



KAIR

Keys Area Interdenominational Resources
Food Pantry and Emergency Services for those in Need in the Middle Keys



April 2012

3010 Overseas Hwy.
Marathon, FL 33050
(305) 743-4582
KAIRonline@bellsouth.net
www.KAIRonline.net



April is National Volunteer Month! KAIR Volunteers Are Everywhere!

ANOTHER FABULOUS RACE FOR KAIR!

A huge THANK YOU to Jane Packard and her wonderful crew. The Sombrero Beach Run is KAIR's biggest fund raiser and brings people together to "help run hunger out of town!" Jane and her committee work year-round to make this event a winner. Countless people volunteer at the event and behind the scenes and the race is supported by community and civic organizations. There are too many to possibly count, but we love you all. Jane's committee includes: Sarah Cizmas, Terry Lynn Kelly, Becky Godchaux, Lynn Voit, Phyllis Michaelis, Charlotte Quinn, Kim Caton, Susan Carrigan, Penny Ludwin, Sande Neiditz, Debbie Rosemary Odom



NEW REFRIGERATION EXPANDS KAIR FOOD PROGRAM

Families that come to the food pantry often struggle with problems related to poor nutrition. Cheaper and more readily available foods are often high in sodium, fat, and empty carbohydrates but lacking in proteins and high quality carbohydrates such as fresh fruits and vegetables. At KAIR, the people asking for help with food often also have high blood pressure, diabetes, or other diseases that could be helped with better nutrition.

To that end, KAIR has been working to provide more fresh fruits and vegetables but found that our refrigeration capacity just wasn't enough. Through the generous assistance from Dave Rodriguez of Superior Electric and Dana Banks from Dana's Air Conditioning, KAIR now has its first large commercial refrigerator which is added to its smaller residential refrigerators. This has already made a positive impact as we have been able to accept donations of tomatoes, squash, eggplant, yogurt, salads, oranges, and many more fruits and vegetables that would otherwise have spoiled if we did not refrigerate them. So, hats off to Superior Electric and Dana's A/C. You are our heroes!



Volunteers with new refrigeration unit: Phyllis Michaelis, Fiona Collins, & Betty Walker

AND THEY'RE OFF!

Come join us for a party! Roco's Dockside Bar and Grill is hosting a Kentucky Derby party to benefit KAIR. On May 5th, the 138th run for the Roses will also be celebrated in Marathon. The party starts at 2 and doesn't end until after the last race is run at 6:30 pm. There will be food and drink, raffle prizes and a few contests such as best hat and best dressed. Owners Tony and Caitren Piscetello along with KAIR friend D.J. Young are planning a fun afternoon. Come join us! Roco's Dockside is located at the Sombrero Marina, 35 Sombrero Blvd. For more information, call Dockside's at 743-



ANNUAL POSTAL WORKERS FOOD DRIVE

2012 is the 20th Anniversary of the National Association of Letter Carriers "Stamp Out Hunger" food drive. This year, on May 12th, letter carriers ask that you put non-perishable foods at the mailbox. They pick up the food which is then donated to the local food pantry. Last year, KAIR received several thousand pounds of food that was then distributed to hungry families, the homeless shelter and the domestic abuse shelter.

Nationally, letter carriers collected 70 million pounds of food last year and a total of more than one billion since they started this food drive. Picking up and hauling thousands of pounds of food is hard work but they do it with a smile on their face and with nothing in return but a grateful "Thank you!" Please consider participating this year!

HIGH SCHOOL STUDENTS for KAIR

In March, the National Junior Honor Society at Marathon Middle/High School, under the leadership of Ms. Christina Belotti, NJHS sponsor, collected thousands of pounds of food and delivered it to KAIR. Each year, Junior Honor Societies across the nation carry out service projects that help their schools and their communities. A big thank you to all those students who have made a difference to those less fortunate!

