



# The Freezer Ministry and Garden Gatherers Inc.

1830 Butztown Road, Bethlehem, PA 18017

freezerministry.org

*Invites You To Attend*

## **The Healthy / Sustainable Pantry and Accessing Food in the Lehigh Valley Seminar**

**March 21, 2026 8:30 am – 3:30 pm**

At - East Hills Moravian church 1830 Butztown Road Bethlehem, PA 18017

- 8:30 am Gathering – Light food and beverages
- 9:00 am Program Intro – Accessing healthier and more abundant food to those in need.
- 9:15 am Second Harvest – Sustainable / Healthy Approach
- 9:45 am Buy Fresh – Buy Local Lehigh Valley Farms – a partner and provider of local fresh products
- 10:15 am The Freezer Ministry and Garden Gatherers Inc.- Goal 200,000 meals in 2026 with Blessings of Hope – 32 million meals a year
- 11 Schools and growing, no cost farmers markets
    - 435,000 pounds of vegetables and fruit delivered
    - Our Summer Harvest Food Drive – rethinking and improving
  - Blessing Boxes from Blessing of Hope
    - 35 pounds of healthy mixed groceries - \$12.50 per box
    - Meeting a need during the SNAP situation in November 2025
    - Blessing Boxes on-going in the future, looking to add partners
- 11:30 am Valor – part of Valor Clinic Foundation
- Giving our homeless veterans a hand up and so much more
  - Has a new hot meal and resources partner
- 11:45 am Cay Galgon Life House – 90 moms under care, “Who We Are”
- Has a new healthy food partner
- 12:00 pm Lunch - Provided – Time to visit with over a dozen community agencies’ displays.
- 1:00 pm 5 Pantry Panel – What would make their and your pantry better?
- Easton Area Neighborhood Center
  - NorthEast Community Center
  - Other diverse pantries
- 2:15 pm Healthy Multi Volume Cooking for Pantries and Community  
Just imagine what your kitchen can do.
- The Freezer Ministry
  - Meals on Wheels Greater Lehigh Valley
  - St. Luke’s University Health Network
  - Others Pending

### To Register:

Sign Up Genius -1. <https://www.signupgenius.com/go/10C094FAAAB29A5FCC43-62287472-thehealthy>  
3 options



2.  3. [Seminar RSVP](#) or Call 610-867-0537 **Bob or Kathy**