

January Newsletter



Catholic Parish Outreach
Food Pantry
A Program of Catholic Charities

Providing Help – Creating Hope – Serving All

CATHOLIC PARISH OUTREACH FOOD



Kelly



It has been a very chaotic start to 2026 for the world, the US and for our community. It is easy to lose track of the real impact we have on our neighbors' lives. Our staff and volunteers take such care and put great effort into feeding our neighbors in need that it is so heart warming when they let us know how much that means to them.

CPO Runner Experience:

Over the month of December 2025, I had two interesting interactions with our clients. As a runner, we are always getting verbal thank you comments from our clients. However, after doing this for roughly 5 years, these two recent events really stood out to me and I wanted to share.

In early December, there was a young man, probably 18-19 standing in the parking lot looking a bit lost and bewildered. He asked me how the process worked and could he walk in without any proof of income with him. I directed him to the desk inside the front door and gave him a quick rundown of the process. He was very appreciative. A short time later, I happened to be the runner to bring his cart of food out to him. While loading his vehicle, there were numerous thank you messages, then he said something that really stood out. He reported that he had not eaten much in the last 2-3 days and that this was extremely helpful. There was no doubt, this food was a truly helpful gift to him.

On another day, I brought out a cart to a lady in her early 30s with a family of five. When she saw her cart, she asked, in all seriousness, was that all for her. She was astonished at the amount of food coming her way. She even asked this a second time as if she wasn't sure my answer of yes was correct. Later she mentioned that she did not realize we were open but just happened to drive by and decided to stop. This lady mentioned how much this was going to mean to her family and then on two different occasions, with a very heartfelt tone said, "I'm crying inside." That cart of food was truly a game changer for her and her family.

Stay warm and safe, take care and may God bless in 2026!

Kelly

In case of Winter Weather
closures at CPO please consult:

Website/Facebook/WRAL closure listing for details



Kelly Rappl
Program Director
E-mail: Kelly.Rappl@ccharitiesdor.org
919-873-0245 x2300

Deanna McCulloch
Assistant Program Director
E-mail: Deanna.McCulloch@ccharitiesdor.org
919-873-0245 x2310

Susan Hicks
Health Education Specialist
E-mail: Susan.Hicks@ccharitiesdor.org
919-873-0245 X2350

Myra Bradley
Family Care Coordinator
E-mail: Myra.Bradley@ccharitiesdor.org
919-873-0245 x2320

Darcy Hull
Volunteer Coordinator
E-mail: CPOvol.Coordinator@ccharitiesdor.org
Phone and Text: 919-847-1466

2013 Raleigh Blvd, Raleigh NC 27604
919-873-0245

Hours of Operation:
Mon/Wed/Thurs/Friday & Saturday
9 am—12pm



Tax ID # 56-0529943 (Catholic Charities—CPO)

VOLUNTEERING AT CPO

We are in need of volunteers to work in the warehouse or do monthly/quarterly/yearly maintenance projects at CPO.

Looking to volunteer:

We are now using Point software for people to volunteer at CPO. Contact our Volunteer Coordinator Darcy Hull (call or text) 919-847-1466 or email CPOvol.Coordinator@ccharitiesdor.org and she will work with you to sign up to serve.

January Newsletter

CATHOLIC PARISH OUTREACH FOOD PANTRY

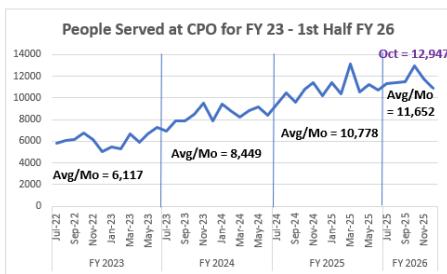
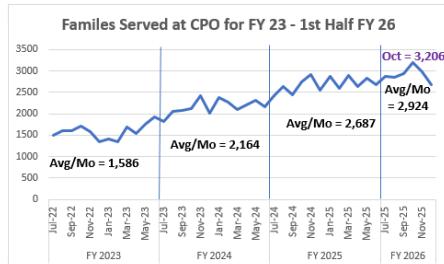
FOOD DISTRIBUTION

	Dec-24	Dec-25	% Inc
Families	2557	2,692	5%
People	10200	10,902	7%

Families served increase of 37% (FY23 to FY24)

Families served increase of 24% (FY24 to FY25)

Families Served increase of 12% (1st Half FY 24 to 1st Half FY 25)



CPO is in its 4th straight year of serving increased numbers of people and families. This trend shows NO END in sight!

MOBILE FOOD PANTRY—WAKE CO.

	Dec-25	
	MFP 1	Feb 25 - Dec 25
Families	94	1,029
People	437	4,660

MFP1 = Kingsborough Estate Raleigh NC Distribution -- mobile home park

	Dec-25	
	MFP 2	Oct 25-Dec 25
Families	93	281
People	150	433

MFP2 = King's Ridge CASA location -- mix newly housed 100 units including veterans/families (some with single mothers), senior citizens

CLOTHING & DIAPERS

	Dec-24		Dec-25		Clothing % Inc/Dec	Diapers % Inc/Dec
	Clothing	Diapers	Clothing	Diapers		
Families	726	720	666	754	9%	-1%
People	998	888	914	959	1%	8%

We were able to distribute new coats and clothing due to the Knight of Columbus and Parish Angel Tree donations.

Note: Clothing was closed Saturdays due to clients almost doubling!



Catholic Parish Outreach
Food Pantry
A Program of Catholic Charities

Providing Help – Creating Hope – Serving All



With the recent bad weather and increased presence of ICE/CBP in the Raleigh area, home delivery has become more important than ever. Below are 2 thank you notes from our home delivery clients.

As a reminder we serve a LIMITED number of home-bound clients (disabled, elderly or both). This program is so popular that we currently have a waiting list.

We also, with the help of Centro para Familias Hispanas, have mobilized to conduct as many home deliveries as we were able to those sheltering in place due to increased presence of ICE/CBP.

If you want to volunteer to deliver groceries contact Susan Hicks at susan.hicks@ccharitiesdor.org

Hi Susan:

I want to express how very much I appreciate the produce box your organization provides. It makes a world of difference for a diabetic to be able to cook healthy produce!

May you and all those who contribute their time and efforts to your organization be filled with the joy of Christmas during this season of good will.
Blessings, Ruth

I can't begin to thank you enough for the food for me and my family. I've been running on autopilot—Jo & I been barely able keep up with being both disabled. The food was beyond appreciated—I love it all. I thank you so very much. Z will love the broccoli and asparagus the most! I thank you again for all. I am trying so hard and every bit helps so extremely much... Shadow