

THE BLESSINGS BOX

1401 E Street, SE

*Take what you need
Give what you can*



A LITTLE FREE PANTRY PROJECT ON CAPITOL HILL

★ DC Government 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 patmclintock2@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 communityactiongroup.org.

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