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By [Beci Falkenberg](#) [Email the author](#) | August 23, 2011

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## Programs Feed the Hungry in Sandy Springs

Temple Sinai, a Reformed Jewish congregation in Sandy Springs, started a program in 2004 as a service project to collect and distribute food for the disadvantaged.

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A passion for sharing food and feeding is not exclusive to cooks. Everyday, Sandy Springs businesses, non-profits and volunteers are supporting programs to feed the hungry right in their own community. They recognize that despite the city's affluent reputation, many are going hungry and they need our help.

Second Helpings is one group always looking for volunteers and donors. Temple Sinai, a Reformed Jewish congregation in Sandy Springs, started the program in 2004 as a service project to collect and distribute food for the disadvantaged. Originally, their volunteers gathered prepared and fresh foods solely for the Community Action Center's food pantry, which serves Sandy Springs and Dunwoody.

According to Beth Scheuer, Second Helpings volunteer coordinator, they now deliver to over a dozen food programs in the metro area, including the CAC and the Dorothy Benson Senior Center. "Sandy Springs businesses, such as [Trader Joe's](#), [Chipotle](#), [Longhorn Steakhouse](#), [Publix](#) (at the Prado) and [Flavor Bakery Café](#), lend their support by donating fresh surplus foods that would otherwise go to waste," she said.

The Community Action Center is another organization dependent on volunteers and food donations. "We assist about 400 families a month through our food pantry program which is staffed by volunteers Monday through Friday," commented CAC Communications Associate Kristin Ristino.

Unfortunately, with so many local families facing difficult times, the demand for CAC's assistance exceeds available supplies. "Our food pantry is really bare and in desperate need of donations," said Ristino.

She hopes donations will increase with heightened awareness during "Hunger Action Month" in September. To assist in knowing what to donate, the CAC has listed on their website both *urgent* pantry requests and suggested items for food drive collections

Whether you have extra food to donate or a few hours to volunteer, these organizations offer a variety of opportunities to help feed those in need. Visit their websites for more details.

### One Skillet Greek Lemon Chicken and Veggies serves 4

*To feed the hungry in your home, try this delicious One-Skillet Greek Lemon Chicken & Veggie dish for dinner tonight. It's simple to prepare with minimal ingredients and only 1 pan to wash!*

- |                                    |  |
|------------------------------------|--|
| 4 cloves garlic, minced            | 1 Tbsp. dried oregano or 4 Tbsp. fresh chopped oregano |
| 1 ½ tsp. Kosher salt               | 1 ½ tsp. fresh ground black pepper                     |
| 2 large lemons                     | 3 Tbsp. extra virgin olive oil                         |
| 4 boneless skinless chicken thighs | 3-4 small red skin potatoes cut into small chunks      |



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