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SPEAKERS

Sven Domingos, Marie Lindsey

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Sven Domingos 00:14

Welcome to City Speaks, a podcast produced by the students of City Times Media. I'm your host Sven Domingos. In this episode, we introduce you to a new food resource for students at San Diego City College, Knight's Table food pantry. The pantry offers a variety of snacks and hygiene products for the students of San Diego City College and greeting students at the door is Marie Lindsey. CTTV's Executive Producer Jillian Fortner caught up with Marie at the food pantry just before they reopened at the new location on campus on February 3, 2023. At the time, Marie looked back on what it took to get the doors of the Knight's Table open.

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Marie Lindsey 00:54

We opened just before the holidays, like a soft opening. And but it was not an official opening, it was just like a dry run, just to get it set up to see how things went. But now we are officially opening on February 8. So all of the other days were like just practicing to see what we needed to do what the people liked the kind of foods we need to bring in. Those type of things trying to streamline before we hold.

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Sven Domingos 01:40

The Knight's Table is currently in the phase of serving students for the needs to expand the pantry. For the time being. They have the basics.

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Marie Lindsey 01:49

Resources that they are that the Knight's Table is providing are food stuffs for breakfast, quick foodstuffs for lunch, things that can be quickly made, lunches that can quickly be made by adding water or opening a can and heating in the microwave. Quicks a nutritious snacks, and may I say that most of our snacks are nutritious. Navia is very big on nutrition Navia is our new supervisor, and head of Kngiht's Table. She's very big on nutrition. So you'll find I think you'll

find a lot of nutritious snacks here because we understand that that nutrition fuels the brain. And we want them to be able to function and be a good student. We also provide things that they can take home and they can take home for items to cook. You know, they're not these are items that need to be opened by can opener. And things that has to be have to be boiled or heated in a pan. They're more for people who have families that they need to also feed, you know, in addition to themselves, you know, during the day, they can eat here there. We provide things for them here, but a lot of people have people at home that are in the same position that they are. They are still hungry in the evening. And so we provide things that they can take home and cook. You know, there's rice dishes, pasta dishes, you know, beans, things that they could cook for vegetables, things that they could cook for their family.

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Sven Domingos 04:12

Beyond food, some of the items on the shelves have been more popular than others.

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Marie Lindsey 04:17

We need to check to see what the people's needs are. And so those areas are going to be expanded. We haven't had too many takers for the baby food. But we've had lots of takers for the hygiene and all our toothbrushes are gone. Most of our deodorant is gone. We do have packs -- they they liked the packs because the facts can print the cut contain all that you need to do hygiene with. We do have some hygiene packs for homeless people. And some of those packs contain in addition too the toothpaste that contain towels, and some and some of them contain a sheet and a pillowcase just in case they need those things. And they're welcome to take those. Let's see what else do we have. We talked about the baby products. We're going to expand and have diapers also in things for babies.

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Sven Domingos 05:30

The Knight's Table is available to all students at San Diego City College. A brief sign up and your student ID will be required for first-time visitors. After that only a student ID will be needed to take advantage of the service. The Knight's Table is open Monday through Thursday from 10 in the morning to two in the afternoon, and can be found in T-150. For more details on food assistance resources available here at City College, visit sdcitytimes.com and then search for City College food pantry. And in case you missed a previous episode of City Speaks, visit sdcitytimes.com. My name is Sven Domingos and thank you for listening to this edition of City Speaks.