, for he satisfies the thirsty and fills the hungry with good things. Psalm 107:8-9 (NIV)

While some volunteers at Manna are members of the many churches in our community, we are careful about how we share our faith in God. If we are asked, a person of faith will talk with clients about God. However, there are no religious requirements for either volunteers or clients, and no expectations placed on clients. Volunteers work together, crossing lines of faith and belief, and agree that we give freely to others, as God has given his love freely to us. Your contributions are a part of that love that Manna distributes through bags of groceries and a caring attitude.