

SNAP Benefits are Falling in March

Families may be able to afford 25-67 fewer meals per month when SNAP benefits decrease*

For neighbors experiencing food insecurity in Pierce County, EFN's Partner Programs are just one of many ways that households can receive support. SNAP (formerly food stamps) is one of the most important resources for families experiencing food insecurity. SNAP benefits allow households to buy the foods that make the most sense for their family and also 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.



*SNAP benefits create jobs and access to food for families.
-Moody's Analytics*



The need for donations is increasing in Pierce County

Unfortunately, pandemic era boosts to SNAP benefits ended in February, leaving families with less money for food purchasing. According to the Food Research & Action Center, families nationwide will lose between \$95 and \$250 a month in benefits, which will be particularly difficult now as food prices are so high.

We anticipate that our network will see even more visits starting in March once families stop receiving additional benefits. The impact will extend throughout the year too, as the USDA's Economic Research Service predicts that grocery costs will continue growing at above historical average rates in 2023. Inflation may be cooling off a little from the heat of 2022, but it's still very high and impacting our neighbors, especially in concert with a reduction in SNAP benefits.

You can help our neighbors navigate this change to SNAP benefits in many ways. 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 may simply be knowing where to go.

** Based on \$3.69 average meal cost for Pierce County from Feeding America.*

May is Hunger Awareness Month

Supporting a Hunger Free Community

May is Hunger Awareness Month in Pierce County. This annual event inspires community members to take action and raise awareness about the need for food assistance in Pierce County. More than 2 million visits were made to EFN's partner food pantries in Pierce County during 2022, and a large percentage of these visits were on behalf of children and seniors. These are the neighbors most in need of our help.

Hunger in Pierce County is an issue that continues to grow more critical as inflation still increases costs of essentials such as food, gas, and medicine. Additionally, many school districts have long breaks which affect food availability for students and their families. EFN encourages community members to find ways to become involved with Hunger Awareness Month through events and volunteer activities.

HUNGER AWARENESS MONTH



May 2-3 - GIVEBIG

May 6 - Hunger Walk

May 13 - Letter Carriers' Food Drive



*Peppers being planted at
Mother Earth Farm.*

Hunger Walk is May 6th

Take steps to feed neighbors in need



*Hunger Walk is for
the whole family!*

Did you make a New Year's resolution to move more or get involved in your community in 2023? EFN's Hunger Walk is the perfect opportunity to do both, whether or not you made a resolution this year!

Join us at Fort Steilacoom Park on May 6th for a morning of community and movement at Hunger Walk 2023. All members of the family can participate in Hunger Walk — the course is a stroller- and dog-friendly loop around Waughop Lake! While you're at the park, visit with local businesses and vendors and enjoy tunes from The Possible Solutions. We'll also share about the impact EFN is making on hunger in Pierce County with your support. For those unable to join in-person on the 6th, we have virtual registration options and livestreaming to bring the fun to you, wherever you are this May.

You can get started on taking steps to feed our neighbors in need by registering today and raising funds between now and event day. Every step and every dollar counts! All event details and fundraising tools are available on our Hunger Walk website: <https://runsignup.com/Race/WA/Lakewood/EFNHungerWalk>.



Our Mission: To provide Pierce County with a consistent, diverse, and nutritious food supply so that no person goes hungry.

2022 in Review



Daffodil Princesses at Abundance 2022

Last year was a busy year for EFN and our network of over 75 partner food pantries, meal sites, and shelters. Our network served over 2 million visits throughout the county from children, adults, and seniors experiencing food insecurity. Throughout 2022, supporters like you joined with EFN and our Partner Programs to achieve our vision of a community where people have access to food where and when they need it. Looking back on the past year, some moments stand out as worth celebrating:

- We returned to in-person events for the first time since 2019! Our team was so excited to share Hunger Walk with you at Fort Steilacoom Park in May and to celebrate together at the McGavick Conference Center for our Abundance Dinner & Auction.
- Our friends at the National Association of Letter Carriers hosted the Stamp Out Hunger Food Drive, which collected over 240,000 pounds of food from neighbors across the county.
- Volunteers are back! Many companies and groups understandably volunteered less frequently in 2020 and 2021, but more than 2,000 of you volunteered with us last year, for a total of 12,867 hours!

While there were many reasons to celebrate, it was a difficult year for many of our neighbors. Rising food costs were a hardship across the country, especially for households living on fixed-incomes, and after the invasion of Ukraine, Pierce County welcomed many refugees seeking safety from conflict. No matter why someone visits one of our Partner Programs, our network is there to help people get the nutritious foods that all of us need to survive and thrive.

Impact Hunger in Pierce County

Give your time to feed neighbors

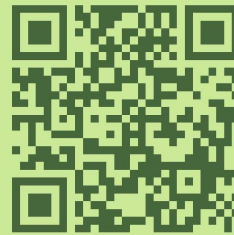
Donations and volunteering are some of our favorite ways you can get involved with EFN and help feed our neighbors in need!

Food & Fund Drives provide wonderful variety to food pantry shelves, and we encourage you to donate your favorite foods to families in need. If you'd like to host a Food & Fund Drive, please register it online on our website and contact CarolineC@efoodnet.org with any questions. If you don't want to host a formal food drive but still would like to donate, you can drop off donations big or small to our Lakewood Distribution Center anytime Monday through Friday, 8 am to 4 pm. We thank you so much for your support!

Interested in volunteering? Sign up online here: <https://bttr.im/4ap8q> to join our weekly Repack Project community volunteer group or volunteer sessions at Mother Earth Farm beginning in April! If you have a group of 5-15 that you'd like to get involved with either of these opportunities, please reach out to our Volunteer Coordinator, Caroline Crum, for more information and to set up a group volunteer date.

If you'd like to be involved as a Home Delivery Driver to help deliver nutritious foods to our neighbors in need who face barriers to accessing their local food pantries, please contact us for an application!

If you have any questions or would like to learn more about getting involved with volunteering at EFN, please contact CarolineC@efoodnet.org or call (253) 584-1040.



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EFN anywhere, anytime!



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Your support is changing lives.

Look inside to see how YOUR support of Emergency Food Network is making a difference in the lives of our neighbors in need!

Here's what we accomplished together in 2022:

1 in 10

Ratio of People Who
Are Food Insecure in
Pierce County*



13 Million

Pounds of Food
Distributed by EFN



2 Million

Visits Made to
Food Programs in
Pierce County

390,136

Pounds of Food
Delivered Through
EFN's Home
Delivery Program

75+

Food Pantries,
Meal Sites,
and Shelters
Served by EFN



\$0.50 = 1 meal

For every \$0.50
donated EFN
distributes 2 meals for
a family in need.



Stay up to date on
what's happening
at EFN!

efoodnet.org



*2020 Source: Feeding America