

Bill's Pantry

To become a member you must:

- Be HIV+
- Be at or below 200% of federal poverty guidelines
- Not be receiving another daily meal program
- Have a referral from a social worker, case manager or physician

For more information on:

- Becoming a member
- Volunteer opportunities
- Donations

Call 651-228-0370

www.billspantry.org
info@billspantry.org



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St. Paul, MN 55101-1732

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A

weekly supplemental breakfast
grocery program for low-income
persons who are HIV+

Bill's Pantry

*Bill's Pantry is an all-volunteer, 501(c)3
non-profit organization*

Who We Are

Bill's Pantry is an all-volunteer organization working to meet the nutritional needs of Twin Cities residents living with HIV and AIDS.

Bill's Pantry is a 501(c)3 charitable organization and is on the Minnesota Attorney General's list of charities. We purchase our food primarily from Second Harvest and receive food from community food drives.

How We Work

Clients receive a weekly grocery list from which to choose the items they like to prepare for themselves. They can also choose from an assortment of bakery goods and "freebie" items to augment their standard weekly grocery order.

We encourage members to pick up their orders on Saturday mornings. For those who cannot, we have limited delivery areas of metro Minneapolis/St. Paul. We also encourage members to volunteer.

An average of 45 families a week considers **Bill's Pantry** to be a lifeline for healthy food. The volunteers who make it all happen consider Bill's a spiritual lifeline where they can take an active role in helping others in the community.

Good Nutrition & HIV/AIDS

Good nutrition is critical for people living with HIV/AIDS. Nutrition should be viewed as an essential co-therapy that can help maximize medical management of HIV/AIDS.

Benefits of eating well include:

- Prevent or delay the loss of muscle tissue, or "wasting"
- Helps strengthen the immune system
- Helps reduce viral mutations
- Decreases the incidence and severity of opportunistic infections and hospitalizations
- Lessens the debilitating symptoms of HIV/AIDS

Protein helps build muscle tissue and helps your immune system fight off infection. Studies have shown that HIV weight loss tends to reduce protein stores more quickly than starvation.

Carbohydrates and fats are important because HIV can increase the body's metabolic rate, causing us to use more calories to do the same work we did with fewer calories before becoming HIV+.

Depending on your medication, you may not be eating enough for proper absorption of these medications.

People with HIV should try to eat a diet that is 30% protein, 30% carbohydrates and 30% fat (source www.momentumaidproject.org).

Bill's Pantry's weekly menu provides choices of protein, carbohydrates, fats, vitamin-rich fruits, vegetables and milk.

Donations are always welcome and can be mailed or contact us at: info@billspantry.org

Some items that our clients rarely receive are **cooking oil, sugar, coffee, and jellies/jams**. Contributions are always welcomed!

In addition, **we are always in need of brown grocery bags with handles**. These can be dropped off any Saturday morning or call to arrange pickup.

Volunteers are needed Saturday mornings for packing and delivery of groceries and on Fridays to help with the pickup from Second Harvest. Please call **651-228-0370** if you have 1-2 hours to spare!

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