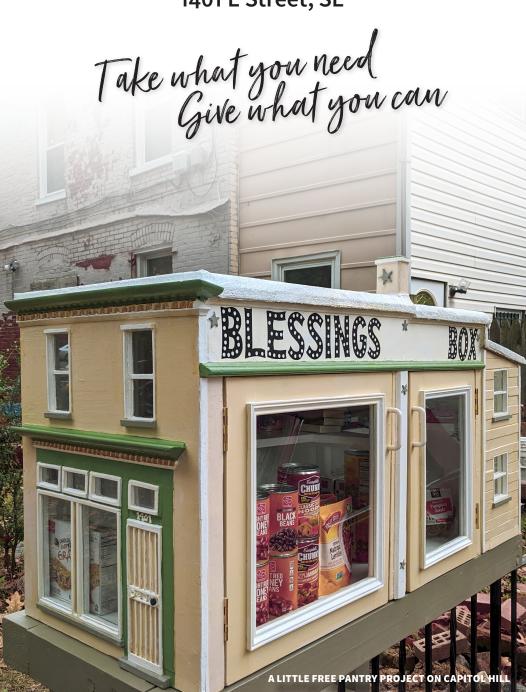
THE BLESSINGS BOX

1401 E Street, SE



TO Covernment reports show that 77% of children in public schools depend on subsidized meal programs at some time during the year and many senior citizens must skimp on food to pay for medications, rent, or utilities.

About The Blessings Box Little Free Pantry 1401 E Street, SE

The Blessings Box Little Free Pantry is the project of concerned neighbors with the support of Kagyu DC Tibetan Buddhist Center, Capitol Hill's Saturday Morning Mindfulness group, and the Community Action Group. It is meant to respond, in a small way, to the reality that many of our neighbors do not have enough to eat.

The Blessings Box is located on the site of the former Pinkeys Market, which was owned and operated by the Hammond family. Lottie and Wendy Hammond—who still reside in the house—are its enthusiastic hosts, seeing it as their legacy for the neighborhood. It will continue their family's long history of generosity to neighbors in need.

The Blessings Box itself is a scale model of the Hammonds' house. It was designed and built by long-time Hill resident Bert Kubli, a retired grants officer for art in public spaces at the National Endowment for the Arts.

Little Free Pantries are based on a "give what you can and take what you need" honor system, and have brought communities together to help people in need in 1,000 locations nationwide.

How You Can Help

We're looking for community donors and volunteers to help us stock the Blessings Box and to coordinate daily donations. The Community Action Group (124 15th Street, SE) will store any surplus pantry items. If you would like to donate or volunteer, email Patrick McClintock, the Blessings Box Little Free Pantry Steward, at patmcclintock2@gmail.com.

Here's a partial list of items needed to stock the pantry:

Shelf-stable foods

Soups (canned or packets)

Ramen noodles Tuna packets

Hamburger Helper

Rice dish packets

Applesauce pouches

Fruit roll-ups Granola bars

Canned vegetables

Sloppy joe mix

Pepperoni packets

Beef jerky Cereal

Oatmeal packets

Peanut butter

Individual snack packs

Baby food (packets, not jars)

Personal care items

Deodorant

Feminine care products
Diapers (multiple sizes)

Baby wipes

Toothbrushes and toothpaste

Hand sanitizer

Travel-sized tissue packs

Toilet paper

Socks and gloves (all sizes)

We can't accept

Alcohol Chemicals

Items in glass containers

Prescription or over-the-counter drugs

Sharp items (razor blades, etc.)

Additional Help

Information (in English and Spanish) will be available at the Blessings Box to connect those in need with other Capitol Hill and District-wide social services and resources.



Left: Marilyn Goldberg and Patrick McClintock; right: Bert Kubli (designer/builder) and Rosemary Wisniewski, volunteer

About the project partners

Capitol Hill resident **Patrick McClintock** devised the Blessings Box project and coordinated the volunteer effort. He was inspired by a June 2019 *Washington Post* article about the Little Free Pantry project. He notes that "It talked about how the pantries have brought communities together and really helped people in need. I wanted to do that on Capitol Hill." The Blessings Box has already had such a positive response that he is looking to add two other locations on the Hill.

Kagyu DC is an urban Tibetan Buddhist practice center and community. Their mission is to work directly and creatively to alleviate suffering in the world. For more information, visit kagyudc.org. Their **Saturday Morning Mindfulness** group is a weekly meditation sitting open to all faiths and spiritual paths. They meet at Capitol Hill Presbyterian Church (201 4th Street, SE) Saturday mornings at 10:45. Email saturdaymindfulness@gmail.com to find out more.

The **Community Action Group** is a non-profit organization serving the Capitol Hill community and DC residents with an array of specialized services, holistic programs, and creative activities geared to helping disenfranchised residents, while concurrently enhancing the overall quality of life for all. Find out more at <u>communityactiongroup.org</u>.

Sincere thanks to all who helped make this project a reality.

Patrick McClintock
Bert Kubli
Lottie and Wendy Hammond
Marilyn Goldberg
Rosemary Wisniewski
Jennifer Cabot

Naomi Mitchell (for Councilman Charles Allen)
Reverend Reginald Whren
Rich Brooks
Mark McElreath
Jon Clark, Ragnaroq Homes
Pattie Cinelli