



Food Bank Bites

Summer 2015

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Sequimfoodbank.com

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Additional Resources

<https://foodlifeline.org>

Learn about the Feeding America network and access hunger-related research and learning.

<http://northwestharvest.org>

Washington's own statewide hunger relief agency.

<http://sequimfoodbank.org>

The easiest way to connect with us! Donate, sign up to volunteer, subscribe to our blog, check out upcoming events...it is all there.

Contact Us

For general information:

sequimfoodbank@olympen.com

(360) 683-1205

Mark Ozias, Executive Director

(360) 775-6321

For food emergencies:

(360) 461-6038

Our Story, By The Numbers

The Sequim Food Bank is a true community resource, providing food and assistance to thousands of families in and around Sequim:

- Last year we provided food to 2,149 different families.
- Each month we see 600 – 650 households.
- We distribute 75,000 pounds of food every month.
- 30% of the food we distribute helps feed a child under 18.
- 20% of the food we distribute helps feed an adult over 55.
- 10% of the people we serve are veterans.

We work hard to obtain food from a variety of sources and appreciate all of those who keep the Sequim Food Bank in mind!

- Local stores will donate 250,000 pounds of food in 2015.
- Northwest Harvest will provide 40,000 pounds of food.
- Food Lifeline will provide 50,000 pounds of food in 2015.
- Local food drives will account for more than 30,000 pounds of food throughout the year.

Director's Take by Mark Ozias, Executive Director

Thank you for partnering with The Sequim Food Bank! It takes the entire community coming together to make our work possible, and because of your help we are constantly striving to ensure that "No one goes hungry in Sequim."

We have been working diligently to make improvements to both our building and our program. Building improvements include an upgraded electrical system, efficient windows, new chilled storage for produce and a new produce distribution area.

At the same time we have been making great progress improving the quality of the food we distribute – including tens of thousands of pounds of additional fresh vegetables and fruit and prepared foods from QFC, one of our most important donors. We appreciate the extra effort shown by all of our donor stores including Walmart, Costco and Safeway. What a community!!!

Volunteers:

The Heart of the Sequim Food Bank!

Our amazing group of volunteers makes our work possible. These special people sort and distribute food, count inventory, build new spaces, perform repairs, mow the lawn, research recipes and just about everything in-between.

If you would like to volunteer, there's a job that is "just right" for you.

The first step is to print the volunteer paperwork via sequimfoodbank.org. Once your background check is complete we will bring you in for an orientation shift; once you have a sense of the job you can tell us how often you would like to come.

Most volunteers work Monday afternoons or Friday mornings; the shift lasts from 8:30 am to shortly after noon.

We even have a special program for youth volunteers! If your teen is looking for experience or volunteer hours consider sending them to the Food Bank on Saturday mornings.

This program, unique in the state, affords teens with a special volunteer opportunity and learning experience.

Sponsor A Food Drive

It is really fun to host food drives – and the good news is, we're here to help! We love to provide information, printed materials and logistical assistance for your food-raising efforts.

If your business, service club or church congregation is thinking about hosting a food drive for The Sequim Food Bank we encourage you to coordinate with us for improved success. We can help talk you through how to collect the food, what foods to collect (what we need depends on the time of year) and what to do once you're done.

Please contact Stephen Rosales (Food Drive Coordinator) at (360) 461-6038 for additional information.

Contribution Corner

Our community provides vital financial support for The Sequim Food Bank. Your involvement is crucial because we receive NO federal, state or local dollars – we are 100% community-funded.

We Accept Credit and Debit!

We now have the ability to accept contributions online. Please visit sequimfoodbank.org and click on the "How To Give" tab for more information. You can even set up recurring gifts:

- ✓ \$8/month allows us to provide nutritious supplemental food to a local family in need;
- ✓ \$28/month ensures a sufficient supply of fresh milk and eggs for eight families;
- ✓ \$100/month provides nearly six month's worth of electricity to keep our food cold and our lights bright.

The more you give, the greater the impact.

Consider a Bequest or Estate Gift

Did you know that it is easy to make a provision for The Sequim Food Bank in your Will or Living Trust? Many donors appreciate this option because it allows them to make a much more substantial gift than they are able to make during their lifetimes.

Please ask your attorney or advisor to contact Mark Ozias, Executive Director, at (360) 775-6321 to learn more about making a bequest or other estate gift to The Sequim Food Bank.