

Spring 2023



SKY VALLEY FOOD BANK

Fresh Press



It's here again, the time we ask you, our big-hearted donors, to GiveBIG. You have been caring for your hungry neighbors since we opened our doors 47 years ago, and we're grateful to live in such a generous community. We dream of the day when we can say, "Mission accomplished! There are no more hungry people in the Sky Valley!" But alas, that's just not true...yet. Currently, we are serving more families than ever, excepting the first three months of the pandemic.

The double whammy of increased food prices at the same time that extra SNAP benefits ended led to 187 new families coming to the Food Bank so far this year. To purchase the food we're distributing costs more than ever. The biggest price jump we've seen is in eggs (prior to the pandemic we paid .83 per dozen, and now they're over \$3.00) but prices across the board rose more than 11% in 2022, and are forecast to raise another 8% this year.

You have always stepped up for the Food Bank and your neighbors in need. We can't say thank you enough for all the ways you have supported us and our community during these recent tumultuous years. Because of you, every week more than 250 families have food on their table, and 300 children get emergency weekend food backpacks. To continue to help, you can mail us a check, donate on our website, or come find us on the GiveBIG website:

<https://www.wagives.org/organization/Sky-Valley-Food-Bank>

Thank you for being Neighbors Helping Neighbors and for always GivingBIG for the Food Bank!



OUR MISSION: TO KINDLY AND RESPECTFULLY PROVIDE EQUITABLE ACCESS TO NUTRITIOUS FOOD IN OUR COMMUNITY.



Stamp Out Hunger: Letter Carrier Food Drive



Mark your calendars: Saturday, May 13th, is the 31st Annual Stamp Out Hunger Food Drive!

The Letter Carrier Food Drive is the largest one-day food drive in the country. More than 34 million Americans, including children and seniors, experience food insecurity. They rely on food drives like Stamp Out Hunger to keep the shelves stocked at their local food pantries.

The food you donate on Saturday, May 13th, will stay in your community. Just leave a bag of non-perishable food items* by your mailbox, and your letter carrier will do the rest. It's that easy!



Join the rest of America in making the "2023 Stamp Out Hunger Letter Carrier Food Drive" their most successful one yet!

*We ask that all donated food be within expiration date. All outdated food will be thrown away, leaving our food bank an extra expense. Also, we ask that you please do not donate homemade items, or items in glass. We appreciate your cooperation!

Save the Date: Fair Days Food Drive

It has been a standing tradition that the Evergreen State Fair holds a HUGE Food Drive benefiting our Snohomish County food banks. Save the date, because it is BACK!

Instead of the normal first-day-get-in-free-with-donation admission, they are bringing back the drive-thru food drive. It will be held on Saturday, July 8th, from 12:00pm-5:00pm in the west parking lot. 5 non-perishable food items will get you one free admission ticket to be used any weekday of the fair. This allows families who work during the week to participate in the food drive, and able to choose their free admission day.

EVERGREEN STATE FAIR FOOD DRIVE
JUNE 15 - JULY 7, 2023

BRING 5 Nonperishable Items

TO One of 10 Lee Johnson Auto Family Locations

RECEIVE One Weekday Fair Gate Admission* (Limit 5 Tickets Per Visit)

Items donated benefit the Snohomish County Food Bank Coalition

OR

JULY 8 - Noon - 5pm
 Evergreen State Fair Park (West Parking Lot)
 Monroe, WA

Sponsored by **Lee Johnson Auto Family**

THE EVERGREEN STATE FAIR
 AUG 24-29 & AUG 31- SEPT 4, 2023
 EVERGREENFAIR.ORG

In 2022 you donated 17,516 pounds of food. Let's try and beat that number this year by hitting over 20,000 pounds! Hope to see you joining the fight against hunger on July 8th!



OUR VALUES: VALUE ALL INDIVIDUALS. RESPECT ALL INDIVIDUALS. BE KIND TO ALL INDIVIDUALS.



Client Story: From our Mobile Food Bank in Index

Our mobile food bank has been in service for eight years come July. Serving anywhere from 30-80 families each week, it has been a joy to distribute and get to know the families we serve. One client in particular wanted to share his story with you!

"Our family is grateful for the service and generosity of the folks at the Sky Valley Food Bank, and specifically the Index Mobile crew. A huge variety of the food choices over the last few years of our need for assistance has been a great help. I have thoroughly enjoyed creating healthy, flavorful, enjoyable, and attractive gourmet meals.'

Ben considers himself a very creative master cook and meal preparer, even offering cooking classes through his "Dinner At Your House Cooking Academy." Pictured are just a couple of meals he has prepared using the food he has received at our mobile food bank.

It is stories like these that make our work worthwhile, and show you how much your donations are helping others.

Thank you, Ben, for sharing your story!



Fire Roasted Chicken, Broccoli, and New Potatoes, Garden Salad with Pickled Beets, Tomatoes and Radishes.



Bacon Wrapped Beef Medallions, Rotini Pasta with Extra Virgin Olive Oil and Italian Herbs, Pan Saute'd Eggplant with Cumino, Garlic and Chili Flakes, Seville Orange Slices

Staff Spotlight: Carla Stewart



Most of you know her by name from the notes on your letters, but it's time to learn more about our Administrative Director, Carla Stewart! Carla started volunteering in 2005, and became the Food Bank's first part-time employee in 2007. Her favorite part of the job is getting to focus on gratitude while processing your donations and writing your thank you's, but she also handles all the other paperwork necessary to run the Food Bank, like paying bills, filing monthly reports, maintaining all our licenses, and helping write grants. When she's not in her office, you'll usually find her babysitting her six-month-old grandson or out run/walking. She's on track to finish her 100th marathon on her 60th birthday next month. Good luck, Carla, and long may you run!





Your donation could provide food for:

- \$50
- \$100
- \$250
- \$Other

Make checks payable to Sky Valley Food Bank and mail to: PO Box 724
Monroe WA 98272

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

BRIGHAM YOUNG

Sky Valley Food Bank
233 Sky River Parkway
P.O. Box 724
Monroe, WA 98272

PLEASE
PLACE
STAMP
HERE

Mailing Address Line 1
Mailing Address Line 2
Mailing Address Line 3
Mailing Address Line 4
Mailing Address Line 5

Phone:
360-794-7959

Email:
endhunger@svfoodbank.org

Website:
www.svfoodbank.org

