

HIS food ministry

food, family, friendships, churches, & relationships

“...I was hungry & you gave me food...”

Matthew 25:35

We are here to serve & support you any time.

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My name is Pastor Ronald David Kosor, founder and president of HIS food ministry. The last 39 years of my life has been one of dedicated service to Jesus Christ. For the past 15 years, I have served as the full-time senior pastor of Alpha Lion's Den Ministries (aka ALDM) in Derry, PA.

Prior to being called by God to serve in full-time ministry, I attended the University of North Carolina State and graduated with my Bachelor of Arts in Sociology; minoring in Criminal Justice. I was also a professional NFL football player.

In 1985, I signed a two-year contract with New England Patriots and in 1987, I signed a two year contract with Detroit Lions. I was a four year starter at University of North Carolina State Wolf Pack in Raleigh, NC. Coming out of my senior year, I was rated number 1 center in the entire country.

My heart's desire has always been one of service – serving those in our communities who struggle in so many ways – most notably – **Nutrition/ Hunger**. Hunger continues to grow every day; the statistics are staggering. No one is exempt. The ever present face of hunger was and continues to be the pivotal driving force behind serving in the food ministry for the past 15 years. Unfortunately, praying and talking doesn't accomplish anything by itself; **we needed to act and act quickly**. Simply stated, based on that premise: service to providing food to those in need, is the PULSE of our ministry. Realizing the need for a Nutritional food program we founded our own – **HIS food ministry**. You can view our website at: www.hisfoodministry.net

Currently we are working with several of the best food franchises in the United States and each provides us with good quality Nutritional food.

- **Chick-Fil-A, chicken breast, chicken nuggets, variety of Chick-fil-A salads, fruit yogurt, and chicken wraps.**
- **Starbucks fresh bread, pastries, and fresh coffee**
- **Kentucky Fried Chicken, complete variety of chicken breasts, wings, legs, mashed potatoes, Cole slaw, baked beans , and biscuits.**
- **(GFS) Gordon Food Service, fresh salad, produce, fruits and vegetables in addition to beef and chicken products.**
- **We also purchase food from Super Valu, and US Food in Greensburg to provide a good quality balanced nutritional meal.**

- **We pick up food from these vendors every Monday, Thursday, and Saturday from 7-11:30am and provide a food distribution at our church from 4-5 pm the same day.**
- **I believe a picture says a thousand words so here is a video of one of our food distributions (<https://youtu.be/JoS1c2XNkI0>)**
- **Here is a video of some of the lives that have been changed through our food program (<https://youtu.be/qjyW4uV5gtc>)**

The need, staggering statistics, and support for a nutritional food program in our area.

* Nearly 1.2 million Pennsylvanians, almost 10% of our population, live in households at risk for hunger and about 335,000, almost 3% of all households, have someone who has experienced hunger.

* 50.2 million Americans including 17.2 million children, are hungry, do not have enough to eat on a regular basis, or don't have the money or assistance to get enough food to maintain active, healthy lives.

* More than 16 million children in America are at risk of hunger; that's more than 1 in 5.

* 30 percent of households with seniors indicated that they have had to choose between food and medical care and 35 percent had to choose between food and paying for heat/utilities.

* Veterans are more than twice as likely to need help with food.

Our Plan of Action:

1. Free Nutritional lunch buffet fed over 85,000 people in 15 years.

For the past 15 years, every single Sunday we have provided a nutritional free hot buffet luncheon to anyone who attends our service. We average 100 people every Sunday. Therefore, we estimate we have fed over 85,000 people just on Sundays. Our volunteers prepare a variety of meal items: lasagna, spaghetti, sausage, meatloaf, hot dogs, soup, casseroles, vegetables etc., and yes even delectable desserts. The stark reality is that unfortunately, for many, the meal we provide could be their only meal for the day. Hunger is a serious issue in the state of Pennsylvania especially in Westmoreland and Fayette counties. After lunch, we also offer free food from our weekly distributions to anyone in attendance.

2. Weekly food distributions:

In addition to our free lunch program, we also offer a "food distribution" every Monday, Thursday and Saturday. It is our goal to provide approximately a retail value \$150.00 of good quality nutritional food every week (50.00 per day) per family. All we ask for is a reservation fee, a small donation of \$7.00 so we know

how many people we are buying food for each day. Everyone who participates in the weekly food program is invited to our free Sunday lunch buffet. As previously stated the food that we receive and distribute is nutritional, brand name, and excellent quality.

3. **Teamwork:** We work with several other ministries in order to maximize our impact on the communities we serve.
- Alpha Lion's Den Ministries, Derry, Pa. provide weekly food distribution programs.
 - Sherwood Forest Foods, Ligonier, Pa. We purchase their food to enhance the nutritional value in our programs.
 - Derry Station, Laurel Highlands Village, and Ridgeview Apartments are all low income facilities we supply with free food.
 - Union Mission, Latrobe, Pa. The only men's shelter in Westmoreland County. Sheltering over 200 men per year.
 - Word and Worship Church for 25 years has fed 100-120 families every month. They operate out of 3 locations: Murrysville, North Braddock, and White Oak, Pa.
 - Hunger Café, Latrobe, Pa. We provide them with free food for their weekly means prepared for the needy.
 - Shiloh Christian Camp, Cook Forest, Pa.

Our Need. Where you can help us:

- **Food cost** ; In the past two years we have spent 106,000 on nutritional food. This is in addition to all the food that is donated to us. We have not ever asked for any grants or funds from foundations. We are asking now because we need your help.
- **New truck;** With the weekly distributions and deliveries our truck is on its last leg. It has over 230,000 miles on it and we need deliveries more now than ever. We use this truck for distributions and deliveries when and where needed. In addition to needing food, one of the greatest needs that exist is transportation. There are many in our community who qualify for government programs, have EBT cards but do not have any means of transportation and/or cannot afford a cab fare to be able to pick up food. We also use our own refrigerated 1997 box truck when and where possible to make these deliveries. We have done all we can do, and need your help to continue.

Your financial support is greatly needed and will help us provide nutritional food to children and their families. If you have any questions, I would love to speak with you personally. I am also available to do a personal presentation.

HIS food ministry acronym stands for Honesty, Integrity, and Superior Service..

Sincerely Yours,

Pastor Ronald D. Kosor

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