



Caritas Food Bank

SUMMER 2022 Newsletter

Caring for neighbors in need through your generosity

Growing Pains

Kelsie Rowland
Food Pantry Manager

So let's not get tired of doing what is good.Galatians 6.9a (NLT)



June 1, 2022, marked our one-year anniversary in our new facility! We have learned a lot while serving our clients in this new space and modified a few areas to be more efficient and equitable. We have also seen tremendous growth in need, but have struggled to keep our shelves fully stocked.

Compared to this same period last year, Caritas is currently serving 155% more individuals! Many families with children who were hovering just above the poverty line have been plunged into an expanding bracket of need in response to rising housing costs and inflated grocery prices. Seniors on fixed budgets have been unable to keep up. Young adults are looking for second and third jobs to afford basic costs of living. However, food banks nationwide have been unable to match this unprecedented need. Last year, Caritas clients were receiving an average of 66 pounds of food per individual served, but this year that amount has dropped to 32 pounds.

During the pandemic, we prioritized access to food and essentials, allowing clients to visit as often as needed to provide for their families. Recently, we have had to modify this policy to our pre-pandemic guideline of only once per week for fresh produce, bread, proteins, and pantry staples. This is in direct response to supply and demand. In 2021, Caritas spent approximately \$6,000 on supplemental foods, beyond what was donated through our generous partners. In 2022, we have already accrued over \$10,000 in food expenses in just the first half of the year. With inflation projected to continue, we are actively seeking new opportunities to fill our shelves.

Caritas is committed to God's calling to feed the hungry and love our neighbor. We trust that, "God always keeps his word. He gives justice to the poor and food to the hungry." Psalm 146:6-7, (CEV)

Amen

1228 W. Nebraska Ave.
Spokane, WA 99205-2249

509-326-2249

E-mail: staff@caritasoutreachministries.org

Hours: Mon, Wed, Thur
10:30 – 1:30 pm

Food Service available all business hours.

Rising food and gas costs have made it necessary to make a change to how many days clients are allowed to get food from Caritas from three days a week to one day a week.

Utility & Heat Assistance*
Fuel Vouchers*
Bus Passes*

**As funds are available*

2022 SCHEDULE OF EVENTS

Caritas is planning several activities throughout this summer and fall. There will be something for everyone! Check with postings at the Caritas Center as well as on the Caritas Facebook page for times, dates and places that are not listed here.

SPRING

Caritas' Spring Fundraiser was a HUGE success!

A BIG shout out to...

- Inland Cider Mill for providing the venue
- Upriver Drive for provide wonderful music
- ALL Donors and Raffle-ticket purchasers

Working together we raised \$2,860, and ALL proceeds went to client needs.



SUMMER

Summer Meal Kits for Kids

Available at Caritas all summer running
June 27th – September 9th

Weekly take-home meal kits include: 5 breakfast items & 5 lunch entrees & healthy snacks
(see inserted flier for more details)

DONATIONS NEEDED

FALL

Caritas' 30-Year Anniversary Celebration/Fundraiser Coming up - Oct. 15 @ Assumption Parish

! Some big-ticket items have already been donated:

- One basketball signed by the GU's men's team, and one basketball signed by the GU's women's team!
- One Pend Oreille Shores Package

It should be a wonderful night celebrating what Caritas is all about!

Community Resource Fair & Block Party - Sept. 17 w/Northside Church of Christ

Invitations have been issued to some of the biggest supporters of those most in need in our community, such as Avista and Second Harvest. All are Welcome!

Caritas Cares

In the past, this newsletter has featured some of the volunteers who work to keep Caritas going. However, this time we would like to introduce you to one of our clients.

Joanne is a delightful, friendly young woman with a wonderful vibrancy about her. As a mother of one, she strives to make ends meet, which is the case for many people in our community today.

Some time ago, she just knew there must be some community resources out there to help her out. So she started searching under "Food Pantries" on the internet, and discovered Caritas.

The first time she visited Caritas, she was amazed at the warm welcome she received from the volunteers, along with the wonderful food and necessities Caritas had available to clients.

Since her first visit to Caritas, she always feels respected by the friendly volunteer staff who greet her and help her with her shopping. Since then, she usually comes to Caritas weekly to replenish the basic food and necessities she needs.

When asked what she thinks of the new location Caritas moved into a year ago, she said, "I love it!" At the new location, Joanne appreciates selecting what she needs, "just like shopping in a regular grocery store," finding it eliminates wasting food she doesn't need or want. She especially loves all the fresh produce.

By shopping weekly at Caritas, Joanne feels she's able to save about \$100 a week...that's about \$400 a month!

She loves the comradery at Caritas and feels they "have her back." Not only will the Caritas volunteers help her shop, but she knows they are more than willing to pray with her, if she needs, and are willing to give her a spiritual uplift.

In closing, Joanne says shopping at Caritas, "Energizes her hope for humanity."



Caritas is grateful for two grants they recently received

♥ A \$5,000 grant from the Washington States Department of Agriculture that allowed us to purchase a new, more efficient glass-door freezer

♥ \$500 grant from United Way and Spokane Teachers Credit Union

♥ **A HUGE THANKS TO OUR SUPPORTING CHURCHES** that participated in the Lenten donation of food, hygiene items and necessities. It helped to fill our shelves.

♥ **A BIG SHOUT OUT to Ridgeview Elementary's donation** of 148# of food gathered in their end-of-the-year food drive.

One-Year Anniversary in our new Location

June marks the one-year anniversary in their new location at 1228 W Nebraska. Caritas is very grateful to **Northside Church of Christ** for allowing them to use this building.



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January – May 2022 was a busy time!

Caritas Food Bank served:

5,211* individuals from **1,945** households:

Children (0-18)	1,568
Adults (18-54)	2,672
Seniors (55 & over)	971

*(This is a **155%** increase compared to this same period last year, January-May 2021.)

97 volunteers put in **5,559** hours of service.

167,536 lbs. of food distributed through The Table of Plenty and Food Pantry.

\$19,804 worth of hygiene and cleaning supplies were given out from our Necessity Closet.

\$6,936.59 pledged through our holiday heat & utility assistance program.

Current Needs

FOOD

Canned peas	Spaghetti
Top Ramen	Chili
Jelly & Jams	Pancake mix
Canned peaches	Syrup
Canned fruit cocktail	

MONETARY DONATIONS:

Money is **ALWAYS** needed to help our clients for Caritas to purchase needed foods, utility expenses, gas vouchers and bus passes.

NECESSITIES:

Can Openers	Toilet Paper
Paper Towels	Bar Soap
Band-aids	Kleenex
Toothpaste	
Deodorant—Men & Women	
Feminine Hygiene (tampons)	