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Beyond the walls food pantry

Florida Food Pantry >> Fruitland Park Food Assistance >> Beyond the Walls Food Pantry Name: Beyond the Walls Food Pantry Address: 509 W Berckman St. City: Fruitland Park, FL 34731 Phone: 352.431.3935 Website: Contact Email: info@heritagecommunity.org Counties Served: Basic Programs: Description: Beyond the Walls Food Pantry is a ministry of Heritage Community Church. The mission of the Food Pantry is to provide physical and spiritual nourishment to our friends and neighbors who are in need. We are open for neighbors to pick up food, Monday, Wednesday and Friday from 11am until 1pm. Building Beyond the Walls creates an experience through inclusive hands-on construction skills training that increases confidence and self-reliance. By focusing on projects that give back, we connect individuals more deeply in their communities! Since May of 2016, there has been a National Mini Pantry Movement to help provide food in areas where families have struggled with food insecurity. The concept is simple, leave what you can, take what you need. Now, more than ever, people are worried about food and these mini pantries are a way for people to help make a difference. Photo Courtesy: Charley Penn/Stock The main job of your kidneys is to filter toxins and waste out of your blood. A lot of that waste comes from the foods you eat. If you have chronic kidney disease (CKD), changing the way you eat will put less stress on your kidneys. So, it's important to know the best foods to eat for kidney disease. Certain foods are good to eat, but there are some foods you may need to eat less or avoid altogether. The water, minerals and other nutrients from the food you eat go into your bloodstream. The body uses these fluids and nutrients to keep you healthy — but when there's too much water, or too many minerals and nutrients in your blood, it can cause health problems. Normally, your kidneys would remove this excess waste from your body through your urine. But, it's more difficult for your kidneys to remove this waste from your blood if you have kidney disease. Limit Potassium, Phosphorus, and Protein Intake When you have kidney disease, potassium, phosphorus and protein build up in your blood. While these are important for your body, too much can actually lead to health problems. Potassium is a mineral that is needed for your muscles and nerves to work. But, too much potassium can cause weakness and cramps. It can also cause your heart to beat abnormally. Phosphorus is an important mineral for your bone health. But, too much phosphorus can make your bones weak. This can cause your bones to break more easily. Protein helps to build and repair your muscles and bones. But, when you have too much protein it puts stress on your already damaged kidneys. And this makes it even harder for the kidneys to remove all the excess protein and other waste. A Balanced Diet for Kidney Disease Eating a kidney-friendly diet is all about knowing what to eat and how much to eat. So, it is important that you make good food choices. This doesn't mean that you stop eating everything containing potassium, phosphorus and protein. Your body needs these nutrients and minerals to be healthy. Instead, try to find the best mix of foods to eat for your kidney disease and keep a healthy balance. Best Foods to Eat for Kidney Disease Photo Courtesy: SDI Productions/Stock There are some foods that people with kidney disease may want to eat more of or avoid. The following foods are good for kidney disease. Foods low in potassium and phosphorus Eating fruits, vegetables and grains are all part of a healthy diet. But some of these foods may be too high in potassium and phosphorus. So try these more kidney-friendly options: Fruits including apples, grapes, cranberries, and strawberries Vegetables including radish, cauliflower, onions, peppers, summer squash, and lettuce Grains including pasta, french bread, sourdough bread, unsalted popcorn, corn and rice cereals Kidney-friendly proteins While you may need to eat smaller amounts of protein, it's still an important part of a healthy daily diet. Your doctor will advise you on the best daily amount of protein you should have based on your weight, sex, age, and overall health. Foods with good protein for kidney disease include fish, poultry, and egg whites. It is still really important that you work with your doctor or dietitian. Your doctor may recommend something different based on your stage of CKD or if you are on dialysis. For example, if you're on dialysis, you may actually need to eat more protein because dialysis removes protein from your blood. Foods to Avoid for Kidney Disease When you have kidney disease, there are some foods you may want to eat less of or avoid altogether — foods high in potassium, phosphorus, and sodium. Foods high in potassium Fruits including bananas, avocados, melons, prunes, potatoes and tomatoes Grains including brown rice and dark bran-heavy breads Dairy including milk, yogurt and cheese Foods high in phosphorus Grains including dark whole-grain breads, bran cereals, granola and oatmeal Some dairy products including milk, yogurt and cheese Most nuts Food high in sodium It's also important to limit foods high in sodium when you have kidney disease. Too much sodium can lead to high blood pressure — and that can cause further kidney damage. But your body does need some sodium. It is recommended to eat no more than 2,000 milligrams of sodium per day. Talk to your doctor, because they may recommend even less sodium if you have CKD. Sometimes even as low as 750 to 1,500 milligrams daily, depending on your level of kidney damage. To help lower sodium in your foods: Look for low-sodium labeled foods while grocery shopping. Avoid seasoning your food with salt whenever possible. Try to use herbs and sodium-free seasonings instead. Resource Links: MORE FROM SYMPTOMFIND.COM Email contact available with a Pro subscription Mrs. Colleen Brooks Director of Beyond the Walls Fundraising contact phone: (352) 455-Ext 4606 (email protected) Fruitland Park, FL 34731 PO BOX 728 FRUITLAND PK, FL 34731 Fruitland Park FL 34731 International tel: 352 431 Legal name of organization: Beyond The Walls Ministry Our food pantry is open to the public at 4:00pm every Friday. Call 216-903-0963 for more information. Food is available while supplies last. Home News Business Classifieds Crime Health Obits Opinions Photos Sports Contact Us All green/flickr All living organisms in the world can be classified as either an autotroph or heterotroph. An autotroph is an organism that can make its own food for energy. A heterotroph is not capable of making its own food. They depend on other organisms to provide them with the energy needed to survive. Organisms that are classified as being decomposers, consumers, and detritivores are all categorized as being heterotrophs. These groups consist of all animals, fungi species, and some types of bacteria that exist throughout the world. Heterotrophs make up the second and third levels of the food chain. Decomposers Decomposers are organisms found at the end of the food chain. They are responsible for returning the nutrients offered from dead organisms back into the soil, which is used by autotrophs for their photosynthesis cycles. These nutrients consist of phosphorus, nitrogen, and carbon. Most decomposers consist of bacteria. The process of decomposition takes place while the organisms are in their inorganic state. This process is more commonly referred to as nitrogen fixation. During this process, the organism transforms gaseous nitrogen found in the atmosphere into elements, including ammonia, nitrate, and nitrite. These elements are used by other living things at different levels of the food chain to create energy for sustaining their own life cycle. Here are some examples of decomposers: Worms Slugs Snails Mushrooms Consumers Consumers can be broken up into herbivores, carnivores, or omnivores. Herbivores depend on plants to provide them with the energy and nutrients necessary for living. Some examples include rabbits, squirrels, mice, and giraffes. Carnivores are organisms that require meat to obtain energy. Often, carnivores feed on herbivores. An example of this is a cat that eats a mouse for food. Other examples of carnivores include: Dogs Lions Wolves Coyotes Omnivores are consumers that depend on both plants and meat to sustain life. Humans fall within this category on the food chain. This is due to their ability to obtain energy from foods, such as fruits and vegetables, while requiring other nutrients such as iron and protein provided by animals. Some other examples of omnivores include: Bears Lizards Turtles Bats Skunks Raccoons Detritivores Detritivores depend on organic waste produced by other living organisms to sustain their life. This matter can include the decomposed matter from dead trees, plants, or animals. This type of heterotroph includes living organisms such as: Raccoons Lobster Crabs Vultures Two Forms of Heterotrophs To understand heterotrophs further, scientists have broken herbivores, carnivores, and omnivores up into two separate classifications. These include chemoheterotrophs and photoheterotrophs. A chemoheterotroph requires energy and carbon that is provided by other living organisms. Photoheterotrophs use light from the sun to give them energy but must still consume other living organisms to provide them with carbon. 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