



# AGING WELL TOGETHER: NURTURING THE BODY

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## Faith, Aging, & Nutrition: A How-To Senior Nutrition Guidebook

11/1/2015

This Guidebook is a cooperative effort between the Orange County Department of Aging Project Engage Senior Resource Team, and members of the Orange County faith community. Together, we seek solutions to the nutritional challenges experienced by Orange County older adults intending to age in place. This Guide identifies some of the difficulties, describes available services, and provides guidance and inspiration to faith and community based organizations interested in incorporating senior nutrition into their care and compassion ministries.

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<p><b>1.0 INTRODUCTION</b></p>	<p>Seniors may not be eating well for many reasons. But, Faith and Community Based Organizations, neighbors, adult children of seniors, and caregivers can become more aware of nutritional obstacles to successfully address them.</p> <p><b>1.1 Why this guide was written</b>  <b>1.2 How to get the most from the guide</b></p>
<p><b>2.0 OBTAINING FOOD</b></p>	<p>As we age we may experience challenges to getting food, including: limited finances, difficulty walking and/or carrying heavy, bulky packages, poor vision, decreasing stamina, the social stigma of “taking too long at the checkout,” and changing food tastes. However, Orange County seniors have several options.</p> <p><b>2.1 Groceries and big box stores</b>  <b>2.2 Farmers Markets</b>  <b>2.3 Food Trucks and The LoMo Market</b>  <b>2.4 Community Gardens &amp; Community Supported Agriculture (CSA)</b>  <b>2.5 Food Banks and Pantries</b>  <b>2.6 Senior Centers and Church Kitchens</b>  <b>2.7 Home delivery (Meals on Wheels, Mail Order)</b>  <b>2.8 Personal Services</b></p>
<p><b>3.0 COOKING</b></p>	<p>As we age, cooking may become a chore because:</p> <ul style="list-style-type: none"> <li>• The social component linking cooking and shared meals is lost</li> <li>• Fear of fire, being scalded, or forgetting an unattended pot</li> <li>• Poor vision interferes with using the microwave</li> <li>• Mishandling food and undercooking pose health risks</li> <li>• Lack of stamina makes the task of cooking and cleanup feel endless and overwhelming</li> <li>• Loss of strength and manual dexterity increase risk of accidents and injuries (e.g., lifting hot, heavy pots, using sharp utensils)</li> </ul> <p><b>3.1 Food safety and cross contamination</b>  <b>3.2 Kitchen Cutlery, Conveniences and Technology</b>  <b>3.3 Simple meals and one pot eating</b></p>
<p><b>4.0 EATING</b></p>	<p>As we age, our food and nutrition may inadvertently suffer, due to:</p> <ul style="list-style-type: none"> <li>• Lack of good food choices</li> <li>• Losses in vision, sense of smell and taste</li> <li>• Loss of mobility and impaired mental function</li> <li>• Social isolation, loneliness and depression</li> <li>• Poor fitting dentures or loss of teeth</li> <li>• New dietary restrictions</li> </ul> <p><b>4.1 Food groups and nutrition (Pyramids, Plates and what we eat)</b>  <b>4.2 Living with food restrictions</b></p>

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<p><b>5.0 PAYING</b></p>	<p>As we age, income and liquid reserves may strain to meet our nutritional needs. In fact, <b>X% of residents above y years of age are at or below poverty level in Orange County.</b> Typical nondiscretionary big ticket items (e.g., roof repair, appliance replacement) can reduce liquid reserves, thereby further reducing future income. At the same time, social stigma and invasion of privacy may prevent a person asking for or accepting financial help.</p> <p><b>5.1 Cash, Checks, and Cards</b> <b>5.2 Federal Food Subsidy (SNAP, formerly “Food Stamps”)</b> <b>5.3 Benevolence Program Support</b></p>

## 1.0 INTRODUCTION

<b>1.1</b> <b>Why this Guide was written</b>	<p>Seniors may not be eating well when getting and preparing food, and even eating, has become an overwhelming. With age, it is often increasingly difficult to muster the stamina &amp; skills necessary to successfully shop and pay for groceries, prepare nutritious meals, and to maintain an appetite.</p> <p>In these chapters we identify and address nutritional issues for those aging in place, such as:</p> <ul style="list-style-type: none"><li>• Tips and resources to improve the mealtime experience</li><li>• Existing options to overcome nutritional challenges</li><li>• Financial subsidies</li><li>• Ways to assess and address financial need</li></ul> <p>It is our hope that by using this Guide, faith and community based organizations and individuals might identify viable to help alleviate senior hunger, such as assisting congregants with:</p> <ul style="list-style-type: none"><li>• Obtaining food or coordinating home delivery service</li><li>• Reducing the effort required by meal preparation</li><li>• Reducing social isolation</li><li>• Being mindful of physical, mental, and spiritual issues interfering with good nutrition</li><li>• Compassionate, equitable solutions to financial limitations</li></ul>
<b>1.2</b> <b>How to get the most from the Guide</b>	<p>Read the Table of Contents to identify some of the challenges residents aging in place experience.</p> <p>Read 1.0 INTRODUCTION in its entirety.</p> <p>Isolate your area(s) of interest through the outline &amp; bullet format</p> <p>Use the numbering system to guides you to a specific topic or subtopic (e.g., 1.0 broken down to 1.1, 1.2, etc.)</p> <p>Page numbers are preceded by the header numbering scheme.</p>

## 2.0 GETTING FOOD - SOURCES OF FOOD

### 2.1 Groceries and big box stores

This list of major grocery chains and “big box” stores in Orange and nearby Durham Counties each contain:

- Web site
- Customer service number
- Special senior services and discounts, if any
- Locations and business hours

Disclaimer: We’ve done our best to capture the most current and correct information, but certain information may change over time.

#### Grocery Stores

- Food Lion
- Harris Teeter
- Kroger
- Trader Joes
- Weaver Street
- Whole Foods

#### Food Lion (6)

<https://www.foodlion.com/stores/>

Customer service: 1-800-210-9569

- ✓ No senior discount
- ✓ Offers “2 for” program
- ✓ Lower prices than most grocery stores
- ✓ Can use coupons with discount deductions (MVP savings)
- ✓ Community outreach program: Food Lion Feeds
- ✓ Weekly Ad (lists best deals)

#### Food Lion Grocery Store of Hillsborough

106 Rebecca Dr  
Hillsborough, NC 27278  
919-732-6168

**STORE HOURS** Sun-Sat: 7:00 am-10:00 pm

#### Food Lion Grocery Store of Hillsborough

101 N Scotswood Blvd  
Hillsborough, NC 27278  
919-732-5964

**STORE HOURS** Sun-Sat: 7:00 am-11:00 pm

#### Food Lion Grocery Store of Chapel Hill

1129 Weaver Dairy Rd  
Chapel Hill, NC 27514  
919-929-0458

**STORE HOURS** Sun-Sat: 7:00 am-11:00 pm

#### Food Lion Grocery Store of Chapel Hill

1720 N Fordham Blvd  
Chapel Hill, NC 27514  
919-967-2613

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**STORE HOURS** Sun-Sat: 7:00 am-11:00 pm

**Food Lion Grocery Store of Carrboro**

104 NC Hwy 54 Unit A  
Carrboro, NC 27510  
919-932-1589

**STORE HOURS** Sun-Sat: 7:00 am-11:00 pm

**Food Lion Grocery Store of Carrboro**

602 Jones Ferry Road, Unit A  
Carrboro, NC 27510  
919-942-0916

**STORE HOURS** Sun-Sat: 7:00 am-11:00 pm

**Harris Teeter (5)**

<http://www.harristeeter.com/>

- ✓ Offers buy one, get one weekly
- ✓ 5% discount for seniors on Thursdays (must be 60 and over)
- ✓ Meal Deals each week (buy 5 items for almost half the cost)
- ✓ Community outreach program: HT Supports
- ✓ Can use coupons with discount deductions (VIC Savings)
- ✓ Weekly Ad (lists best deals)

**Martin Luther King Blvd Location**

1800 Martin Luther King Jr Blvd  
Chapel Hill, NC 27514  
919-968-0110

**Store Hours:** Open 24 hrs

**University Mall**

2110 S Estes Dr  
Chapel Hill, NC 27514-7001  
919-933-5700

**Store Hours:** Open 24 hrs

**Meadowmont Village**

116 West Barbee Chapel Rd  
Chapel Hill, NC 27517  
919-932-5020

**Store Hours:** Open 24 hrs

**Chatham Downs Shopping Center**

88 Chatham Downs Dr  
Chapel Hill, NC 27517  
919-960-0275

**Store Hours:** Open 24 hrs

**Carrmill Mall**

310 N Greensboro St  
Carrboro, NC 27510-1724

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919-942-8564

**Store Hours:** Open 24 hrs

### **Kroger (2)**

<https://www.kroger.com/>

✓ Once per week 5% weekly discount (must be 60 and over)

#### **Kroger**

3420 Southwest Durham Dr

Durham, NC 27707

919-403-6945

**Store Hours:** Sun - Sat: 6:00 AM - Midnight

#### **Kroger**

202 W Nc Highway 54

Durham, NC 27713

Store Phone: (919) 361-9893

Pharmacy Phone: (919) 361-9427

**Store Hours:** Sun - Sat: 6:00 AM - 1:00 AM

### **Trader Joe's (1)**

<http://www.traderjoes.com/>

✓ No senior discount

✓ Many items are cheaper than other grocery stores

#### **TJ's Chapel Hill**

1800 E Franklin St

Chapel Hill, NC 27514

919-918-7871

**Hours** 8AM - 9PM (Mon-Sun)

### **Weaver Street Market (3)**

<http://www.weaverstreetmarket.coop/>

✓ No senior discount

✓ Established relations with OCIM and IFC

✓ Offers co-op membership and extra discounts for fee

#### **Weaver Street Carrboro**

101 EAST WEAVER STREET, CARRBORO NC 27510

919-929-0010

**Hours** Open daily, 7am - 10pm

#### **Weaver Street Hillsborough**

228 SOUTH CHURTON STREET, HILLSBOROUGH NC 27278

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919-245-5050  
**Hours** Open daily, 7am - 9pm

**Weaver Street Chapel Hill**  
716 MARKET STREET, CHAPEL HILL NC 27516  
919-929-2009  
**Hours Open** daily, 7am - 10pm

### **Whole Foods (1)**

<http://www.wholefoodsmarket.com/>

- ✓ No senior discount
- ✓ Rewards Program-late 2015, all chains will offer – discounting items, earn points to use towards item, as well as, store experiences (cooking classes)
- ✓ Money saving tips

**Whole Foods Chapel Hill**  
81 South Elliot Road  
Chapel Hill, NC 27514  
Phone: 919.968.1983  
**Hours:** 7 AM to 10 PM seven days a week (store and café)

### Big Box:

- Costco
- Sam's Club
- Walmart

### **Costco (1)**

<http://www.costco.com/>

**Costco Durham**  
1510 N Pointe Dr  
Durham, NC 27705-3405  
(919) 220-2770  
**Hours:**  
M-F 10:00am - 8:30pm  
Sat. 9:30am - 6:00pm  
Sun. 10:00am - 6:00pm

### **Sam's Club (1)**

<http://www.samsclub.com/sams/homepage.jsp>

**Durham Club (#4831)**  
4005 Durham Chapel Hill Blvd.  
Durham, NC 27707

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	<p>(919) 489-8160 <b>Hours:</b> Monday-Friday 10 a.m. - 8:30 p.m. Saturday 9 a.m. - 8:30 p.m. Sunday 10 a.m. - 6 p.m.</p> <p><b>Walmart (2)</b> <a href="http://www.walmart.com/">http://www.walmart.com/</a> ✓ No senior discount</p> <p><b>Hillsborough Walmart Supercenter</b> 501 Hampton Pointe B Hillsborough, NC 27278 (919) 732-9172 <b>Store hours:</b> Open 24 Hours</p> <p><b>Chapel Hill Walmart</b> 12500 Us 15 501 N Chapel Hill, NC 27517 (919) 357-9039 <b>Store hours:</b> Open 24 Hours</p>
<p><b>2.2 Farmers Markets</b></p>	<p>A Farmer's Market is a regular gathering of farmers who offer their harvest for sale directly to the public.</p> <p>Farmer's Markets include seasonal fruit and vegetables as well as meats, cheeses, flowers, herbs, spices, breads, sweets, etc. Most display signs describing their production methods, and are happy to discuss chemical-free approaches to farming.</p> <ul style="list-style-type: none"><li>● Current Orange County Farmer's Markets<ul style="list-style-type: none"><li>○ Eno River</li><li>○ Hillsborough</li><li>○ Lucksters</li><li>○ Efland</li><li>○ Carrboro</li><li>○ Chapel Hill at University Place</li><li>○ Fearington Village</li></ul></li><li>● Neighborhood stands and 'u-pick' farm stands<ul style="list-style-type: none"><li>○ With overabundance comes neighbors offering some of their excess at the end of their driveway.</li><li>○ Freshly picked! Ready for immediate consumption!</li><li>○ Quantities tend to be small and availability isn't always predictable</li><li>○ Best if you catch them as you are driving by</li><li>○ Senior Centers: Mr. Emory</li></ul></li><li>● Produce stands<ul style="list-style-type: none"><li>○ A cross between a grocer and a farmer's market.</li><li>○ Like a grocer, a single seller aggregates seasonal produce; not</li></ul></li></ul>

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	<p>necessarily local nor from small farms</p> <ul style="list-style-type: none"> <li>○ Sells from an outdoor venue, resembling a farmer in a farmer’s market</li> <li>○ Seller is not a grower and may or may not be familiar with agricultural methods of grower</li> <li>○ Locations             <ul style="list-style-type: none"> <li>▪ East side of S Churton St, Hillsborough, north of Orange Grove Rd, South of Weaver St Market &amp; Rt 70A</li> </ul> </li> </ul>
<p><b>2.3 Food Trucks and “The LoMo Market”</b></p>	<p>Food Trucks</p> <ul style="list-style-type: none"> <li>● Deliver specialized, limited menus, usually prepared in the truck</li> <li>● Are very mobile; tend to appear at parking lots or near special events; zoning permits are required</li> <li>● Are not very user friendly to older adults, (high counters, challenging chalkboard menus, long lines, rushed service, food trays and containers are inadequate if they exist at all)</li> <li>● Good for customized mobility feature, but may be expensive</li> </ul> <p>The LoMo Market</p> <ul style="list-style-type: none"> <li>● The LoMo ("Local Mobile") Market is a mini farmers' market on wheels that brings local “flowers, seafood, meat, goat cheese, spices, jams.”</li> <li>● Multiple locations in the Bull City, Chapel Hill, Raleigh, Cary, and Wake</li> <li>● Follows a weekly schedule, Tuesday through Sunday.</li> <li>● Each scheduled stop is about 90 minutes.</li> <li>● Customers can preorder or step into the food truck to purchase “ad hoc”.</li> <li>● Small presence within Orange County             <ul style="list-style-type: none"> <li>○ <b>Tuesdays</b> 10:00am - 12:00pm UNC Wellness at Meadowmont, Chapel Hill</li> <li>○ <b>Saturdays</b> (typical day’s schedule)</li> <li>○ 8:15am - 9:45am Bedford at Falls River, Raleigh</li> <li>○ 10:00am - 11:30am The Preserve, Chapel Hill</li> <li>○ 10:30am - 1:00pm Saturday Market, Raleigh</li> <li>○ 12:30pm - 2:00pm Briar Chapel, Chapel Hill</li> <li>○ 1:45pm - 3:15pm Renaissance Park, Raleigh</li> </ul> </li> <li>● Visit Website to find locations and times: <a href="http://lomomarket.com/">http://lomomarket.com/</a></li> <li>● Contact <a href="mailto:info@lomomarket.com">info@lomomarket.com</a> if you want to establish a stop.</li> </ul>
<p><b>2.4 Communi ty Gardens and CSAs</b></p>	<p><b>Community Gardens:</b> Volunteer gardeners using land granted for such use (typically church or community property);</p> <ul style="list-style-type: none"> <li>● Example: Anathoth garden in Cedar Grove (<a href="http://anathothgarden.org/">http://anathothgarden.org/</a>)</li> </ul> <p><b>CSA: Community Supported Agriculture</b></p> <ul style="list-style-type: none"> <li>● Direct access to high quality, fresh produce grown locally by regional farmers</li> <li>● Before the start of the season, members purchase a “share” of the harvest.</li> <li>● Members receive a share (box) of the weekly crop as it is picked throughout the harvest season.</li> <li>● Well run CSA’s may form a cooperative with other farmers to improve the variety delivered in each CSA “box”.</li> </ul>

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	<ul style="list-style-type: none"> <li>• CSA decides what is in each box based on harvest, so it is difficult to anticipate box contents and to consume all that may be in a box.</li> <li>• Usually members need to pick up their weekly box from a CSA distribution point.</li> <li>• Currently 41 CSAs serve Chapel Hill area &amp; are listed at (<a href="http://www.localharvest.org/chapel-hill-nc/csa">http://www.localharvest.org/chapel-hill-nc/csa</a>)</li> </ul>
<h3>2.5 Food Banks &amp; Pantries</h3>	<p>A <b>Food Bank</b> is a non-profit, charitable organization That distributes food to those who have difficulty purchasing enough food to avoid hunger. Typically, they are operated as a “warehouse” to store and distribute food to front line agencies like a <b>food pantry</b> or “soup kitchen.”</p> <ul style="list-style-type: none"> <li>• Sources of food include for-profit growers, manufacturers, distributors and retailers who in the normal course of business have excess food that they cannot sell as well as from individual donors.</li> <li>• A food pantry may perform functions of a food bank; or they may specialize in distribution and rely on a food bank warehouse for supply.</li> <li>• Some pantries broadened their offerings to include fruits and vegetables that local grocers and farmers cannot sell.</li> <li>• Typically, recipients may avail themselves to one allotment of groceries per month.</li> <li>• Recipients may need a referral from a church pastor or Department of Social Services</li> </ul> <p><b>Disclaimer: We’ve done our best to capture the most current and correct information. Hours and sites can go out of date quickly. Please be sure to verify sites, hours and restrictions when you want to visit or refer.</b></p> <p><a href="http://WWW.FOODPANTRIES.ORG">WWW.FOODPANTRIES.ORG</a> lists the following PANTRIES:</p> <p><b>Hillsborough (4)</b></p> <p><b>Orange Congregations Mission</b>          300 Millstone Drive          Hillsborough, NC - 27278          919-732-6194  <b>Pantry hours:</b> Mon-Fri 9am-5pm</p> <p><b>Friends of Orange County DSS</b>          300 W. Tryon Street          Hillsborough, NC - 27278          Hillsborough (919) 245-2800          Chapel Hill (919) 968-2000  <b>Pantry hours:</b> M-F/8a-5p</p> <p><b>Cedar Grove Mt. Zion AME Church</b></p>

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5124 Highway 86 North  
Hillsborough, NC - 27278  
919-732-5450

**Pantry hours:** 3rd Friday/month 12-2pm, and as needed

### **Abundant Life Church**

512 Hwy 70 East  
Hillsborough, NC - 27278  
(919) 732-6460

**Pantry hours:** Tues 6pm until ; and as needed. Does not distribute on 5th Tuesday.

### **Chapel Hill (2)**

#### **Chapel Hill Interfaith Council Community House & Kitchen: Shelter and Meals**

100 W. Rosemary St.  
Chapel Hill, NC  
(919) 967-0643

Website: <http://www.ifcweb.org/services.html>

#### **Take and Eat Food Pantry (for Eastern Chatham County)**

@ Evergreen United Methodist Church  
11098 Hwy 15-501 N  
Chapel Hill, NC - 27517  
919-533-9330

#### **Pantry hours:**

1st Tuesday of every month from 6:30 pm to 7:30 pm  
2nd Tuesday of every month from 10:00 am to 11:00 am  
3rd Tuesday of every month from 6:30 pm to 7:30 pm  
4th Tuesday of every month from 6:30 pm to 7:30 pm

### **Carrboro (1)**

#### **Inter-faith Council/Chapel Hill**

Carrboro, NC - 27510  
919-929-6380 X1

**Pantry hours:** Monday-Friday, 9am-5pm; Tues and Wed 5-7pm

[WWW.FOodbANKCENC.ORG](http://WWW.FOodbANKCENC.ORG) lists these direct distribution hubs:

- ✓ Sponsor: Food Bank of Central and Eastern North Carolina.
- ✓ Sponsored and hosted in neighborhoods by volunteers
- ✓ Open to all community members who might benefit from extra fresh food assistance.
- ✓ No ID required; no questions asked
- ✓ Products vary based on availability of donations.

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- ✓ Food types include: fresh vegetables, fruit, bread, cold salads (potato, macaroni, slaw, etc) and occasionally water or juice.
- ✓ Bring your own boxes and bags
- ✓ Questions: 919 875-0707; get on distro – write [info@foodbankcenc.org](mailto:info@foodbankcenc.org)

**Bright Sun, Chapel Hill :**

When: FIRST WEDNESDAYS at 10 am

Where: cul-de-sac of Bright Sun Place off of New Stateside Drive which is off of MLK near Timberlyne in Chapel Hill

**S Estes/Ridgefield, Chapel Hill :**

When: FIRST FRIDAYS, at 10 am

Where: S. Estes Extension near University Mall

**St. Joseph’s Church, Chapel Hill:**

When: FIRST FRIDAYS, at 5- 7 pm

Where: 510 W. Rosemary Street (at the corner of Roberson Street; near Hargraves Center )

**Trinity/Pritchard Apartments, Chapel Hill :**

When: SECOND WEDNESDAYS, at 10:30 AM

Where: parking lot of Pritchard Apartments in Chapel Hill, North Pritchard Avenue

**Church of Reconciliation/Elliott Woods, Chapel Hill:**

When: SECOND FRIDAYS, at around 2:30-3 pm

Where: 110 Elliott Road, Chapel Hill (The entrance is off Elliott Road about 1/2 block North of Franklin Street (the opposite direction from Wellspring Plaza). Turn right into the driveway at the church sign (also the driveway f or Elliott Woods), and then take the first left into the church parking lot or the church office, take the second left instead of the first.

**Gomains Street Community, Chapel Hill :**

When: FOURTH MONDAYS, at 3 pm

Where: in front of 604B Gomains Street (If you go down Church street from Rosemary, go left on Caldwell and you will run into Gomains Street).

**Efland Cheeks Community Center, Efland:**

When: SECOND FRIDAYS, at approx 1:30 pm

Where: Efland Cheeks Community Center, 117 Richmond Rd., Mebane, NC; off of Highway 70 in Efland

**ABIDE Community Center, Lattisville Church, Hurdle Mills:**

When: SECOND TUESDAYS, at 3 pm

Where: ABIDE Community Center at Lattisville Church, 9201 Walnut Grove Church Rd, Hurdle Hills (From Hillsborough take Highway 86, go 4 miles north of Hillsborough, turn right on Walnut Grove Church Rd. and travel 8 miles to the

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former Lattisville Grove Church on the right.)

**Glenn's Grove Missionary Baptist Church, Rougemount:**

When: THIRD FRIDAYS, at 10:30 am

Where: Glenn's Grove Missionary Baptist Church in Rougemount at 7001 Guess Road. This is on Highway 157 near Caldwell --going towards Person County. From Hillsborough take 57 north and then take 157 towards Durham.

**Whitted Forest Apartments, Hillsborough:**

When: THIRD FRIDAYS, at 10 am

Where: Whitted Forest Apartments, 115 Holiday Park, Hillsborough, NC; Off of Highway 70 across from the Hillsborough Mot or Lodge.

**The Northern Center, Cedar Grove:**

When: FOURTH FRIDAYS, at 1 pm

Where: the Northern Center off of Highway 86 in Cedar Grove.

**Palmers Grove Church, Hillsborough:**

When: FOURTH SATURDAYS, at 9 am

Where: Palmers Grove Church, Palmers Grove Church Road which is after the intersection of Business and Bypass Highway 70. If you are coming from Hillsborough turn left on Palmers Grove Church Road and from the Durham side - turn right on Palmers Grove Church Road. There is a big sign for the church at the intersection.

**Piney Grove Church in Hillsborough:**

When: usually the fifth Fridays of the month, at 11:30 am

Where: 1929 Piney Grove Church Rd; Hillsborough

Phone: 919-732-9420

**Carr United Methodist Church, Cedar Grove:**

When: usually the fifth Fridays of the month, at 10:30 am

Where: Carr Store Rd. The church is on highway 49 at the intersection of 49 and Carr Store Rd (Cedar Grove area).

[HTTP://PORCHNC.ORG/PORCH/FOOD FOR PANTRIES](http://porchnc.org/porch/food_for_pantries) lists these

distribution sites:

**St. Joseph CME Church** runs a pantry in the basement of its church that is open to the public five afternoons a week to better meet the needs of the hungry in the community.

**Orange County Department of Social Services (DSS)** runs an emergency pantry for families facing crisis situations.

**Orange Congregation in Mission** is a private non-profit ministry composed of close to 50 congregations in northern Orange County. Its pantry strives to meet the emergency needs of those families living in the more remote parts of northern Orange County.

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**Compass Center for Women and Families** distributes emergency food to victims of domestic violence who are currently receiving crisis services from Compass Center. About 8 to 10 women receive supplemental food through Compass Center each month.

**Triangle Church** runs a brand new pantry offering groceries to church members and nearby residents in need.

**Friends of DSS** hand delivers food to elderly and disabled shut-ins living in the more rural parts of Orange County. It also serves young women with children who are recent high school graduates and actively seeking employment through the county's Work First program.

**The Orange County Family Resource Center** receives state funds to help prevent child abuse and neglect among students attending schools. Over 160 children are eligible to receive services through the four centers in Dobbins Hills, South Estes, and Trinity Court public & Pritchard Park. Due to recent cuts in the state budget, funding for healthy after-school snacks for these at-risk students has been eliminated. To fill the void, PORCH is delivering fresh fruits, vegetables, and milk to the after school programs.

**Rogers Road Community Center**, which serves the lower-income families living in this historic African-American community. The Rogers Road neighborhood also includes 75 Habitat for Humanity homes owned by many Latino and Burmese refugee families.

[WWW.HOMELESSSHELTERDIRECTORY.ORG](http://WWW.HOMELESSSHELTERDIRECTORY.ORG) lists the following pantries:

### **Orange County (2)**

**Inter-Faith Council For Social Service**

110 W Main St, Carrboro, NC 27510

Phone: 919-929-6380 X16

**Food pantry hours: Monday-Friday, 9am-5pm; Tues and Wed 5-7pm.**

**Evergreen United Methodist Church**

11098 US Hwy 15 501 N, Chapel Hill, NC 27517

Phone: (919) 968-0198

**Food pantry service hours: 2nd, 3rd and 4th Tuesdays of the month from 6pm -7pm. .**

### **Durham County (20)**

**First Pentecostal/Durham**

2008 W Carver St, Durham, NC 27705

Phone: 919-477-6555

**Food pantry service hours: Tuesdays; call for appointment by 8:30am on day of distribution**

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**Christian Assembly Emergency Food Pantry**

5516 N Roxboro Rd, Durham, NC 27712

Phone: 919-471-0220

**Food pantry service hours: Thursdays, 4-6pm.**

**St. James of Durham Baptist Church**

1305 W Club Blvd, Durham, NC 27705

Phone: (919) 286-3680.

**Food pantry service hours: 4th Saturday, 10am-12pm, and as needed. .**

**Ark of Safety Outreach-Ministry Inc.**

1410 Humphrey St, Durham, NC 27701

Phone: 919-620-7774

**Food pantry service hours: Wednesdays, 6-7pm and 8:30-9pm; and as needed; delivery available to elderly persons. .**

**First Calvary Baptist Church**

1311 Morehead Ave, Durham, NC 27707

Phone: (919) 489-6576

**Food pantry service hours: Tuesdays and Thursdays, 10am-1pm, and as needed. .**

**Urban Ministries Of Durham Inc**

410 Liberty St, Durham, NC 27703

Phone: (919) 682-0538

**Food pantry service hours: Assist up to 26 households per day of service, Monday-Thursday from 9-11 a.m. Visitors must please wait outside until signup begins at 9 a.m.**

**Eligibility requirements:** Identification and documentation of one of the following criteria:

- ✓ Children living in household 18 years of age or younger
- ✓ Disability
- ✓ 62 years of age or older

**Fisher Memorial United Holy Church**

420 E Piedmont Ave, Durham, NC 27707

Phone: 919-682-7416

**Food pantry service hours: Wednesdays, 12-1pm. .**

**Durham First Assembly of God**

1034 Hamlin Rd, Durham, NC 27704

Phone: (919) 471-1370

**Food pantry service hours: Sundays 9:30-10:30 by appointment. .**

**Church of God of Prophecy- Durham**

3530 Dearborn Dr, Durham, NC 27702

Phone: 919-688-7838

**Food pantry service hours: Every 3rd Sat: 9a-11a and as needed for emergency needs.**

**God's House of Refuge**

622 Gary St, Durham, NC 27703

## 2.0 GETTING FOOD – SOURCES OF FOOD

	<p>Phone: (919) 682-7611  <b>Food pantry service hours: 3rd Thursdays, 4-6 pm. .</b></p> <p><b><u>Oak Grove UA Free Will Baptist Church,Inc</u></b>              801 Colfax St, Durham, NC 27701              Phone: (919) 682-4710  <b>Food pantry service hours: Mon, Tue, 9a.m.-noon; Thurs 9:30am-12pm, or by appointment.</b></p> <p><b><u>Salvation Army-Durham</u></b>              909 Liberty St, Durham, NC 27701              Phone: 919-688-7306, or (919) 682-7842  <b>Food pantry service hours: Mon- Fri 8a.m.-5pm.</b></p> <p><b><u>Asbury Temple United Methodist Church</u></b>              201 S Alston Ave, Durham, NC 27701              Phone: 919-688-4578  <b>Food pantry service hours: 2nd and 4th Saturdays, 8:30-11:30am hot meals to-go.</b></p> <p><b><u>Mt. Zion Christian Church</u></b>              3519 Fayetteville Rd, Durham, NC 27707              Phone: 919-688-4245  <b>Food pantry service hours: Mon-Fri 9:30-11:30 a.m.</b></p> <p><b><u>Faith Gospel Tabernacle</u></b>              663 Troy St, Durham, NC 27703              Phone: 919-596-4533</p> <p><b><u>Emmanuel Pentecostal Temple /Durham</u></b>              2722 E Main St, Durham, NC 27703              Phone: 919-596-0038  <b>Food pantry service hours: 1st and 3rd Mondays/month, 4-7pm.</b></p> <p><b><u>Calvary Baptist Church/ Durham</u></b>              1204 Lynn Rd, Durham, NC 27703              Phone: 919-596-2592  <b>Food pantry service hours: 3rd Thursday of the month, 6:30-7:30p.m. Clients should call at 9:30am on 3rd Thursday to sign up with church secretary. .</b></p> <p><b><u>Friends Of Triangle Seniors And Food Assistance</u></b>              2530 Meridian Parkway, Durham, NC 27713              Phone: (919) 286-9002</p> <p><b><u>On Fire for God (OFFG)</u></b>              3741 Wake Forest Hwy. Durham, NC 27703              Phone: 919-596-6194  <b>Food pantry service hours: Tuesday-Friday, 10am-12:30pm.</b></p>
<p><b>2.6 Senior</b></p>	<p>Senior Center Lunches</p> <ul style="list-style-type: none"> <li>• At the present time anyone over the age of 60 may eat lunch at either Central Orange or Seymour Senior Center;</li> <li>• A meal ticket is given to each person who appears in person at the</li> </ul>

## 2.0 GETTING FOOD – SOURCES OF FOOD

<p><b>Centers and Church Kitchens</b></p>	<p>senior center if their name is on “the list” .</p> <ul style="list-style-type: none"> <li>• Tickets are available beginning at 11:00 AM every Mon - Fri, until they run out of tickets and no more meals are available that day.</li> <li>• To have your name on “the list” you must be a member of the senior center <b>(insert here a description of this is how you join)</b></li> <li>• to have your name on “the list” you must also complete form ... <b>insert name of form...</b> available at the front desk.</li> <li>• If you intend to eat at each senior center on different days you need to join both senior centers and complete <b>...insert the name of the form...</b> form <b>for each center.</b></li> </ul> <p>Church Kitchens</p> <ul style="list-style-type: none"> <li>• Many church communities sponsor breakfasts, luncheons or dinners at regular intervals during the year.</li> </ul>
<p><b>2.7 Home delivery (e.g., Meals on Wheels, Mail Order)</b></p>	<p><b><u>Mail Order</u></b></p> <ul style="list-style-type: none"> <li>• An alternative to shopping in grocery stores</li> <li>• Popularized and encouraged for emergency preparedness and “Survivalists”</li> <li>• Camping supply stores and weight control organizations (e.g., Jenny Craig)</li> <li>• Order on-line/pay with credit card to complete order</li> </ul> <p><b><u>Restaurant Delivery</u></b></p> <ul style="list-style-type: none"> <li>• On-line menus from various restaurants or aggregated by third party service</li> <li>• Delivered through restaurant or third party service</li> </ul> <p><b><u>Meals on Wheels – Chapel Hill, Carrboro, southern Orange</u></b></p> <ul style="list-style-type: none"> <li>• To arrange for a hot midday meal delivery; complete a form at <a href="http://chcmow.org">chcmow.org</a> or call 919-942-2948</li> <li>• Eligibility:             <ul style="list-style-type: none"> <li>○ Elderly</li> <li>○ Physically or mentally disabled and in need of assistance</li> <li>○ Unable to prepare nutritious meals and do not have local caregivers able to do so for you</li> <li>○ Live in Chapel Hill, Carrboro, or surrounding area</li> </ul> </li> <li>• Service:             <ul style="list-style-type: none"> <li>○ Meals delivered between 10:45 AM and 12:30 pm Monday through Friday</li> <li>○ Each meal contains one lean protein, two vegetables, one complex carbohydrate (e.g. bread, rice, beans), a pint of milk, fruit, and dessert</li> </ul> </li> <li>• Cost             <ul style="list-style-type: none"> <li>○ The maximum charge for each meal is \$5.00</li> <li>○ Recipients pay on a sliding scale based on their individual circumstance, including no charge at all.</li> </ul> </li> </ul>

## 2.0 GETTING FOOD – SOURCES OF FOOD

	<p><b><u>Meals on Wheels: Orange Congregations in Mission</u></b></p> <ul style="list-style-type: none"> <li>• To arrange meal delivery; call 919-732-6194, ext 14</li> <li>• Eligibility:             <ul style="list-style-type: none"> <li>○ Home alone during the day</li> <li>○ Unable to prepare meals due to physical or cognitive losses</li> <li>○ Unable to drive</li> <li>○ Homebound</li> <li>○ Temporary need due to rehabilitation</li> <li>○ Long term need</li> <li>○ Able to receive drivers</li> </ul> </li> <li>• Service:             <ul style="list-style-type: none"> <li>○ Recipients receive hot noon-time meals as qualifying individuals in Northern Orange County</li> </ul> </li> <li>• Cost             <ul style="list-style-type: none"> <li>○ The cost of each meal is \$2.80</li> <li>○ Recipients pay on a sliding scale based on income and expenses</li> </ul> </li> </ul> <p><b><u>Mobile Pantry</u></b></p> <ul style="list-style-type: none"> <li>• Food Bank of Eastern and Central North Carolina</li> <li>• Announced October 13, 2015</li> <li>• Food Lion donated vehicle</li> <li>• Delivers food to churches and individual homes where constraints prevent visit to pantry or food distribution sites.</li> <li>• Service in Orange County is provided by the Durham Branch whereas this new Mobile Pantry service was announced by the Raleigh Branch.</li> </ul>
<p><b>2.8 Personal Services</b></p>	<p><b><u>On-line Grocery Shopping</u></b></p> <ul style="list-style-type: none"> <li>• Peruse products available from the grocery store</li> <li>• Select items for your “on-line” cart</li> <li>• Store employee “stock picks” and bags your selections</li> <li>• Held for pickup; delivered to you @ curb side drive through</li> <li>• Pay at pick up; must be credit card; no prepaid or gift cards</li> <li>• If you use an agent to pick up groceries for you, the agent must present a credit card to get the groceries</li> </ul> <p><b><u>Home Care Agencies</u></b></p> <ul style="list-style-type: none"> <li>• May provide light housekeeping, running errands (like grocery shopping) and in some cases, meal preparation/cooking.</li> </ul> <p><b><u>Personal Chefs</u></b></p> <ul style="list-style-type: none"> <li>• Plans, shops, cooks, and cleans up in your kitchen</li> <li>• Fully customized menus for taste and dietary objectives</li> <li>• Party-Time or Daily-Fare services</li> </ul> <p><b><u>Mindful neighbors</u></b></p> <ul style="list-style-type: none"> <li>• Deliver a meal of “left-overs”</li> </ul>

## 2.0 GETTING FOOD – SOURCES OF FOOD

	<ul style="list-style-type: none"><li>• Buy or cook and deliver a cooked broiler chicken which can be used for several meals if cut and,</li><li>• Call to see if grocery needs can be incorporated into their next outing</li><li>• Share local produce</li></ul>
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### 3.0 COOKING

<p><b>3.1</b> <b>Food safety and cross contamination</b></p>	<p>As we age our immune system may not protect us as it once did.</p> <p>Food borne pathogens are very difficult to control; even a healthy application of bleach and other disinfectants might not reach pathogens hiding in surface cracks.</p> <p>Contaminants find it extremely easy to migrate from surface to hand to food, even in droplets of water. Here are some tips:</p> <ul style="list-style-type: none"><li>✓ Do not allow raw meats to touch your countertop or each other, even indirectly. Use color differentiated cutting boards used exclusively for meat, chicken or vegetables.</li><li>✓ Clean up spills right away using soap and hot water, especially from precooked meats (e.,g., hot dogs and luncheon meats), raw meat, fish or poultry.</li><li>✓ Store unopened packages of precooked meats and factory sealed lunch meats for no longer than two weeks; and opened packages for no longer than a week.</li><li>✓ Keep meat which has been sliced at the deli counter for no longer than 3 - 5 days.</li><li>✓ For leftovers, follow the “2-2-3 Rule”<ul style="list-style-type: none"><li>○ Place leftovers into the refrigerator <b><u>within 2 hours</u></b> of removing it from the stove or oven.</li><li>○ To encourage quick cooling, spread out leftovers so they are <b><u>no more than 2 inches</u></b> thick.</li><li>○ Eat or freeze leftovers <b><u>within 4 days</u></b> of cooking.</li></ul></li><li>✓ Rinse raw fruits and vegetables thoroughly under tap water before eating, cutting or cooking, even if you plan to peel it, and dry with a clean cloth or paper towel.</li><li>✓ Keep cut melon refrigerated at no more than 40 degrees for no more than 7 days.</li><li>✓ Discard any cut melon kept at room temperature for more than 4 hours.</li><li>✓ Eat soft cheeses (e.g., feta, Brie, Camembert, blue) only if they say that are "Made with pasteurized milk" on the label or contain no milk products whatsoever.</li></ul>
<p><b>3.2</b> <b>Kitchen Cutlery,</b></p>	<p>Kitchen aids for seniors with limited mobility, diminished strength or loss of vision:</p>

### 3.0 COOKING

#### Conveniences and Technology

- promote independence
  - enable active participation in tasks of cooking
  - simplify the task of eating
  - help ensure better nutrition
- 
- ✓ **Weighted Utensils.** These utensils (fork, knife, teaspoon, soup spoon—with a deeper bowl) have handles that are weighted (approximately 7 oz) to steady the hands of people with tremors. They look like other flatware and can be purchased separately or as a set. For many, tremors make it nearly impossible to eat a meal without making a mess. With these utensils, the seniors can enjoy a new level of independence and enjoy their meals.
  - ✓ **Liftware:** There is also newer technology for people with tremors. Sensors in the handle of the cutlery device detect the user's hand tremor. The device responds by intelligently steadying whatever the user is holding. The device is rechargeable and compact, allowing it to be taken out to restaurants. This device "Liftware" has been clinically tested to reduce tremor on average by 70%.
  - ✓ **Weighted mug.** This mug is weighted, has two handles on either side, is insulated for both hot and cold beverages and has a no-spill lid. This allows those with hand tremors to safely drink their beverages.
  - ✓ **Wedge Cup.** A cup useful for a wide variety of people with swallowing disorders.
  - ✓ **Scoop Plate and Bowl.** These items have a curved side that allows arthritis sufferers to trap food and push it easily onto utensils. It is polycarbonate heat-resistant and dishwasher safe. A *scoop bowl* is a deeper version of the plate. There are also available *non-skid divided dinner plates* with suction bases to keep the plate from slipping.
  - ✓ **Adapted Knives.** Rolling knives, carving knives, spatulas and other adapted utensils for people suffering from arthritis or tremor can help reduce finger and hand pain. These include easy-grip carving knives, vertical grip knives, off-set handled bread knives, utility knives, and paring knives. These specialty knives can be ordered from arthritic supply web sites.
  - ✓ **Other aids** for the kitchen include devices for pulling the rings on cans, easy grip can openers, roll and pour dispensers for gallon jugs, talking kitchen timers and easy reachers with safety locks for items on high shelves.
  - ✓ **Fire extinguishers** in every kitchen should be standard, and everyone should be trained and actually practice how to use it.

### 3.0 COOKING

#### 3.3 Simplifying Mealtime

As we age, cooking and shopping may become difficult and seemingly insurmountable due to depression, lack of stamina and loss of manual dexterity and vision

To reduce the more burdensome activities:

- List appealing easy to prepare meals
- Maintain a pantry of ingredients from which meals can be readily prepared
- Reduce the number of cooking days by designating one day to make extra servings to freeze for other meals.
- Purchase already diced and sliced ingredients from a fresh salad bar to eliminate cleaning and dicing at home (e.g., peppers, onions, celery, carrots, hard boiled eggs, nuts and seeds, etc)
- Favorite recipes may be sized for a larger family; write out a 'down-sized' recipe or create a table to readily convert the amount of one ingredient into one that is a half or a quarter its size.
- Find simplified recipes of old time favorites that are easy to prepare, taste good and can be nutritious, be sure the yield is only one or two.
- Become more reliant on "crock pot" cooking which not only reduces the effort of getting food ready, but also reduces concerns about open flames or forgetting something on the stove.

Create premeasured meal ingredients:

- Select a meal,
- Gather all the ingredients,
- Measured out for the exact number of servings to be produced,
- Mark individual ingredient packages carefully, then assemble all ingredients into a single package and store it away, freezer if possible;
- This meal time package should have separate packages of all ingredients, clearly marked, and a "recipe card" that explains the procedure to mix and cook the ingredients into a meal.

This technique could produce a number of different meals to be opened and cooked over a period of several days or it could permit a individual to prepare one large meal and parse the ingredients into many 'single serve' ready to cook meals for distribution and possibly storage.

## 4.0 EATING

<b>4.1 Food groups and nutrition</b>	<p><b>Our nutritional requirements change as we age:</b></p> <ul style="list-style-type: none"><li>✓ <b><u>Calories</u></b><ul style="list-style-type: none"><li>○ Need fewer because we move less as we age, have less muscle mass, and our metabolic rate decreases</li></ul></li> <li>✓ <b><u>Water</u></b><ul style="list-style-type: none"><li>● Need does not decrease as we age, but our ability to detect that we are thirsty declines, causing a decrease in water consumption.</li><li>● Adequate water intake decreases stress on kidney function and eases the problems of constipation.</li><li>● Drink 8 - 10 eight ounce glasses of liquid every day.</li></ul></li> <li>✓ <b><u>Fiber</u></b><ul style="list-style-type: none"><li>● Need does not change with age</li><li>● Essential to good digestion, lowers cholesterol and helps regulate blood sugar.</li><li>● Good sources: fruits, nuts, whole grains and vegetables</li></ul></li> <li>✓ <b><u>Protein</u></b><ul style="list-style-type: none"><li>● May increase as we age.</li><li>● Decreases in consumption can be caused by<ul style="list-style-type: none"><li>○ Problems with chewing, poor fitting dentures or loss of teeth</li><li>○ Difficulties in grocery shopping and obtaining good protein</li><li>○ Difficulties in preparing proteins</li></ul></li></ul></li> <li>✓ <b><u>Vitamins</u></b><ul style="list-style-type: none"><li>● Deficiencies may not be obvious, but illness can stress us and deplete our vitamin stores.</li><li>● Medications can interfere with vitamin absorption and may alter the balance of electrolytes (e.g., sodium and potassium).</li><li>● Common nutrient deficiencies of dietary origin include vitamins A, B, C, D E, folic acid and niacin.</li></ul></li> <li>✓ <b><u>Calcium and Iron</u></b><ul style="list-style-type: none"><li>● Often low in seniors</li><li>● To improve iron absorption, eat fruits and vegetables that are rich in Vitamin C along with iron rich foods (e.g., fruit with cereal, vegetables with fish).</li></ul></li> <li>✓ <b><u>Zinc &amp; Vitamin K</u></b><ul style="list-style-type: none"><li>● Necessary for wounds to heal faster and increases our taste acuity.</li><li>● Zinc can be found in meats, eggs and seafood</li></ul></li></ul>
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## 4.0 EATING

	<p><b>Daily selection from USDA:</b></p> <ul style="list-style-type: none"> <li>✓ <b><u>Fruits:</u></b>              1 ½ to 2 ½ cups              ½ cup of cut up fruit = a 2" peach</li> <li>✓ <b><u>Vegetables:</u></b>              2 - 3 ½ cups              1 cup of cut vegetables = 2 cups of uncooked leafy vegetables</li> <li>✓ <b><u>Grains:</u></b>              5 - 10 oz              1 oz grain = small muffin or a slice of bread or ½ cup cooked rice or pasta</li> <li>✓ <b><u>Protein:</u></b>              5 - 7 oz              1 oz protein = 1 Tblspn Peanut Butter; ½ oz of nuts or seeds; 1 egg; ¼ cup cooked beans or tofu</li> <li>✓ <b><u>Dairy:</u></b>              3 cups fat free or low fat milk              1 cup milk = 1 cup yogurt or 1 ½ oz cheese or 2 cups cottage cheese</li> <li>✓ <b><u>Oils</u></b>              5 - 8 tspns</li> </ul> <p><b>The USA Food Guide MY PLATE plan:</b>              Make ½ your plate fruits and vegetables              Make 1/4 whole grains and ¼ protein              Choose food with lower sodium numbers</p> <p><b>On any budget, it requires planning to get a variety of nutrient rich foods.</b></p> <p>You get more nutrient for your dollar from</p> <ul style="list-style-type: none"> <li>• milk</li> <li>• eggs</li> <li>• legumes</li> <li>• whole grains</li> <li>• lean meats &amp; poultry</li> <li>• fish</li> </ul> <p>Than from</p> <ul style="list-style-type: none"> <li>• prepared processed foods</li> <li>• ready-made desserts</li> <li>• snack food</li> </ul>
<p><b>4.2</b></p>	<p><b><u>Cancer Treatment</u></b></p>

## 4.0 EATING

### Living with Food restrictions

- ✓ Good nutrition
  - Keeps up strength and energy
  - Lowers risk of infection
  - Promotes faster healing and recovery
- ✓ Surgery, radiation or chemotherapy may impede good nutrition
  - Appetite changes
  - Taste and smell changes
  - Constipation
  - Diarrhea
  - Fatigue
  - Mouth sores or dryness
  - Swallowing problems
  - Nausea

#### Lactose Intolerance

- ✓ A condition which causes digestive symptoms (e.g., bloating, diarrhea, gas) after eating or drinking milk or milk products.
- ✓ Reduce or eliminate lactose from the diet
  - Know what foods contain lactose;
  - Lactose may be ingredient in boxed, canned, frozen, packaged & prepared foods
- ✓ Maximize needed calcium and Vitamin D from other foods.
- ✓ Lactase products enable some to manage the symptoms

#### Sodium

- ✓ Dietary Guidelines for Americans, 2010 , recommends everyone age 2 and up should consume less than 2,300 milligrams (mg) of sodium each day.
- ✓ The following people should limit sodium intake to less than 1,500 mg per day:
  - Adults age 51 or older
  - All African Americans
  - Those with
    - High blood pressure
    - Diabetes
    - Chronic kidney disease

#### Gluten Free Diet

- ✓ Recommended for those with Celiac Disease (a digestive and autoimmune reaction to eating gluten) or non-Celiac gluten sensitivity:
  - Gluten is found in Wheat, Barley and Rye, occasionally in vitamin and nutrient supplements, Lip balms, Certain medications, Modified food starch, Preservatives, Stabilizers, and soy sauce.
- ✓ Damages inner lining of small intestine thereby preventing the absorption of nutrients

## 4.0 EATING

	<ul style="list-style-type: none"> <li>✓ Treatment: Awareness and avoidance of gluten (often hidden)</li> <li>✓ Reference Materials:                         <ul style="list-style-type: none"> <li>• WWW.CSACELIACS.ORG</li> <li>• NIDDK.NIH.GOV</li> </ul> </li> </ul> <p><b><u>Diabetes</u></b></p> <ul style="list-style-type: none"> <li>✓ 95 % of diabetics suffer from a chronic condition that affects the way the body processes blood sugar by stopping the body from using insulin properly (Type II)</li> <li>✓ 5% of diabetics suffer from an autoimmune disease which attacks the cells in the pancreas that produce insulin (Type I)</li> <li>✓ Initially Type II diabetes can be usually be controlled by diet and exercise. Eventually sufferers may require insulin, and monitor their insulin level once a day or so</li> <li>✓ Type I diabetes sufferers require insulin and constantly check their insulin level (3-4 times per day).</li> <li>✓ Dietary Treatment:                         <ul style="list-style-type: none"> <li>• Limit foods high in sugar</li> <li>• Graze: eat smaller portions spread out over the day</li> <li>• Limit number of carbohydrates you eat</li> <li>• Eat a variety of whole grain foods, fruit and vegetables</li> <li>• Eliminate trans fat, and eat more healthy fat (olive oil, coconut oil, avocados and nuts)</li> <li>• Limit intake of alcohol</li> <li>• Reduce the intake of salt</li> </ul> </li> </ul>
<p><b>4.3</b>  <b>Foods that hydrate</b></p>	<p>Water is not our only source of hydration:</p> <ul style="list-style-type: none"> <li>• Natural, whole foods have the highest water content.</li> <li>• Fruit and vegetables contain 80 to 98 percent water.</li> <li>• Eating dense vegetables is easy way to improve hydration.                         <ul style="list-style-type: none"> <li>✓ Cucumbers</li> <li>✓ Tomatoes</li> <li>✓ Jicama (a non-starchy root vegetable)</li> <li>✓ Beets</li> <li>✓ Broccoli</li> <li>✓ Carrots</li> <li>✓ Celery</li> </ul> </li> <li>• The following foods contain more than 90% water                         <ul style="list-style-type: none"> <li>✓ Watermelon</li> <li>✓ Strawberries</li> <li>✓ Grapes</li> <li>✓ Grapefruit</li> </ul> </li> <li>• Limit caffeinated beverages as they have a diuretic effect.</li> </ul>
<p><b>4.4</b>  <b>Foods that promote</b></p>	<p><b><u>Good Bacteria</u></b> in the gut promotes digestion.</p> <ul style="list-style-type: none"> <li>✓ We reduce beneficial bacteria from our exposure to antibacterial soaps, unnecessary antibiotics, and chlorinated water</li> </ul>

## 4.0 EATING

<p><b>digestive health</b></p>	<p><b><u>Probiotics</u></b></p> <ul style="list-style-type: none"> <li>✓ Foods that are rich in bacteria and replenish the bacteria in our gut.</li> <li>✓ Good sources of probiotics include                         <ul style="list-style-type: none"> <li>• Yogurt with live cultures</li> <li>• Fermented foods like Kimchi and fermented sauerkraut</li> <li>• Kombucha, kefir (beverages made from bacteria cultures)</li> <li>• Probiotic supplements</li> </ul> </li> </ul> <p><b><u>Prebiotic fiber</u></b></p> <ul style="list-style-type: none"> <li>✓ A food source for the good bacteria in our gut.</li> <li>✓ Good sources of prebiotic fiber include:                         <ul style="list-style-type: none"> <li>• Dandelion greens</li> <li>• Onions</li> <li>• Garlic</li> <li>• Jerusalem artichoke</li> <li>• Asparagus</li> <li>• Any colorful vegetable which grows above the ground</li> <li>• Grass fed meat</li> </ul> </li> </ul>
<p><b>4.5 Regular Dental Care &amp; Dental Clinics</b></p>	<p>A healthy mouth and teeth help you look good, eat delicious and nutritious foods, and speak clearly and confidently.</p> <p><b>Your mouth is the gateway to your body</b></p> <ul style="list-style-type: none"> <li>• Unhealthy bacteria in the mouth can harm teeth and gums and may be associated with serious medical conditions, including             <ul style="list-style-type: none"> <li>✓ Heart disease</li> <li>✓ Stroke</li> <li>✓ Diabetes</li> <li>✓ Pneumonia</li> </ul> </li> <li>• Maintain good oral health habits             <ul style="list-style-type: none"> <li>○ Brush and Floss twice daily</li> <li>○ Visit the dentist twice a year</li> <li>○ Eat nutritious foods and limit sugary foods</li> </ul> </li> </ul> <p><b>Tooth Decay</b></p> <ul style="list-style-type: none"> <li>• While Tooth decay is the single most common chronic childhood disease, it may returns to plague us in our golden years.</li> <li>• Tooth decay happens when plaque come into contact with sugar in the mouth, causing acid to attack the teeth.</li> <li>• Foods that contain sugars of any kind can contribute to tooth decay.</li> <li>• Control the amount of sugar you eat</li> <li>• Read nutrition facts and ingredient labels on foods and beverages</li> <li>• Choose options that are lowest in sugar.</li> <li>• Common sources of sugar in the diet             <ul style="list-style-type: none"> <li>○ Soft drinks,</li> <li>○ Candy,</li> <li>○ Cookies and</li> </ul> </li> </ul>

## 4.0 EATING

	<ul style="list-style-type: none"> <li>○ Pastries.</li> </ul> <p><b>Gum Disease</b></p> <ul style="list-style-type: none"> <li>● If your diet lacks certain nutrients, it may be more difficult for tissues in your mouth to resist infection. This may contribute to gum disease. Severe gum disease is a major cause of tooth loss in adults. Many researchers believe that the disease progresses faster and is potentially more severe in people with poor nutrition.</li> </ul> <p><b>Wise choices</b></p> <ul style="list-style-type: none"> <li>● For healthy living and for healthy teeth and gums, think before you eat and drink. It's <b><u>not only what you eat but when</u></b> you eat that can affect your dental health. Eat a balanced diet and limit between-meal snacks. If you are on a special diet, keep your physician's advice in mind when choosing foods.</li> </ul> <p><b>For good dental health, keep these tips in mind when choosing your meals and snacks:</b></p> <ul style="list-style-type: none"> <li>● Drink plenty of water.</li> <li>● Eat a variety of foods from each of the five major food groups, including:             <ul style="list-style-type: none"> <li>○ whole grains</li> <li>○ fruits</li> <li>○ vegetables</li> <li>○ lean sources of protein such as lean beef, skinless poultry and fish; dry beans, peas and other legumes</li> <li>○ low-fat and fat-free dairy foods</li> </ul> </li> <li>● Limit the number of snacks you eat. If you do snack, choose something that is healthy like fruit or vegetables or a piece of cheese. Foods that are eaten as part of a meal cause less harm to teeth than eating lots of snacks throughout the day, because more saliva is released during a meal. Saliva helps wash foods from the mouth and lessens the effects of acids, which can harm teeth and cause cavities.</li> <li>● Brush twice a day with fluoride toothpaste that has the American Dental Association Seal of Acceptance,</li> <li>● Floss daily</li> <li>● Visit your dentist regularly.</li> </ul> <p><b>Orange County Dental Clinics:</b>  <a href="http://www.orangecountync.gov/departments/health/clinic_-_dental.php">http://www.orangecountync.gov/departments/health/clinic_-_dental.php</a>              Dental Clinics offer comprehensive oral healthcare with low and reduced rates.</p>
<p><b>4.6              Living with              Dentures</b></p>	<p>Dentures are removable appliances that can replace missing teeth and help restore your smile, make it easier to eat and speak and restore your appearance.</p>

## 4.0 EATING

For those who wear dentures, pay close attention to their eating habits. If they're having difficulty eating or are not eating as much as usual, denture problems could be the cause.

### Types of dentures:

- **Conventional.** This full removable denture is made and placed in your mouth after the remaining teeth are removed and tissues have healed, which may take several months.
- **Immediate.** This removable denture is inserted on the same day that the remaining teeth are removed. Your dentist will take measurements and make models of your jaw during a preliminary visit. You don't have to be without teeth during the healing period, but may need to have the denture relined or remade after your jaw has healed.
- **Over-denture.** Sometimes some of your teeth can be saved to preserve your jawbone and provide stability and support for the denture. An over-denture fits over a small number of remaining natural teeth after they have been prepared by your dentist. Implants can serve the same function, too.

### Good dental hygiene for dentures

Like your teeth, your dentures should be brushed daily to remove food particles and plaque. Brushing also can help keep the teeth from staining.

- Rinse your dentures before brushing to remove any loose food or debris.
- Use a soft bristle toothbrush and a non-abrasive cleanser to gently brush all the surfaces of the dentures so they don't get scratched.
- When brushing, clean your mouth thoroughly—including your gums, cheeks, roof of your mouth and tongue to remove any plaque. This can help reduce the risk of oral irritation and bad breath.
- When you're not wearing your dentures, put them in a safe place covered in water to keep them from warping.
- Occasionally, denture wearers may use adhesives. Adhesives come in many forms: creams, powders, pads/wafers, strips or liquids. If you use one of these products, read the instructions, and use them exactly as directed. Your dentist can recommend appropriate cleansers and adhesives; look for products with the ADA Seal of Acceptance. Products with the ADA Seal have been evaluated for safety and effectiveness.
- Be sure to schedule regular dental checkups, too. The dentist will examine your mouth to see if your dentures continue to fit properly

### Acclimating to new dentures:

- New dentures may feel awkward for a few weeks until you become accustomed to them.
- The dentures may feel loose while the muscles of your cheek and tongue learn to keep them in place.

## 4.0 EATING

- It is not unusual to experience minor irritation or soreness.
- You may find that saliva flow temporarily increases.

As your mouth becomes accustomed to the dentures, these problems should go away.

## 5.0 PAYING

<p><b>5.1</b>  <b>Cash, Checks and Cards</b></p>	<p>Most payment modes favor in-person transactions. Having an ‘agent’ pay for you does carry varying degrees of risk:</p> <ul style="list-style-type: none"> <li>• You can reimburse your agent for funds they expend on your behalf</li> <li>• You can give your agent an approximate amount in cash;</li> <li>• You can give your agent a personal check (signed and blank)if you have checking privileges</li> <li>• You can give your agent your credit or debit card.</li> </ul> <p>It might be possible for an individual volunteer or an organization to establish an account that enables an agent to buy groceries using credit from the account, and subsequently to accept a credit card as payment into the account, offsetting the temporary credit.</p> <p>The account would need to be ‘seeded’ with funds.                  Volunteers would need to be given credit/debit cards that access these funds.                  Volunteers would need to be provided credit card swipe readers for smart phones to enable them to collect payment at the time of delivery to the client.</p>						
<p><b>5.3</b>  <b>Federal Food Subsidy (SNAP)</b></p>	<p><b>SNAP (Supplemental Nutrition Assistance Program)</b></p> <p><b>If you are 60 or over, or if you are adjudicated “disabled”</b> (receiving SSI, SSDI, a disabled veteran, or a surviving spouse or child of a disabled veteran), some special rules apply.</p> <p><b>To apply for SNAP benefits</b>, you must either</p> <ul style="list-style-type: none"> <li>• go to the Orange County Department of Social Services (DSS)                         <ul style="list-style-type: none"> <li>○ Hillsborough (113 Mayo Street, Hillsborough, NC 27278, (919) 245-2800)</li> <li>○ Chapel Hill (2501 Homestead Road, Chapel Hill, NC 27516, (919) 968-2000),</li> </ul> </li> <li>• fill out this online form                         <ul style="list-style-type: none"> <li>○ <a href="http://info.dhhs.state.nc.us/olm/forms/dss/dss-8207-ia.pdf">http://info.dhhs.state.nc.us/olm/forms/dss/dss-8207-ia.pdf</a></li> <li>○ and a benefit caseworker will contact you for next steps.</li> </ul> </li> <li>• <b>If you are unable to go to the office</b>, the face-to-face interview may be waived, or you can send a person you designate to by your representative.</li> </ul> <p><b>Eligibility:</b> If you are age 60 or over, or are disabled, you only have to meet the <b>Net Monthly Income test</b>, <i>not the Gross Monthly Income test</i>.</p> <table border="1" data-bbox="516 1675 1523 1829"> <thead> <tr> <th data-bbox="516 1675 808 1829">Household Size</th> <th data-bbox="808 1675 1177 1829">Gross monthly income (130 % of poverty)</th> <th data-bbox="1177 1675 1523 1829">Net monthly income (100 % of poverty)</th> </tr> </thead> <tbody> <tr> <td data-bbox="516 1829 808 1839"> </td> <td data-bbox="808 1829 1177 1839"> </td> <td data-bbox="1177 1829 1523 1839"> </td> </tr> </tbody> </table>	Household Size	Gross monthly income (130 % of poverty)	Net monthly income (100 % of poverty)			
Household Size	Gross monthly income (130 % of poverty)	Net monthly income (100 % of poverty)					

5.0 PAYING

1	\$1,265	\$ 973
2	1,705	1,311
3	2,144	1,650
4	2,584	1,988
5	3,024	2,326
6	3,464	2,665
7	3,904	3,003
8	4,344	3,341
Each additional member	+440	+339

**Gross income** means a household's total, non-excluded income, before any deductions have been made.

**Net income** means gross income minus allowable deductions.

**What Resources Count?** Generally, if you are 60 or over, or disabled, you can have up to \$3,250 in “countable resources,” such as a bank account, and still be eligible. There are certain resources that won't count against you – such as a home and lot, most retirement (pension) plans, the resources of people who receive Supplemental Security Income (SSI) Temporary Assistance to Needy Families (TANF) (formerly AFDC), and, up to \$4,650 of the fair market value of one car per adult household member (and one car per teen-aged household member if the teenager is using it to go to work, look for work, or prepare for work). If a vehicle is needed to transport a physically disabled household member, its value is not counted.

Additionally, there are some special deductions that you can take if you are 60 or over, or disabled, like \$35 per month in medical expenses, and certain housing cost deductions.

**Benefit Amount** - How much will you get each month?

People in Household	Maximum Monthly Allotment
1	\$ 194
2	\$ 357
3	\$ 511

5.0 PAYING

	<table border="1" data-bbox="513 239 1508 541"> <tr> <td>4</td> <td>\$ 649</td> </tr> <tr> <td>5</td> <td>\$ 771</td> </tr> <tr> <td>6</td> <td>\$ 925</td> </tr> <tr> <td>7</td> <td>\$ 1,022</td> </tr> <tr> <td>8</td> <td>\$ 1,169</td> </tr> <tr> <td>Each additional person</td> <td>\$ 146</td> </tr> </table> <p><b>EBT Card:</b> Once you get SNAP, you will receive an “EBT Card” that acts like a debit card in grocery stores. Your money will be automatically loaded on a monthly basis.</p> <p><b>Households CAN use SNAP benefits to buy:</b></p> <ul style="list-style-type: none"> <li>● breads and cereals;</li> <li>● fruits and vegetables;</li> <li>● meats, fish and poultry; and</li> <li>● dairy products</li> <li>● Seeds and plants which produce food for the household to eat.</li> </ul> <p><b>Households CANNOT use SNAP benefits to buy:</b>                  Beer, wine, liquor, cigarettes or tobacco                  Any nonfood items, such as:</p> <ul style="list-style-type: none"> <li>✓ pet foods</li> <li>✓ soaps, paper products</li> <li>✓ household supplies</li> </ul> <p>Vitamins and medicines                  Food that will be eaten in the store                  Hot foods</p>	4	\$ 649	5	\$ 771	6	\$ 925	7	\$ 1,022	8	\$ 1,169	Each additional person	\$ 146
4	\$ 649												
5	\$ 771												
6	\$ 925												
7	\$ 1,022												
8	\$ 1,169												
Each additional person	\$ 146												
<p><b>5.3                  Benevolence                  Program                  Support</b></p>	<p>Churches may provide financial assistance in cases of need through their <b>benevolence fund</b>.</p> <p>This must be done in accordance with <b>IRS guidelines</b> (IRS Pub 526 Charitable Contributions) or donations to the benevolence fund may be ineligible as a charitable deduction for the giver. (<a href="http://www.irs.gov/pub526">www.irs.gov/pub526</a>)</p> <p>Ministries should form a <b>benevolence committee</b> and establish a <b>benevolence policy</b> for the express purpose of determining the recipients of the benevolence funds and the amounts they should receive. (Note: congregations should adapt and customize a benevolence fund and its management to suit their culture and needs.)</p> <p><b>Using a Benevolence Request Form</b>                  (Note: The reader should not rely upon this material as a substitute for independent legal consultation or IRS instructions.)</p> <ul style="list-style-type: none"> <li>✓ When a church assists church members or other individuals, the IRS</li> </ul>												

## 5.0 PAYING

	<p>requires the church to keep certain documentation and records on individuals the church has helped.</p> <ul style="list-style-type: none"><li>✓ This form should be filled out each time the church helps a person financially.</li><li>✓ The form should be signed by members of the Benevolence Committee</li><li>✓ This confidential form should be kept with the church's financial records</li><li>✓ A blank form may be obtained from <a href="http://www.lifeway.com">www.lifeway.com</a>. ©2007 Keith Hamilton. Posted on LifeWay.com by permission. Churches may download, store, copy, and distribute this form free of charge for its intended use. Distribution for sale is strictly prohibited.</li></ul> <p><b>Administering your fund</b></p> <p>(Note: the words elder and deacon are intended in a nonsectarian context. 'Elder' is intended to convey a layperson who carries the authority and responsibility to set policies and make financial decisions for the congregation and its assets. 'Deacon' is intended to convey a layperson who ministers to the physical needs of the congregation and its assets.)</p> <p>An individual or a group can manage a benevolence fund, often depending on the size of the congregation. Here are three of the most widely accepted management styles:</p> <ul style="list-style-type: none"><li>✓ <b>Individual:</b> The simplest way to administer a benevolence fund is for an elder, deacon or another designated person to be personally responsible to screen individual needs and discern an appropriate response. This person is empowered by the congregation to respond appropriately and confidentially to financial needs on behalf of the congregation within established guidelines.</li><li>✓ <b>Small group:</b> Two or three congregational leaders, typically elders or deacons, are involved in the process of discernment and response. The pastor may or may not be in this group.</li><li>✓ <b>Committee:</b> All congregation and community needs are referred to a committee apart from the pastor. This group of three to five people (often called the deacon board, congregational care committee or financial aid committee) is responsible to assess, process and respond to needs referred to them by anyone in the church community.</li></ul> <p><b>Choosing fund administrators</b></p> <p>Discerning who are the right individuals to administer the fund is one of the most important functions of the congregation or its leadership team as they set up a benevolence fund.</p> <p>The administrator needs unique gifts of compassion and awareness, as well as resource management.</p>
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## 5.0 PAYING

	<p>Here are some of the gifts to look for in a potential fund administrator:</p> <ul style="list-style-type: none"><li>✓ Shows awareness and sensitivity concerning needs within the congregation.</li><li>✓ Maintains good, close relations with the congregation's leadership team, including the pastor.</li><li>✓ Keeps personal information confidential.</li><li>✓ Manages their own financial assets and other resources well.</li><li>✓ Knows the community and its resources.</li><li>✓ Offers compassion and wisdom when responding to needs.</li></ul> <p><b>Establishing guidelines for fund use</b></p> <p>Congregations should strongly consider establishing guidelines for fund use. They help the fund managers discern needs and avoid problems, such as real or perceived favoritism and misuse of power. Guidelines can also minimize delays and red tape in processing needs. They can help churches recognize when accounting or legal issues are involved and when to seek appropriate counsel.</p> <p>Developing and applying guidelines is most often left up to the benevolence fund committee with approval from the elders or the entire congregation. Guidelines do vary widely depending on size, location and socioeconomic makeup of the congregation. Here are some issues guidelines typically address:</p> <ul style="list-style-type: none"><li>✓ <b>Eligibility:</b> Indicate who is eligible for assistance. Must the person be part of the community of faith? Must they be church members? Are non-members who attend eligible as well? Are members of the community at large eligible?</li><li>✓ <b>Confidentiality:</b> Establish confidentiality as a key requirement of all fund administrators or committee members. Fund administrators should treat all information about individuals' names and their needs with a high level of confidentiality.</li><li>✓ <b>Limits:</b> Set a maximum amount of money that can be given to one person for any given situation. Exemptions from the maximum amount should be approved by the church board.</li><li>✓ <b>Additional needs:</b> Many congregations find that people in financial need often need more than money. In fact, many benevolence fund administrators hesitate to give only money if the need is ongoing or chronic. Decide if other needs should be addressed beyond cash. Some people may need the fund administrators' encouragement and support to seek financial mentoring, budget counseling, financial planning classes or participation in a support group. Take advantage of consumer credit counseling services or solicit a business person in the congregation to mentor the person in need. Someone in the congregation may be able to bring a stewardship perspective and personal, caring attention to the situation that secular service can't</li></ul>
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## 5.0 PAYING

	<p>provide.</p> <ul style="list-style-type: none"><li>✓ <b>Quick response:</b> Sometimes, people are in dire straits and need a quick response. Churches can establish a rapid turnaround process for urgent requests up to a previously established amount by a designated person, with requests over that limit needing the discernment and decision of a group or committee.</li><li>✓ <b>Needs assessment:</b> Consider requesting people in need to complete a needs assessment or financial disclosure statement before processing their needs (see attached sample of a needs assessment). This assessment may not be necessary in all cases, depending on how familiar fund managers or church leaders are with the person and situation.</li><li>✓ The church benevolence committee may provide short-term (emergency) assistance and longer-term aid to ensure that applicants have the basic necessities such as food, clothing, housing, transportation, and medical assistance (including psychological counseling).</li><li>✓ When a church or nonprofit organization wants to help a particular individual or family that has unusually high medical bills or other valid personal financial needs a charity should consider offering the option of setting up a trust fund at a local bank. Contributions to the trust fund would not be deductible for tax purposes and payments from the trust fund would not represent taxable income to a needy individual or family. This method of helping the needy person or family is clearly a legal approach and represents personal gifts from one individual to another.</li><li>✓ Applicants for financial assistance are awarded financial assistance based on financial need. Applicants are not granted financial assistance based on relationships between the applicant and church leaders or significant church contributors.</li><li>✓ The church does not discriminate applicants based upon race, color, sex, national origin, age, geographic territory, or disability. However, the church reserves the right to discriminate based on religion.</li><li>✓ The preferred method of providing assistance will be to pay the applicant's needs directly to a business provider. Assistance may also be provided in the form of cash grants or vouchers for goods or services. The type of aid that is appropriate depends on the individual's needs and available resources.</li><li>✓ Benevolence gifts are given to needy individuals or families. Benevolence gifts made directly by a donor to needy individuals are not deductible. To qualify for a charitable deduction, contributions must be made to a qualified organization.</li></ul>
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## 5.0 PAYING

	<p><b>Financing the fund</b></p> <p>Benevolence funds obviously need money in order to give it away. The fund needs seed money to get started and then a constant flow of cash to keep going. Sources vary depending on the congregation's size, structure and practices. Many benevolence funds depend on the goodwill of multiple sources rather than just one.</p> <p>Contributions to benevolence funds may be claimed as charitable deductions if they are not earmarked for particular recipients. If a donor makes a suggestion about the beneficiary of a benevolent contribution, it may be deductible if the recipient organization exercises proper control over the benevolence fund. The suggestion must only be advisory in nature and the charity may accept or reject the gift. Otherwise, earmarked benevolence gifts are generally not deductible.</p> <p>Here are some common sources to start and replenish a fund:</p> <ul style="list-style-type: none"><li>✓ A percentage of total church giving or line item in church spending plan.</li><li>✓ Special offering on designated occasions (e.g., Thanksgiving).</li><li>✓ Offering during communion services.</li><li>✓ Love offerings when someone has a need.</li><li>✓ Special offerings whenever the fund is low.</li><li>✓ "A tap on the shoulder" request to people willing to contribute to the fund.</li><li>✓ Matching Sharing Fund grants from Everence or contributions from businesses and other agencies.</li><li>✓ Individual donations from previous beneficiaries.</li><li>✓ Endowment created with charitable gifts from members' estates.</li><li>✓ Benevolence gifts could be paid from the general fund of an organization.</li></ul> <p><b>Creating accountability measures</b></p> <p>Confidentiality matters most when responding to needs. However, openness matters most in overall fund administration.</p> <p>Fund administrators are stewards of the contributions entrusted to them. Every benevolence fund should have standards of accountability to assure funds are disbursed in an appropriate and sound fashion.</p> <p>First, one person or group should not control the handling of fund assets.</p> <p>The church treasurer (who should not be on the benevolence fund committee) should handle all contributions to and disbursements from the</p>
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## 5.0 PAYING

	<p>fund.</p> <p>The fund also needs general oversight from the broader church community. An annual report to the congregation on the number of beneficiaries and monies dispersed is highly recommended. A more detailed report may be appropriate for the church leadership.</p> <p><b>Case Study</b></p> <p><a href="http://www.bivocational.org/BIVO/PastorsToday/Benevolence_Gifts_According_to_IRS_Guidelines.htm">http://www.bivocational.org/BIVO/PastorsToday/Benevolence_Gifts_According_to_IRS_Guidelines.htm</a></p> <p style="text-align: center;"><b>Handling Benevolence Gifts According to IRS Guidelines</b></p> <p style="text-align: center;">Written by Keith Hamilton</p> <p>"I cannot believe the IRS would not allow us to help the Jones!" exclaimed Pastor Steve. Last spring was a terrible time for the Jones' family. Just like it was yesterday, Pastor Steve recalled the night the Jones' home burned to the ground. He had received the phone call at 2:14 AM. Deacon Frye had called him to come and help comfort the Jones after they had lost everything in their home in an early morning fire. And now the IRS was not allowing their church members a contribution deduction! Pastor Steve could not believe what he was hearing from Deacon Frye. "Surely Deacon Frye has his facts wrong," thought Pastor Steve. During a recent IRS audit of his charitable contributions, the IRS disallowed Deacon Frye's gift for the Jones. Pastor Steve thought he had done everything right. He recalled how he had called the church together on that Sunday night and had special prayer for the Jones. At the close of the service, Pastor Steve called the church together to take up a special offering for the Jones to help them with their expenses. He had everyone make the check out to the church and put on the memo part of the check the wording, "Jones Family Benevolence Needs," so the checks would go to the right place. This is how the church had always done it in the past.</p> <p>Pastor Steve did not realize the mistake he had made until he read in the <u>IRS Publication 526. "You cannot deduct contributions to specific individuals, including contributions to individuals who are needy or worthy. This includes contributions to a qualified organization like a church if you indicate that your contribution is for a specific person. But you can deduct a contribution that you give to a qualified organization that in turn helps needy or worthy individuals if you do not indicate that your contribution is for a specific person."</u> Pastor Steve simply shook his head in disbelief. Did he really understand what this meant to his church? This would change the way his church would help the needy. It was clear: <u>The IRS stated in Publication 526 that the donor can deduct contributions for relief only if the contributions were not earmarked for a particular individual or family.</u></p> <p>Pastor Steve had his work cut out for him and his church. He needed to develop a designated fund policy to meet the benevolence needs of others. He needed this policy yesterday. After contacting several leading resources in church tax matters, he was able to bring the following policy to his church</p>
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## 5.0 PAYING

	<p>for adoption.</p> <p>The church has established a designated fund for the benevolence needs of others. By helping others, the church believes it has helped fulfill part of the church's purpose found in the Holy Scriptures. The benevolence committee or church has total control over the money in this designated fund. The benevolence committee or church will disburse the funds according to its wishes and desires. The benevolence committee or church may consider suggestions to help others from anyone, but the committee or church is not bound in any way to honor the suggestions. Only designated contributions to the benevolence fund will be allowed in this fund.</p> <p>In the unlikely event the church decides to close this fund, all money in the fund at that time will go towards the general church budget.</p> <p>Pastor Steve also discovered the <u>IRS required the following documentation when the benevolence committee or church helped the needy individuals or families:</u></p> <ul style="list-style-type: none"><li>• <u>A complete description of the assistance</u></li><li>• <u>The purpose for which the aid was given</u></li><li>• <u>The charity's objective criteria for disbursing assistance under each program</u></li><li>• <u>How the recipients were selected</u></li><li>• <u>The name, address, and amount distributed to each recipient</u></li><li>• <u>Any relationship between a recipient and officers, directors, or key employees or substantial contributors to the charitable organization.</u></li></ul> <p>This new benevolence policy solved his problem! <u>No longer would his church accept contributions for specific individuals or families for benevolence needs. The church would only accept contributions to the church's benevolence fund. All other checks would be returned to the donors. Of course, the church would be happy to hear suggestions of who needed help, but the benevolence committee would have the final approval on who would receive assistance and how much assistance they would receive.</u></p> <p>Pastor Steve was relieved to discover that <u>if the church helped the needy according to their new guidelines that the church's assistance would not be taxable income to the person or family the church was trying to help. Finally, Pastor Steve was excited about the opportunity to interview everyone needing financial assistance.</u></p>
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