



**Caritas Food Bank**  
 1228 W. Nebraska Ave.  
 Spokane, WA 99205-2249

*Caring for neighbors in need through your generosity*



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# Caritas Food Bank

## SPRING 2023 Newsletter

*Caring for neighbors in need through your generosity*

### ***VOLUNTEERS NEEDED!***

Hi Everyone,

Caritas Food Bank is looking for wonderful, smiling volunteers to help out in our Food Bank during food distribution hours on Mondays, Wednesdays, and Thursdays. This need is due the increasing number of new clients Caritas is serving.

*At present, we need:*

- A volunteer Mondays from 8-10:30 a.m. to help unload donated products; must be able to lift 40 pounds
- A volunteer driver on Tuesdays for the summer from 10:30-noon who has a pickup or a large SUV; must be able to lift 40 pounds
- A volunteer driver on Wednesdays 8:30-10 a.m. who has a pickup or a large SUV; must be able to lift 40 pounds

*We also need nice folks, like you, to assist with:*

- Greeting and signing clients in
- Assisting clients through the grocery shopping aisles so they can self-select what they need, then weighing his/her selected choices, and logging that weight into our records
- Set up/stock shelves/clean
- Drivers to pick up donated food (2 hours maximum)
- A Volunteer Coordinator who would recruit volunteers, walk new volunteers through the Food Bank, partner up new volunteers with a trainer, and schedule substitute volunteers when needed

Whether it's two or four hours you have to offer, anyone interested in volunteering is welcome to contact Caritas's new Executive Director, Chris Tabat, at [staff@caritasoutreachministries.org](mailto:staff@caritasoutreachministries.org) to obtain an application.

### **January – April 2023**

Caritas Food Bank served:

**5,735** individuals from **2,094** households:  
 Children (0-18)           **1,793**  
 Adults (18-54)           **2,741**  
 Seniors (55 & over)       **1,201**

and . . .

**84** volunteers put in **4,237** hours of service.

**141,075 lbs.** of food distributed through Caritas's Food Bank

**Caritas always has a need for hygiene and cleaning supplies.**

**We continue to assist our clients with utilities.**

### ***Current Needs***

#### **FOOD**

**Top Ramen                   Syrup**  
**Pancake Mix               Jelly**  
**Peanut Butter             Tuna**  
**Canned Protein**  
**Quick Boxed Meals (shelf stable)**

#### **MONETARY DONATIONS**

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

#### **NECESSITIES**

**Baby Wipes                   Toilet Paper**  
**Kleenex                      Paper Towels**  
**Feminine Hygiene Items**

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**509-326-2249**

**E-mail: [staff@caritasoutreachministries.org](mailto:staff@caritasoutreachministries.org)**

**Hours: Mon, Wed, Thurs**  
**10:30 – 1:30 pm (with last client signed in by 1 pm)**

**Clients are welcome to visit us one day a week.**

*Food Service available at all business hours.*

**Utility & Heat Assistance\***  
**Fuel Vouchers\***  
**Bus Passes\***

*\*As funds are available*



**Please welcome CHRIS TABAT to her new role as the Executive Director for Caritas Food Bank.** Perhaps some of you might recognize her from Second Harvest where she wore multiple “hats” during her eleven years of employment there.

Chris brings with her a rich background of experience working in non-profit food programs. She has run non-profit government food programs, along with working with, and recruiting, volunteers. Also, she has worked with a Gonzaga Program and a Career Path Program. She even opened a 14,000 square-foot food distribution center in Pasco and grew it to 50,000 square feet within three years! She had an opportunity to come back to the “green scenery” of Spokane

where she was a manager, then worked in Agency/Donor Relations. An interesting skill she has is that she can drive a mean forklift...if needed.

On her time off, Chris enjoys the outdoors, especially walking her dog, camping, and hiking. Also, she loves exploring new locations in the Inland Northwest. Chris has volunteered for many years. She feels strongly that it’s important to give time to the community she lives in.

Besides learning new things, Chris believes her “can-do attitude”, “jumping in with both feet”, and her passion will enable Caritas to continue to be a great resource for our community now and in the future.

***PLANT A ROW ~ To all you gardeners out there...***

- Did you ever wonder what to do with all the extra fruits and veggies your garden has been producing, or will be producing soon? Well, I have a suggestion: consider donating the extra produce to the Caritas Food Bank!
- Better yet, when planting your vegetables, how about dedicating one row and come harvest time, donate the food it produces to Caritas Food Bank.
- When you donate your blessings, Caritas Food Bank is able to provide fresh, healthy fruits and vegetables to our clients. By doing so, many families benefit, especially our kids and those older folks with limited funds.

Thank you for your giving!



Caritas Food Bank are the recipients of a generous donation from the Knights of Columbus



***Shout outs to...***

- ♥ **OAKS ACADEMY** for making a 1<sup>st</sup>-time donation of **178 lbs.** of canned food.
- ♥ **GLOVER MIDDLE SCHOOL's** Food Drive for making a 1<sup>st</sup>-time donation of **325 lbs.** of shelf-stable boxed/canned items. They will be doing another food drive for Caritas this June, too!
- ♥ **KNIGHTS OF COLUMBUS** for their lovely donation of over \$1,500.
- ♥ **THE MANY CHURCHES** who continue to support Caritas with their generous donations of food items and financial support throughout the year
- ♥ **THE MANY INDIVIDUALS** who continue to support Caritas with their generous donations of food items and financial support throughout the year

**PayPal QR Code**

This is a safe, convenient way to donate to Caritas Food Pantry, and you don't need to have a PayPal account to use this method!

There are different ways to donate:

- \*You can choose to do a one-time gift
- \*You can choose to set up monthly giving
- \*You can choose to set up recurring giving

