



Celebrating 40 years of feeding our neighbors

Sustenance

Newsletter • Winter 2022

THANK YOU

You are helping us ensure that no person goes hungry.

The end of the year is a time when we look back and reflect on what we have learned while also taking stock of where we are. Unfortunately, 2022 is a year that will be remembered as the busiest year on record for our network.



Fresh cherries at EFN's Distribution Center.

At the time of publication for this newsletter, our network has served 1,687,456 total visits from January through October, nearly equal to all of 2020.

November and December are always busy times for our network, as heating bills begin to rise, school closures disrupt meals for students, and the holidays create added pressures on household budgets.

This year EFN is going above and beyond our regular work with our partner food pantries. We are also serving Ukrainian immigrants and refugees through a partnership with

Pierce County, and we're working with Elevate Health to deliver food boxes to families dealing with COVID.

All of us are feeling the impact of inflation, but rising prices are particularly hard for families who were already struggling to make ends meet each month.

Whether it's making a year-end donation, hosting a food drive, or volunteering with us, we thank you for helping us continue to ensure that no person in Pierce County goes hungry.

Give the Gift of Food

Your support will make an impact this holiday season.

When people think about the holidays so many words come to mind: tradition, family, a break from work, presents, good food, and the list continues! We hope that when you think about the upcoming holidays you will add a word to your list: community.

This is a wonderful time of year, and we invite you to add a little extra joy to your holiday season by reaching out and getting involved. Make an impact in our community by supporting EFN. This is one holiday decision you can make that we promise you won't regret!

There are so many ways to impact this community by getting involved with EFN during the holiday season! Here are just a few...

- Host a food and fund drive** - Food donations help provide variety to supplement the staple items and produce that EFN distributes to our Partner Programs.
- Volunteer at our Repack Project, Mother Earth Farm or with our Home Delivery Program** - Over 1,100 volunteers help us distribute over 12 million pounds of food annually to our 75 partner food programs.
- Make a donation** - You can make a one-time donation or join EFN's Supper Club, our monthly giving program. For every \$1 you give, EFN provides 5 meals for our neighbors in need.
- Donate your RMD from your IRA** - If you are 70 1/2 or older, there is an additional way to give! You can donate your Required Minimum Distribution (RMD) from your IRA to EFN.

Tell us how you want to get involved -
email us at info@efoodnet.org or call (253) 584-1040.

Break Bags Feed Students and their Families During School Breaks

Thanks to you, students who rely on free or reduced price meals at school have nutritious food to eat over Fall and Winter Breaks.

While most kids eagerly anticipate time off from school, many students also worry about how they will eat during break, when they don't have access to school meals. EFN believes that every person – and every kid – should never have to worry about their next meal, and that's why we launched Break Bags in 2014. Today, in partnership with St. Leo's Food Connection, we provide 6,000 bags each year of nutritious, kid-friendly food to students in the Clover Park School District and Tacoma Public Schools.

This year, we had over 100 people from six community groups work together to build 2,000 bags for fall break. Another six groups joined us for winter Break Bags, and the hours flew by as the bags filled up. The bags contain a lot of variety; 19 different items went into each bag, ranging from Spaghettios to applesauce to canned chicken. Snacks for the break also included trail mix, granola bars, and peanut butter and jelly. We are so grateful for all the groups who volunteered at Break Bags, their help makes all the difference for hungry kids on break!



Volunteers packing Break Bags at EFN's Distribution Center.

Home Delivery Drivers Needed

You can help deliver food to neighbors experiencing barriers to accessing their local food pantries.



Home Delivery volunteers ready to deliver food to Pierce County neighbors.

Emergency Food Network's Home Delivery program relies on volunteer drivers to deliver boxes full of fresh, nutritious food from EFN's Distribution Center in Lakewood to homes all over Pierce County. This program provides an exciting opportunity to safely serve our Pierce County neighbors and make a direct impact on families that are facing barriers to accessing their local food pantries such as a disability, limited transportation, or childcare and illness. Many of our wonderful regular volunteer drivers have vacations planned during this time of year, some for the first time since our program began in 2020!

If you will be available and willing to serve as either a regular or back-up driver, please reach out to CarolineC@efoodnet.org or call (253) 584-1040.

Volunteer drivers typically arrive at EFN between 8:30 and 10 am on Tuesdays and Fridays and deliver for 1-2 hours. If you are only available other days of the week, please reach out and we will try to work with your schedule!



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

Time to Start Planning Your EFN Food and Fund Drive!

Your Food and Fund Drives will fill food pantry shelves with a variety of food.

As we approach the end of 2022, EFN would like to challenge you to host a Food & Fund Drive before the year ends. Collect food for our neighbors in need within your family, workplace, clubs, or other social circles. We love Food & Fund Drives because the food you donate provides variety to food pantry shelves, and the funds you donate allow EFN to distribute more items specifically requested by the 75+ food pantries, meal sites, and shelters we serve.

Here at EFN, we are seeing a significant decrease in donated food while the number of visits to food pantries is increasing - there were almost double the number of visits to food pantries in October of this year compared with the same time in 2021. Whether you host a food-specific food drive for one of our most requested items, a holiday-themed food drive, food drive for culturally diverse foods, or a virtual food drive to collect funds, it all makes a significant impact, especially right now.

Register your Food and Fund Drive on our website (efoodnet.org) or contact [\(253-584-1040\)](mailto:CarolineC@efoodnet.org) with any questions.



Food collected from an EFN Food and Fund Drive.



Community members raise their paddle to donate at the Abundance Dinner and Auction.

Sharing Abundance

Our generous community raised \$485,000 to support hungry neighbors.

On October 22nd, our EFN community gathered at McGavick Conference Center for the Abundance Dinner and Auction. We were so grateful to be in the same room with so many members of the EFN family!

While enjoying signature cocktail, we browsed and bid on 150 silent auction items. Board Chair Mark Winter, CEO Michelle Douglas, Craig Ueland of the Ueland Foundation and Puyallup Tribal Council Member Annette Bryan each offered their remarks as we gathered over a delicious dinner from Snuffin's Catering. The evening grew even livelier from there!

Led by MC Amanda Westbrooke and auctioneer Laura Michalek, we moved into an energetic live auction featuring 23 live items, dashed for the most enticing dessert, and saw an incredible display of caring through Raise the Paddle. Our community's generosity allowed us to raise \$485,000 to support our work of ensuring no person in Pierce County goes hungry. Thank you to all our sponsors, guests, volunteers, and supporters for sharing their abundance!

Interested in sponsoring the next EFN Newsletter or Event?

We offer many different levels of sponsorships! For more information, contact Elizabeth Howe at Elizabeth@efoodnet.org



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1 in 9

Ratio of People Who
Are Food Insecure in
Pierce County*



75+

Food Pantries,
Meal Sites,
and Shelters
Currently
Served by EFN



15.5

Million

Pounds of Food
Distributed by EFN

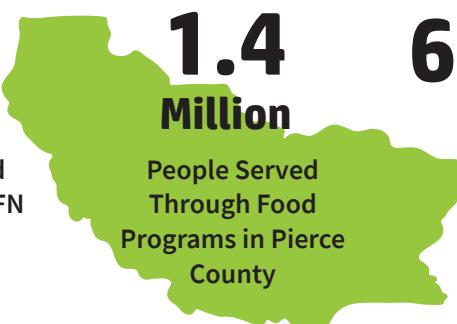
1.4

Million

People Served
Through Food
Programs in Pierce
County

661,260

Pounds of Food
Delivered Through
EFN's Home
Delivery Program



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 2021:


\$1=5 meals

For every \$1 donated
EFN distributes 5 meals
for a family in need.

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

efoodnet.org

