

Snohomish Community Food Bank

SUMMER 2016

Issue: 08/2016-1



FOOD FOR THOUGHT

by Elizabeth Grant, Executive Director

This is a message of Thanksgiving and it is two-fold. First, I am thankful to a wonderful community who, over the past six years, supported our food bank at a time of high need. With the economy tanking so quickly and severely in 2009, our numbers in families needing to be served jumped rapidly. And every year after, these statistics continued to grow. I am happy to report to you that the numbers are falling as people are returning to work and getting back on their feet.

Matter of fact, our overall percentages have dropped nearly 14%. The number of individuals served last year was 39,817 (13,314 households) and this year, we served 34,439 (11,534 households). Although this is great news for some, there are others who still need our help, so our work continues.

Second, I am in awe and filled with appreciation for my Volunteer Crew who continued the work in my five-week absence. Without issue, they continued the work: picking up groceries, sorting and rotating them for safety, serving our families, covering administrative, operational and maintenance duties to keep us going strong. I am so fortunate to work on a daily basis with people who understand the mission of serving others and do it with grace, humor and hard work. I am so proud to be a part of this team!

How We Serve the "Homeless"

One of the greatest gifts we offer to the families we serve is that we provide their groceries weekly. Many other food banks can only give out food once or twice each month, but through the generosity of our community and donors, we can provide so much more. Clients can come in either Tuesdays or Fridays every week to get 10 -12 bags of food and every other week they are guaranteed fresh milk, as it is purchased.

However, with the homeless, they may come in BOTH Tuesday and Friday. Each day, they are given enough food to get them through 3 -4 days and it is packed to be easily carried.

Program Manager, Kimberly VanDamme fills the bag with items that require no cooking or hot water, like cups of soup, pop-top fruits, veggies and meat; snacks like granola bars, trail mix and beef jerky; bottled water or juice; small cereals; peanut butter; and in the winter months, self-heating meals. Upon check in, these recipients may also request a bread preference (wheat or white) and types of fruit.

From time to time, we add small personal hygiene kits, socks, scarves, hats, insulation blankets and crocheted mats made from plastic bags to keep them up off of the cold and wet ground.

We also provide beneficial information like when to attend the Community Kitchen or Longhouse Ministries for a free dinner; when they can get free clothing from the Clearview Clothing Bank or at the King's Clothing Closet (Christ the King Church on Avenue D); and when there are other events organized to meet their needs, like the Project Homeless Connect.

BOOK CAFÉ

Organized by Emerson Librarian, Jenny Granger, The Book Café has partnered with the Kids' Café to deliver free books for students to read throughout the summer. The Book Café vehicle made its rounds to various locations on Mondays and Tuesdays giving or swapping books to students.

HAVE YOU SEEN US AROUND?

The Snohomish School District, in partnership with the Snohomish Community Food Bank and the Snohomish Boys and Girls Club, serves area children through this summer feeding program.

Since 2010, breakfast and lunch have been served Monday through Friday. The meals are funded through the federal government, but all other costs supported by donations. The program is open to all people 18 years old and younger.

Sit down meals are served at Snohomish High School and lunches are delivered to the Boys and Girls Club, the Snohomish Aquatic Center, Three Rivers Mobile Home Park and the Circle H Mobile Home Park. For three years, through the generosity of Bickford Motors, we were able to deliver lunches to outlying areas. This year, the Kids Café obtained its own food delivery truck.

Historic Data:

2010: Only lunches served –first year of program: 5,234 meals

2011: Added breakfast; 2,346 breakfasts, 5,854 lunches; 8,200 meals

2012: Added delivery service; 5,129 breakfasts; 12,209 lunches; 17,338 meals

2013: Added a third mobile stop; 5,747 breakfasts; 15,036 lunches; 20,783 meals

2014: Added the Snohomish Aquatic Center as a site; 7,375 breakfasts; 18,613 lunches; 25,988 meals

2015: 7,881 breakfasts; 19,288 lunches; 27,169 meals

2016: At the time of printing this newsletter, the Kids Café is still in service.



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Hunger Action Month Tutorial (A Description of the Adjoining Calendar)

September is Hunger Action Month™, when Feeding America and member food banks ask everyone in America to take action to fight hunger in their community, all month long. Hunger Action Month is your opportunity to join a movement that has a real and lasting impact in our effort to feed more Americans than ever before. Whether it's by advocating and raising awareness, making donations, or volunteering, you can find the way to make a difference during Hunger Action Month. Together, we can solve hunger.

For the local level, the Snohomish Community Food Bank has developed a Calendar of Events for September 2016 to help our community to know about, share in and fight against hunger. There are days for individual activities and there are days where you can invite your friends and family or affiliated groups to join you in participation.

There are passive ways to join in: Shade your Facebook orange and Like Us on Facebook (Sep 3); On September 8th, honor National Wear Orange Day, as orange represents the color of hunger; and challenge yourself to live on a Food Stamp Budget \$3.93/day (Sep 13).

Then, there are educational and political ways to learn and teach about hunger: Hold a Potluck and talk about the issues (Sep 10); Contact your Legislator (Sep 17); Watch 'A Place at the Table', a 2012 documentary which examines hunger in America by telling the stories of three individuals from different parts of the country who struggle to find adequate nutrition; Ask co-Workers to have a Brown Bag Day and donate the money saved by not buying lunch out of the office (another chance to discuss hunger in our community!) (Sep 22); and on September 25th, we give you a website to learn more our hunger in our county and all around the state.

Direct contribution ideas can be found on the following dates:

Sep 4: Sign Up the Charity of your Choice with Fredmeyer.com/communityrewards

Sep 5: Help stuff the Food Bank van at Bickford Motors

Sep 9: It's \$5.00 Friday at Safeway ~ pick up an extra item

Sep 12-30: The Boys and Girls Club are holding a canned veggie food drive

Sep 14: Feed the Pets by donating to the Pilchuck Vet Clinic

Sep 18: Donate funds to the Food Bank

Sep 20: Baby products can be dropped off at the Food Bank

Sep 21 & 28: Scouts hold food drives at Hagen, 4 - 6pm

Sep 27: Personal hygiene products can be given to share

Sep 30: Learn how to volunteer at the Cold Weather Shelter through the Medical Reserve Corp.

And finally, but certainly, no less important . . . consider giving your time and expertise: You can help harvest fresh produce at the local veggie garden off Springhetti Road (Sep 6); Be a Part of the National Day of Service (Sep 11), which started because of the tragic 9/11 events, making good out of evil; on Sep 15, you are invited to stop by and see how the Community Kitchen works, you are not asked to volunteer that night, only to watch how it operates; Sep 23 is Snohomish County's United Way Day of Caring; Students who need to fulfill their community service requirement can sign up on Sep 26; Consider asking a group to pledge one item from our Holiday menus, collect 100 - 400 items and deliver them mid-November or mid-December.



The real goal: No one ever goes hungry.



Infant Care Manager Pat Wing (pictured left) oversees the inventory and stocking of our baby products. We accept donations of formula, baby food, diapers (sizes newborn – 6), baby wipes and all fun baby products! This program is generously supported by the Kiwanis Club of Snohomish.

In the photo to the right, Home Delivery Staff: Jeni Shogren, Brian Armes and Sheri DeHaan take weekly groceries to clients who are homebound. This program has an additional staff of six volunteers who call every client to take their order; pack their food; and take it to their homes every Wednesday.



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HUNGER ACTION MONTH SEPTEMBER 2016

Snohomish Community Food Bank is proudly supporting **Hunger Action Month** with our partner, Food Lifeline.

 <p>Snohomish Community Food Bank www.snohomishfoodbank.org</p>				1 Did you get your own Snohomish Community Food Bank Newsletter?	2 Go to the Evergreen State Fair! 3 canned foods = price of admission. 10:00am – 1:00pm	3 Like us on Facebook and share your FB page orange!
4 Share your Rewards Points when you shop at Fred Meyer! Fredmeyer.com/communityrewards	5 Bickford Ford Hosts the Stuff the Food Bank Van Food Drive at Bickford Motors 3100 Bickford Avenue Labor Day	6 Help Harvest Fresh Produce at the Martha Perry Veggie Garden at the Bailey Farm. 8:00am – 11:00am	7 Check to see if your employer has a matching gift program.	8 National Wear Orange Day! (Orange is the color of hunger)	9 It's \$5.00 Friday at the Snohomish Safeway Pick up an item for the Food Bank!	10 Host a potluck dinner and discuss how we can end hunger in our community.
11 National Day of Service Volunteer where you'll make a difference!	12 Boys and Girls Club food drive begins. Drop off canned veggies to the club.	13 Try living on a Food Stamp Budget of \$3.93/day.	14 Pets need nutrition too! Drop off dog or cat food to the Pilchuck Vet Clinic! 11308 92nd St SE in Snohomish	15 Drop by the Community Kitchen to see an amazing service, 901 2nd St. 4:00pm – 5:00pm	16 Kohl's Cares employees to serve our families today!	17 Email your legislator and tell them everyone should have access to food! www.leg.wa.gov
18 Donate to SCFB either by mail: PO Box 1364, Snohomish, 98291 or by PayPal.	19 See "A Place at the Table" on YouTube. Be prepared to be moved to act!	20 Remember our babies! Bring in baby food, diapers and wipes today. 8:00am – 6:00pm	21 Help Girl Scout Troop #41873 with their food drive at Haggen Food today! 4:00pm – 6:00pm	22 Brown Bag Benefit: Ask co-workers to have a brown bag lunch and donate the money you save!	23 Participate in the United Way Day of Caring helping in your community. https://www.uwkc.org/events/day-of-caring	24 Volunteer Appreciation Day at <i>Snohomish Community Food Bank</i>
25 Visit Mapthamealgap.org to learn about hunger in Snohomish County.	26 Book volunteer time for your student earning community service. Saturdays 10:00am – 2:00pm scfbstudents@gmail.com	27 Drop off personal hygiene products at the Food Bank: soap, shampoo, toothpaste, tooth brushes and lotion. 8:00am – 6:00pm	28 Boy Scout Troop #192 will be at Haggen today between 4:00 pm – 6:00 pm collecting for the food bank!	29 Pledge a food item to be collected and given to the food bank for the Holidays! 360-568-7993	30 Interested in helping at the Cold Weather Shelter? Contact Therese Quinn/MRC 425-339-5268.	How will you help to end hunger?

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2016 – 2017
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The Snohomish Community Food Bank is a non-profit agency serving the residents living within the boundaries of the Snohomish School District. We provide groceries for families in need on a weekly basis and are supported solely through donations and community volunteers.



Troop 41576 Collected personal hygiene products and an additional \$1,200.00 to fund the Food-2-Go Program, which provides weekend groceries for homeless high school students. From the left, back row: Food-2-Go Program Manager Jenny Lidington; Scout Leader Khara W.; Elizabeth Grant, Food Bank Director; and Sara H. Front row: Laurel W. Emilie T., Emerson W. and Madden A.



We serve the residents within the Snohomish School District.

We are Open to accept donations:
M, W - F, 9:00 – 1:00;
and Tu, 7:00 – 7:00

We are Open to serve families weekly groceries:
Tuesdays, 3:00 - 6:45 or Fridays
10:00 - 1:45

We are Open for volunteer work:
Mondays through Saturdays