BEAR ESSENTIALS

NO HUNGRY BEARS

What a year it’s been!

Since the Bear Essentials Food Pantry opened nearly a year ago we have been overwhelmed with the amount of support from the UCA community. Bear Essentials was started by a group of faculty and staff that simply saw a need and wanted to help. The food pantry is open to any student, faculty, or staff member with a current UCA ID card. We do not require any personal information and there is no limit to how often people may visit. Thanks to many generous donations of time, food, and funds, the pantry has grown from a small closet into its current comfortable space in Main 108. We have learned a lot this last year, and we’re grateful for the opportunity to continue to serve the needs of our students, faculty and staff.

Special thanks!

SGA and Staff Senate for generous donations
UCA Physical Plant for designing & building custom shelving units
UCA Offices of Learning Communities & Student Success for allotting space to operate
UCA Bookstore for donating plastic bags
UCA Graphic Designer Kimberly Klotz for the Bear Essentials Food Pantry logo design
Housing & Residence Life for organizing an end-of-year drive
AKA Sorority for the food and monetary donations
Young Alumni Chapter
Central Arkansas Athletic Training Student Association for collecting over 400 lbs. of food
Arkansas Hunger Relief Alliance for presenting and signing people up for SNAP
Arvest Bank for the food donations from their annual drive
UCA Spring Staff Picnic committee for generous food donations
To all of the UCA faculty, students & staff who have generously given their time and resources

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BY THE NUMBERS

- 17 pounds of food in each standard bag
- 278 visits to the food pantry
- 648 people fed
- 5000 pounds of food distributed
According to the Arkansas Hunger Alliance, Arkansas ranks among the highest in the nation in household food insecurity. Almost 20% are unsure where they will get their next meal. www.arhungeralliance.org

HOMECOMING CHARITY COOK OFF

The 3rd annual Three Bears Charity Cook Off between President and Melissa Courtway, George Bratton (Mathematics) and Jennifer Deering (Sponsored Programs) raised over $300 for the food pantry in November 2015. Bratton won the cook off with his famous (and spicy!) seafood jambalaya.

FOOD PANTRY NEEDS THIS SUMMER

spaghetti  muffin mix  canned fruit
peanut butter  jelly  hygiene items

Note: Thanks to so many generous donations, we are fully stocked on canned vegetables for the immediate future!

Shout Out~
Jessica Hemund, Jake Farmer & Jacob Plunk of Hughes Residential College worked in the food bank almost weekly.

SUMMER HOURS
The Bear Essentials Food Pantry will be open all summer every Wednesday from 11:30 – 12:30 and by appointment. Please bring your UCA ID.

Schedule a pick-up?
Email~ bearessentials@uca.edu

Walk-ins welcome!
Come by~
Old Main 108
NATIONAL WALK AT LUNCH DAY

The Department of Kinesiology & Physical education and Kim Eskola’s kinesiology curriculum class (KPED 3316) sponsored a National Walk at Lunch event on 23 April at Estes Stadium as part of a service-learning project.

Over 130 faculty, students & staff participated and nearly 600 non-perishable food items were donated.

Kinesiology student Gates Privett was chair of the fundraising committee.

Steve Tucker, chair for the department, reflected "I am extremely pleased with the organization and implementation of this event by Kim Eskola and the students in her class. This was a great way to educate the UCA community on how to incorporate exercise into the work day, as well as the health benefits of exercise."

Eskola says this event will return in Spring 2016 and promises more participants, more prizes, and (of course) more food.

HOLIDAY PROJECTS

In November, the UCA Bear Essentials Food Pantry organized a Thanksgiving food drive that included turkeys, hams, hens and other traditional Thanksgiving foods. Donated funds were used to purchase roughly 40 frozen hams and birds.

The food pantry also partnered with UCA’s Angel Bear Project to provide holiday food baskets this past holiday season.

The UCA community was asked to donate extra items such as canned pie filling, cake mix & frosting and cranberry sauce to make the long winter break special for UCA families.

This year there were 98 Angel Bears representing 43 families. Angel Bears received gifts and food baskets.
**DID YOU KNOW?**

The UCA Bear Essentials Food Pantry now has a chest-sized freezer and can accept frozen foods.

What frozen foods are most needed and appreciated?

Hamburger
Chicken
Pork
Family Entrees

**How to Donate**

Please bring frozen items on Wednesdays between 11-1. Non-perishable items may be placed anytime in the donation box located outside Old Main 108.

**For Monetary Donations**

Payroll deductions can be arranged through the UCA Foundation at uca.edu/foundation.

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**ARVEST BANK SUPPORTS FOOD PANTRY**

Conway’s Arvest Bank made the food pantry the recipient of their holiday food drive—a haul that included 400 pounds of rice and beans!

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**BEARSGIVING FESTIVAL**

The Department of Communication and Staci Fritzges’s event planning class (SPCH 3330) hosted the inaugural Bearsgiving Festival to promote awareness of the food pantry. This event was planned entirely by students and featured games, prizes, a chili cook-off, and even a cake walk! Faith Yarbbery from STEM Residential College at Arkansas Hall and the department of chemistry won the chili cook-off. Brian James, the Resident Master of Hughes Residential College at Hughes Hall and the department of English insists that he was a very close second. James is also the coordinator of the UCA Bear Essentials Food Pantry.

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**FOOD PANTRY BOARD**

The UCA Bear Essentials Food Pantry is housed in the Department of Learning Communities, but is a collaborative effort between Academic Affairs, Student Services and the Student Government Association. Please feel free to contact any of the following for more information about the food pantry (in general) or how you can help (in particular).

Brian James (HRC@Hughes & English), Coordinator bjames@uca.edu
Marvin Williams (UCAN Coordinator) marvinw@uca.edu
Rachael Schichtl (Family & Consumer Sciences) rschichtl@uca.edu
Chinwendu Okoronkwo (Disability Resource Center) cokoron@uca.edu
Jayme Millsap Stone (Learning Communities) jaymes@uca.edu
bearessentials@uca.edu

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Thank you Reesa Ramsahai (Counseling Center) & Missy Shock (Family & Consumer Sciences) for your caring & service.