

Snohomish Community Food Bank



FALL 2015

Issue: 11/2015-1

FOOD FOR THOUGHT

by Elizabeth Grant, Executive Director

The news is good! Our numbers are declining! At least the ones we hope to lessen are decreasing. In 2014-15, we served 37,020 people (duplicated) living in 1,084 households (unduplicated). We can only speculate that many people are now part of the work force, which enables them to purchase their weekly groceries without assistance.

The other good news is that other numbers are steady, like the number of volunteers who serve here (132/week) and the donations are steady, allowing us to provide more food choices to every shopper.

Staff members from area food banks joke about getting put out of business and that it is only the Director's jobs which should be eliminated, meaning no one would be in need. However, this is no laughing matter to the many clients we serve. There are still people who are out of work or those who are elderly and/or disabled on a fixed income and cannot afford to pay all of their bills, like rent, utilities, transportation and food.

Through the generosity of our amazing community, we keep our shelves stocked; our freezers filled with vegetables, boxed dinners and meat selections; we purchase fresh milk every other week; and provide a bountiful menu for the holidays. This way, the provision of food doesn't have to be compromised for Snohomish families, allowing their money to go towards other expenses.

As for Washington State's statistics, according to Northwest Harvest:

- Washington is the 22nd hungriest state in the nation
- 1 in 5 kids in Washington state lives in a household that struggles to put food on the table.
- 1 in 6 people relies on SNAP (food stamps), the Supplemental Nutrition Assistance Program, which is often threatened by budget cuts. Half of all people on SNAP are kids.
- More than half of those we serve are children (34%) and the elderly (21%). An estimated 305,000 kids in Washington State are food insecure, meaning they don't have adequate, nutritious food on a regular basis.

Source: *Hungry in Washington 2014, Children's Alliance*

Locally, our statistics closely reflect Washington State figures: 35% of the individuals we serve are under 18 and 23% are over 55.



Caption: Snohomish Community Food Bank Volunteers pose with our new vehicles. From left to right in front of our beautiful new E-450: Drivers: Jeff McKinney, Daren Barstad and Mike Murry; and posing with the Connect 250, John Bruce, Board member and volunteer, Ron Tastad, Pam Matson and Lina Deierling.

HAVE YOU SEEN US AROUND?

To replace our 1999 F-250, we raised funds for a new Ford Connect, a vehicle which provides us flexibility for our many uses. Volunteers pick up hundreds of pounds of groceries from Albertsons, Fred Meyer, Haggen and Safeway each week that are sorted and stored until distributed to our clients on Tuesdays and/or Fridays. Every Wednesday, we deliver a week's worth of groceries to our homebound clients (see Home Delivery on page three) using this van. The organizations that made this possible through their financial support are: Bickford Motors, Norcliffe Foundation, Norman Archibald Foundation and the Paccar Foundation.

For our larger loads, usually involving a forklift and pallets of food donated by Food Lifeline, Franz Bakery and Northwest Harvest, we replaced our 1997 Cube Truck with a Ford E-450. The drivers are excited about some of the newer features, which make the cab more comfortable and the cargo area, safer.

"The interior ceiling is constructed of opaque panels which let light in and a wood floor which allows the pallets to slide easier when off-loading. We have more space and additional weight capacity along with comfortable seats. It certainly makes our job easier," said long-time volunteer Ron McCammon, a retired professional commercial driver.

With the newer models, the Food Bank expects lower costs in maintenance. This truck was given to us through gifts from Bickford Motors, The Employees Community Fund of Boeing, The Everett Clinic Foundation and The Tulalip Tribes. Thank you, Grantors, your generosity is greatly appreciated!



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www.snohomishfoodbank.org

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2015 BOARD OF DIRECTORS



Left to right, Jay Hagen, President; John Bruce, Treasurer; Tom Robde; Karen Guzak; Ross Latham; and Mary Nilsen, Secretary.

FOOD BANK PROGRAMS FIND NEW HOMES

For the past two years, we have been working on transferring two of our programs to other organizations.

The Tree of Giving program, where we provided Christmas presents for children of food bank families has been phased out, in support of Christmas House, which has been running for over 25 years, as a 100% volunteer, non-profit organization that provides free holiday gifts for children under 18.

In 2014, they gave over 55,700 gifts to 8,970 children from 3,060 families. Each December they set up shop at the Boys & Girls Club in Everett to distribute these presents.

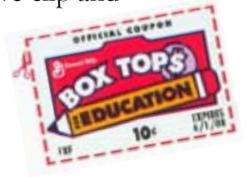
There are many ways to support Christmas House: Donate money or new gifts; make gifts; volunteer your time; provide refreshments for volunteers; or hold a fundraiser or gift drive. For more details, see their website: www.christmas-house.org

The Schools Supplies in a Backpack Program was successfully turned over to Snohomish schools where there was a need for over 300 students to receive the materials required for classrooms. Organizations, such as churches and local businesses sponsor the school closest to them and provide new backpacks filled with academic tools. Three of the schools are supported by their own PTA.

If you are interested in supporting this program, contact your nearby elementary or middle school or the Boys and Girls Club and let them know!

WE LOVE TO COLLECT!

On behalf of our elementary schools, we clip and collect **Box Tops for Education** and **Campbell's Labels**. If you cut them out and donate them to the food bank, we will pass them on to the schools! Over the past 5 years, we've saved over 118,000 of them, each worth 10 cents. They add up quickly.



Want to recycle your grocery sacks? We take plastic and paper to reuse for our shopping days. Clean, but torn plastic bags can be made into beautiful mats crocheted by local groups to give to those who live on the streets. These long, thin mats are made up of 500+ bags that keep a person off the cold, wet ground.



The labor of love continues as Snohomish 'Bags of Blessings' group delivers mats to the Snohomish Food Bank for distribution to local organizations who serve the homeless. From the left: Joy Johnson, Sondra Hirsch, Marcia LaBossiere, Elizabeth Grant, Sandy Anderson and Monroe Cold Weather Shelter Volunteer Amber Mehta.

2015 ACHIEVEMENTS

This year, our director, Elizabeth Grant has been presented with the following honors:

**Paul Harris Fellow Award
from Rotary International**

**Ruby Award
from the Soroptimist International**

**The Community Citizen Award
from the Garden City Grange**



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HIGHLIGHTING FOUR PROGRAMS TO ACCESS GROCERIES

Food-2-Go: Weekend groceries are provided to “homeless” high school students. These young adults are facing a world of uncertainty and this program takes away the stress of hunger. Recommended by their counselor, students complete an enrollment form which is submitted to the Food Bank; Volunteer Jenny Lidington fills the order with enough groceries to get them through the weekend; and delivers it to the counseling office. This program is in all three high schools.

Home Delivery: Focused on housebound individuals, this program allows people to choose items from the same menu as our weekly fare. Cherie Estok calls each recipient on Tuesday; Connie Vermillion, Kris Crum and crew pack up the groceries accordingly; and on Wednesday, Brian Armes and Jeni Shogren deliver the orders right to their home. Currently, we are

servicing 15 -18 families per week, doubling last year’s deliveries.

Pre-packed Groceries: Bags are packed with easily opened food and self-heating meals for those who do not have access to cooking facilities. Since this bag weighs about 18 pounds and contains enough food to last 3 – 4 days, these clients are invited to come in on both serving days.

Snohomish Special Service Shuttle: For clients who are able to get to the food bank by walking, catching the bus, getting dropped off, even riding their bike, Larry and Stephanie Einig drive the shuttle, taking them back home with their groceries. In partnership with the Community Kitchen, Senior Center and under the direction of the Zion Lutheran Church, we share the responsibility and care for the van, as it is a valuable service for our community.



WE SUPPORT THESE PROGRAMS AND ORGANIZATIONS

Community Kitchen - Provides free, nutritious meals every Monday and every Thursday from 4:30 – 6:00 p.m. at St. John’s Episcopal Church, 913 2nd Street, Snohomish. No registration nor enrollment required. Just show up and enjoy a “home cooked” dinner.

Kid’s Café - The school district’s Kids’ Café program, through its collaborative support from the Snohomish Community Food Bank, Snohomish Boys & Girls Club, Bickford Ford and more than 325 community volunteers served a total of 27,169 meals last summer.

Snohomish Cold Weather Shelter - Provides free overnight shelter at the Snohomish Evangelical Free Church, 210 Avenue B, when the temperatures drop to 32 degrees of below. Program begins November 1 and continues through February 2015. Volunteers are needed.

The Snohomish Boys and Girls Club - The Snohomish Boys & Girls Club has been a positive place for kids in Snohomish for 13 years. Clubs offers sports leagues, childcare, summer camp, teen programs, and specialty programs such as robotics, guitar classes and more to their 1,400+ members!

The Snohomish Senior Center - The Snohomish Senior Center is a full activity center that serves well over 750 members. There are over 60 programs, including lunch every weekday, multiple types of exercise, games, trips, classes, information, and a safe secure place for social interaction. Visit the center, you will be surprised!

IN MEMORIAM

It is with great sadness that we say good-bye to our beloved volunteer of 17 years.
Marji Reed, you are missed!



Marji Reed (1957 - 2015)



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Do you need to serve community service for your high school requirement?

Students can fulfill their community service requirements every Saturday,
10:00am – 2:00pm. To schedule a day, e-mail: scfbstudents@gmail.com

LIKE US ON FACEBOOK



CHECK OUT OUR WEBSITE:

www.snohomishfoodbank.org