Family



One of our neighbors, a social worker with a master's degree, recently shared her family's experience relying on the Flemington Area Food Pantry. Despite both she and her husband having strong educational backgrounds, 70% of his salary goes toward housing costs, leaving little to no room in their budget for healthy food or savings, especially with a new baby at home.

She says that coming to the Pantry helps her contribute to the family and ease some of the financial pressure while she stays home to care for their child. Looking ahead, she knows that child care will soon become another significant expense when she returns to work.

She knew about the pantry through high school food drives and friends who volunteered, but reaching out for help was a difficult first step. She describes the pantry experience as "warm and welcoming, and understanding" with "no judgment," which has made a significant impact on her family, especially in alleviating their stress. She particularly values the fresh produce available at the pantry, noting that about 80% of what they eat is fresh protein or produce, allowing her to continue making healthy meals with fresh vegetables. She enjoys trying new things, like pea shoots, and appreciates the "Friday mini markets" and outdoor produce setup that make her feel like she's shopping at a store. A memorable moment with her first visit, where she was surprised by the abundance of fresh food and even received a whole pizza, which provided a special Friday night meal they couldn't otherwise afford.

Through this challenging time, she and her husband rely on their faith and the belief that their situation is temporary. As a social worker, she emphasizes the importance of asking for help, recognizing that everyone struggles and resources are available.

This neighbor is so grateful to Pantry donors, reminding them that anyone could find themselves in a similar situation and their contributions make a huge difference to families like hers.

We thank our neighbor for sharing our story and also to the community who supports the Pantry through financial donations and donations of food and personal care items.

We can't do this without you!

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