



SEQUIM FOOD BANK

Food Bank Bites Dec. 2017
Fresh Bite: 68% of Sequim Food Bank clients use our services as a regular food resource

I can't believe the holiday season is here. Thanksgiving has come and gone and December is upon us. Time to make plans with family and friends and prepare for the holidays. It can be a fun, exciting, and also a stressful time.

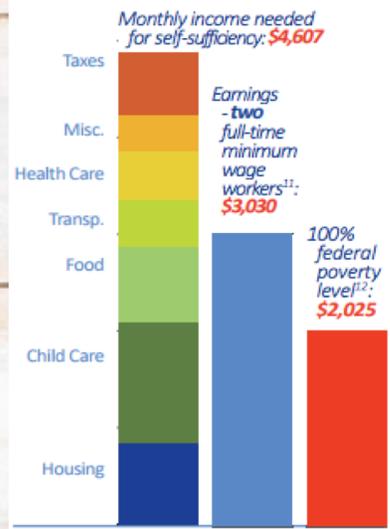
Many worry if there is enough food to feed their family, or if they can afford rent or electricity. Your support of the Sequim Food Bank helps by providing much-needed food to our neighbors and friends. Sometimes helping with food can mean another month with heat or another month in their home. Your help means so much more than food.

On behalf of the 700 people we help each week, our volunteers, and the Sequim Food Bank Board, thank you for your continued support. Please know your help is making a difference. Happy Holidays to each and every one of you and blessings for the new year.

Andra Smith
Executive Director

Families are using food banks as regular food sources rather than emergency sources. This graph shows current data on costs of living provided by our partners at NorthWest Harvest in Clallam County.

Monthly income needed for self-sufficiency¹⁰: \$4,607



Left bar of graph shows income for a family of four to meet basic needs in Clallam County.

Feeding our Children

Sequim Food Bank partners with the Boys and Girls Club and Sequim School District to provide Weekend Meals Bags to students each week. The program is currently 130 bags a week. The students are identified by District staff and the families are contacted by the District. We don't have any knowledge of who is receiving the bags-only the number of bags needed for each campus. The food bags help keep kids from being hungry on weekends. Bags are delivered directly to Sequim School campuses and the Boys and Girls club so that students can pick them up at their discretion and with some anonymity amongst their peers.

Boo Hunger Results

The last few years, the Sequim High School Leadership class sponsors a Halloween Food Drive. Boo Hunger has quickly grown to be our second largest community food drive and over 8,400 pounds of food was collected for the Sequim Food Bank! This year, we added items we specifically needed at the Sequim Food Bank and the response was overwhelming. Of the donations received, about 3% were outdated or unusable where in past food drives, at least 20% is unusable. This food drive is a huge effort by the high school and the Leadership class.



ASHLEY ROSALES SEQUIM YOUTH VOLUNTEER

Every Saturday for eight years, Stephen Rosales and Sequim students staff the Food Bank. The youth volunteers are eager to serve and build relationships with our community. Ashley Rosales has been with the food bank since day one starting at the age of seven! Her smiling face greets the community at the front door. Ashley is a Junior at Sequim High School and serves as the Publicity Chair for ASB Leadership, is a member of Honors Society, Interact and International Club. She is the Student Liaison on the Sequim Food Bank Board. Ashley is a charming, talented and motivated young woman who is most definitely headed for great things. Ashley plans to attend UW with interests in Pre-Law and Political Science. GO ASHLEY!



"I like being able to help other people and see how grateful they are." - Ashley Rosales

Here's how you can help:

The Sequim Food Bank depends on food donations to help our neighbors in need.

We encourage you to give **from** the heart and **for** the heart by donating healthy nutritious food.

When thinking of giving, please consider:

- ✓ peanut butter – low/no sugar
- ✓ Tuna packed in water
- ✓ Canned Soup – low sodium
- ✓ Canned beans – low sodium
- ✓ Breakfast cereal – low sugar
- ✓ Money to purchase fresh veggies

Please mail monetary donations to:

Sequim Food Bank
PO Box 1453
Sequim, WA 98382

Or visit our website:
Sequimfoodbank.org

Drop off food donations at:
144 W Alder St



Join us! The goal of the 5210 program is to make healthy choices easy choices. Olympic Peninsula Healthy Community Coalition has partnered Sequim's Food Bank and other organizations to share the message. Start today if you haven't already with these steps!

- 5 – servings of fruits and vegetables
- 2 – hours of screen time maximum per day
- 1 – hour of physical activity a day
- 0 – sugary drinks per day

Holiday Food Box Distribution Schedule:

Friday, December 15; 9-1
Saturday, December 16; 9-1
Monday, December 18; noon-4

