



# Knights Table

## NEWSLETTER

KEEPING YOU IN THE LOOP



SCAN ME

Issue # 02  
Spring 2022

### OUR LOCATION

Student Union Bldg.  
Lower Level # 29

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the Dream Work

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Photo by Magda Ehlers

## Harvest Days

Every year, the arrival of Spring brings with it the promise of a fresh start. We can hardly wait to get outside and enjoy the splendor of the season as the days become longer, the weather starts to warm up, and beautiful flowers begin to bloom.

The Knights Table Food Pantry will be hosting two “Harvest day” events to celebrate the season. These events will take place on the Quad in April and May. We will be distributing fresh fruits and vegetables as part of the Knights Table Food Pantry Fresh Food Program. Stay tuned for the dates!

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Since the beginning of the spring semester '22, the **QCKnightsTable** has distributed over **425** food bags!

Students may use or benefit from the pantry's services regardless of their compliance with the CUNY vaccination policy.

## Personal Care Products

Many college students live on a tight budget. Often they can barely cover the cost of food, let alone afford feminine hygiene products. Menstrual hygiene products, including panty liners, pads, and tampons, are not cheap for college students. Period poverty affects a substantial percentage of college-aged women in the United States. (Cardoso et al., 2021) Students juggle this health disparity on a regular basis. Those who cannot afford pads or tampons may miss several days of school or work.



Photo by Debrah Sarria

As a result, The Knights Table Food Pantry is distributing FREE feminine products and other personal care goods to aid in the fight against period poverty. These goods are available at the food pantry and can be picked up without an appointment during pantry hours.



## QCKnights Table Teams Up With The FNES Department

As part of a symbiotic collaboration, the Knights Table Food Pantry and the Department of Family, Nutrition, and Exercise Science (FNES) are working together to assist students majoring in Nutrition and Dietetics (DPD program) in fulfilling their volunteer requirements. On the one hand, students enrolled in the DPD program are required to volunteer a total of 200 hours in order to graduate. On the other hand, the pantry relies on volunteers in order to optimize its operations; therefore, the initiative developed and coordinated by Ms. Debrah Sarria (M.S. Nutrition Program, Queens College, CUNY) benefits everyone. DPD students benefit greatly from this initiative since they may fulfill their volunteer requirements without leaving campus. Students can also assist the pantry with professional expertise and understanding in areas such as human nutrition, serve-safe protocols (for adequate food storage), food service management, and training of work-study students.



The QCKnights Table Team! From left: Ms. Chormun Lam, Ms. Constantina Antoniadis, Ms. Debrah Sarria (Coordinator), Ms. Sundas Aamir, Ms. Mehnaz Mahbub, and Ms. Hina Ashraf

DPD students also provide pantry patrons with dietary guidance, culinary ideas, and meal planning. Aside from assisting with event planning, DPD students offer suggestions on how to improve pantry administration, help recruit

new students as well as advertise for the pantry. The synergy has been significant support for the pantry during this challenging period.



## Laundry Cards

The Knights Table Food Pantry has purchased Clean Rite Laundry cards in an effort to alleviate the financial burden placed on students by the expense of laundry services. Having clean clothes is a necessity for students in their daily lives. A limited number of Laundry Gift Cards are provided on a first-come, first-serve

basis. Students apply for a gift card by filling out an online form and attaching any necessary papers. Upon approval, students will receive a laundry gift card. Please contact [petriegrant@qc.cuny.edu](mailto:petriegrant@qc.cuny.edu) for further information.



## Giving Tuesday

For Giving Tuesday last year, Queens College opted to focus on the Knights Table Food Pantry as food insecurity has become a major issue in the CUNY community at large. In 2021, over 27,000 students (about 18% of the CUNY system) experienced food insecurity. (Healthy CUNY, 2020 COVID-19 Survey) Food insecurity affects far too many students, which is unfortunate since it should be the least of their concerns.

## A Special Thank You

We would like to express our gratitude to the individuals and organizations who have contributed funds, food items, and volunteer time to the Knights Table Food Pantry this past year:

Ballesty, Laura Lt.  
 Braunstein, Harry  
 Carlson, JC  
 Chang, Lin  
 DPD Students  
 FNES Department  
 Gonzales, Jessica  
 Hahn, Troy  
 Halliburton, Murphy Prof.  
 Hershenson, Jay V.P.  
 Kerrisk, Dominck  
 Komala, Mr. & Mrs.  
 Minney, Eric  
 Najarro, Mike  
 National Student Speech Language & Hearing Association  
 NYPIRG  
 Queens Farm Museum  
 Sarria, Debrah  
 Sinhart, Wayne



The Queens College community collected almost \$70,000 on Giving Tuesday, making it a resounding success. The Knights Table

Food Pantry humbly thanks the Queens College Foundation and community for believing in this worthwhile cause.

Svitak, Joseph Prof.  
 Torres, Dennis  
 Turnbull, Andrea  
 Wilson, Frank  
 Wong, Virgil



## We Appreciate Your Generosity



New York City Council

The Knights Table Pantry gratefully acknowledges and thanks the **New York City Council** for their kind contribution of \$30,000.

### The Carroll and Milton Petrie Foundation

The Knights Table Pantry acknowledges and thanks the **Petrie Foundation** for their generous contribution of \$20,000.



The Knights Table Food Pantry wishes to express its gratitude to the **Sterling National Bank** for their contribution of \$2,500.

## Grocery Bag Drive

The Knights Table Food Pantry is launching a grocery bag drive on campus. The food pantry prepares and distributes grocery bags filled with food items to our students. To help offset some of the costs of obtaining these bags, we are asking Queens College faculty and staff to donate new or lightly used grocery bags to be used by the pantry to distribute food products to our students. The following places on campus have been designated for collection: The Science Building's lobby, Powdermaker Hall, Kiely Hall, Rosenthal Library, Queens Hall, and The Summit; please keep an eye out for the donation boxes.

Looking for Additional Resources?

The Supplemental Nutrition Assistance Program (SNAP) is the most extensive federal nutrition assistance program. If you are eligible for SNAP, you can get monthly benefits to spend at local grocery stores and farmers' markets. To be eligible, you must meet certain income requirements. The amount of benefits you receive depends on your household size, income, and expenses.

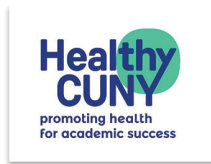


Looking for Additional Resources?

<https://QCKnightsTable.org/Assistance>

**Students:**  
Having trouble affording groceries?  
SNAP may be able to help!

Photo by Keira Burton, Designed by Debrah Sarria



**CUNY student? Need help with groceries? Student Food Navigators are here to help!**

Text "FOOD" to (855) 230 - 6746  
Visit [swipehunger.org/cunysnn](http://swipehunger.org/cunysnn)

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- [QCKnightsTable.org](http://QCKnightsTable.org)



The Carroll and Milton Petrie Student Emergency Grant Fund

<https://bit.ly/StudentEmergencyGrant>

Read me on the Web

<https://qcknightstable.org/newsletter>

