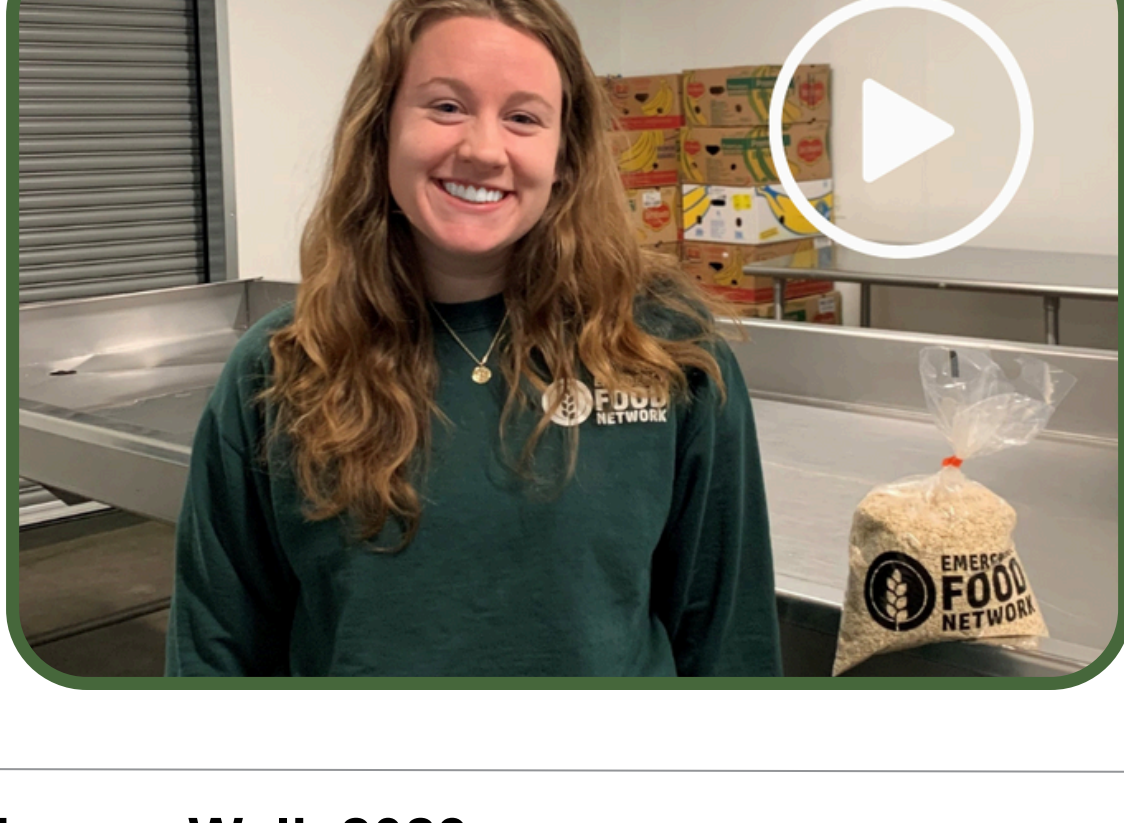


April is National Volunteer Month

Food For Thought from Caroline Crum, Volunteer Coordinator



Hunger Walk 2023

Taking Steps To Feed Our Neighbors In Need



This year's Hunger Walk is on Saturday, May 6th at Fort Steilacoom Park. In addition to a walk around the lake, registrants will enjoy music, kid-friendly activities, and giveaways from local vendors!

If you're not able to join us at the park, virtual registration is also available.

[Register For Hunger Walk](#)

Already Registered?

Don't Forget To Use Your Fundraising Page To Help Feed Neighbors In Need!

Snap Benefits Reduced

Pierce County Neighbors Are In Need

Many of our neighbors in Pierce County are currently facing a hunger cliff after SNAP benefits (formerly food stamps) were reduced in March. Emergency allotments were made at the start of the pandemic to help families get by, but these additional allotments have now ended. Families will lose between \$95 and \$250 a month in benefits, which will be particularly difficult now as food prices are so high. SNAP benefits allow households to buy the foods that make the most sense for their family and serve as a multiplier in local economies



Economists at Moody's Analytics found that every \$1 of SNAP benefits generates \$1.67 in economic activity, helping families purchase food while creating jobs at farms and supermarkets as people buy more food. We anticipate that visits will increase greatly in March as families lose these additional benefits while the cost of groceries is still high.

Our neighbors need your help navigating this potential cliff. You can support EFN financially by making a one-time or monthly donation, hosting a food and fund drive that increases the diversity of products on food pantry shelves, or volunteering. One of the most important ways you can help our neighbors is by sharing our list of partners (<https://www.efoodnet.org/find-food/>) with people who may need help from a food pantry. For many families, the biggest barrier to getting help is simply knowing where to go.

Feeding Neighbors in Need Reduces Food Waste

Donate Food in Honor of Earth Day



With Earth Day coming up later this month, you might be thinking about ways to use resources more thoughtfully and sustainably. Here at EFN, we work every day to ensure that no food goes to waste and instead feeds neighbors in need. Reducing food waste doesn't just help the environment – it also helps our community!

According to Feeding America, 119 billion pounds of food is wasted each year in the United States. Food waste in our homes makes up 39% of that total, while commercial food waste makes up 61%. Food may go to waste for a variety of reasons, including blemishes, problems in manufacturing or transportation, or simply going uneaten and spoiling. Much of this food is still nutritious, and EFN partners with retailers, manufacturers, farmers, and trucking companies to rescue millions of pounds of food that might otherwise go to waste.

Read the full article [here](#).

From The Fields

April Updates From Mother Earth Farm



Spring is here! March 20th was the first day of Spring and the farm is rising from the ground in waves.

To keep warm, we've been busy seeding lettuce, cabbage, kale, fennel, kohlrabi, and so much more for our early April and May produce. Our hot crops are in full swing and are happy in their warm environment with heat mats below and grow lights above. To entice more pollinators to our farm, we've been prioritizing growing flowers and herbs for our front annual and perennial garden spaces. It has us dreaming of bees, butterflies, and hummingbirds buzzing about the summer and fall months.

As spring swings into full gear, the farm will be looking to host volunteers on Fridays and the second Saturday of each month. If you are looking to come to the farm and you are an individual or with a buddy or you and your friend want to come out, Friday is the day for you! If you are a group with 8-20 people, family reunion, or company wanting a community volunteer experience, the second Saturday of the month is for you! All sessions are 9:00am -12:00pm, depending on weather. See you soon this season!

Volunteer Driving Opportunities

Lend a hand with EFN's Home Delivery Program

"You guys are a lifesaver! You really helped me when I was out of work for a couple of weeks with little food! Thank you for everything!" -Home Delivery Recipient



Our team of dedicated volunteer Home Delivery Drivers delivers food to over 250 families every week that would otherwise be unable to get to a food pantry. Home Delivery Drivers volunteer from 8:30 am - 10:30 am on Tuesdays or Fridays either as regular or back-up drivers. Contact CarolineC@efoodnet.org or (253) 584-1040 for more information or to receive an application.

Hunger Awareness Month is Coming!

You Do Not Want To Miss These Events



Full Details about Hunger Awareness Month events can be found on our website.

[Event Details](#)

EFN Is Hiring!

Join Our Team

There is an impactful positions opening at Emergency Food Network!

Repack and Warehouse Associate

EFN is seeking an experienced, full-time Repack/Warehouse Associate who will have primary responsibility for the Repack Project here at EFN. To apply send resume or application to jobs@efoodnet.org.

[Full Position Descriptions](#)



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