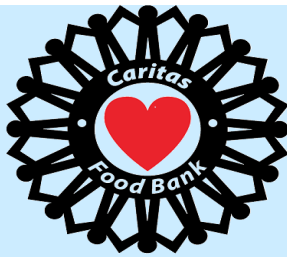




**Caritas Food Bank**  
**1228 W. Nebraska Ave.**  
**Spokane, WA 99205-2249**



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Spokane WA  
Permit #4



**Caritas Food Bank**  
**SPRING 2025 Newsletter**

*Caring for neighbors in need through your generosity*

**From The Desk Of...**



Let’s talk about how great a country we live in. As I was doing a little research regarding food banks I have discovered the United States really had it together when it comes to giving time sensitive food new life.

Did you know that the first food bank was established in Phoenix, AZ in 1967 by a gentleman named John Van Hengel, where it all started with recovering fresh fruits and vegetables from trees and fields. It was a slow start for the concept to catch on in fact there were only 2 dozen or so food banks in 1980. Today there are over 63,000 affiliated food banks and shelters.

Soon afterwards Canada followed suit forming the first one in 1981 and then Paris in 1986. It wasn’t until the turn of the century when the UK came on board. I was surprised when I read that Japan had over 5.2 million pounds of food waste in 2021. The individuals who use food banks were criticized that their poverty was self-imposed and were embarrassed to use the them. Currently Japan has 230 food banks. It seems other countries have finally stepped up in 2018 to form some resemblance of a food bank.

Food loss and waste has become a major social

problem all over the world. The United States realized early on that we can give new life to the time sensitive food from grocery stores, restaurants and from the fields by partnering with corporations that the food is still viable. Why feed the critters or dump it in the land fill when we can feed our neighbors in need.

We must remove the stigma that a food bank is for lazy people. Yes, there are always people who abuse the system but ESPECIALLY in todays environment that is not the case. For those who have found themselves in crisis whether it being medical, financial, housing, unemployed or limited/fixed income, we are blessed to live in a country that have food banks to help them across in their time of need.

In 2023 Caritas was able to collect over 138,000 pounds from our grocery stores that otherwise would have gone to the landfill. These totals do not reflect total pound allocated. We are in partnership with 2<sup>nd</sup> Harvest, NW Harvest, Feed Spokane, Safeway, Natural Grocers and DeLeons.

Feeding America has reported in 2022, approximately 49 million people (1 out of 6 people) in the USA turned to hunger relief programs for support. Stifling isn’t it?

**Shout outs and Thank You's to:**

Balboa Elementary who donated almost 600 lbs of shelf stable food

Glover MS who donated over 1000 lbs of shelf stable food

Shadle Park Library donated 600 lbs of shelf stable food

To those who gifted Caritas in honor of Doug and Manny

**2024 YTD**

Individuals served.....17,148 / New 4,237

Households served.....5,593 / New 1,418

Food Retrieved.....339,983

Volunteers.....103 / Hours 9,017

**2023 YTD**

Individuals served.....13,405 / New 2,836

Households served.....4,757 / New 1,035

**Wish List**

**FOOD**

Top Ramen	Spaghetti
Canned Veggies	Chili
Canned Fruit	Canned Meats,
Jelly & Jams	Chicken, Tuna
Peanut Butter	Beans

**MONETARY DONATIONS**

Money is ALWAYS needed for Caritas to purchase shelf-stable items, utility expenses, gas vouchers and bus passes to help our clients.

**NECESSITIES**

Can Openers	Shampoo
Bar Soap	Detergent
Toilet Paper	Tooth Brushes
Tooth Paste	

**OUR MISSION:** **CARITAS** FB is a nonprofit seeking to serve neighbors in need in NW Spokane by providing low income clients with food, basic necessities, transportation and utility assistance. We covenant to serve clients without prejudice or discrimination and to preserve their dignity.

We were saddened twice this year with the loss of two volunteers, friends:

Doug Tapscott who sat on our board and volunteered at Caritas. He was a very kind soul.

Manny Aguilar who also sat on our board and volunteered at Caritas for many years.

Our hearts, prayers and thanks to all who knew them.

# REMEMBER CARITAS FB IN YOUR WILL, ESTATE PLAN OR TRUST

If you would like to further strengthen your impact and create a legacy, please consider including Caritas in your estate plan. Through planned giving, you can ensure that your values and commitment to provide food and necessities to our neighbors will continue and make a difference for future generations. Planned giving is a powerful way to contribute to the long-term financial health and stability of our organization. It provides the resources we need to continue our vital work and expand our outreach. Some popular planned giving options include:

Charitable Bequests, Life Insurance Policies, Retirement Plans, Charitable Gift Annuities, Retained Life Estates.

We recommend discussing planned giving options with your financial or legal advisor to determine which approach best suits your situation.

We can reduce hunger by giving a little to Caritas Food Bank to make sure people have enough to eat. This is an area where we know the need exists and persists, and we're in a place where we can contribute.

## CARITAS Food Bank 2024 Campaign

Want to make a difference?

**CARITAS** food bank is trying to raise funds this year to purchase a commercial cooler. Currently, our cooler is held opened and closed more than a 100 times a day during our distribution. The compressor is starting to run a little longer and a little louder and we want to be proactive incase it should fail and we could possibly have to throw out 100's of dollars of food.



501c3 nonprofit tax # 91-1569891

## Yoke's Community Card

Now you can contribute to Caritas FB just by shopping at Yoke's Fresh Market stores! Simply pick up in store or register online, and Yoke's will make contributions to your selected group based on the purchases you make.

Sign up today to expand the impact of your purchases. No need to round up at the kiosk its done for you.

<https://yokes.loyaltylane.com/>

[gofund.me/  
4e698dce](https://gofund.me/4e698dce)



## Client Stories

We have a single mother that comes in twice a month, she has a job with the school district as a bus driver. All 3 of her children are now in school. Even with some of the free meals offered at school, purchasing food leaves her little to pay her bills. It is a God send that she can go to the food bank get items that she can make meals with.

There is a single father that utilizes the food bank whenever he can get here. You see he has 2 part time jobs and now has full custody of his 2 children. The economy makes it hard to eat and pay bills...Thank You for being here Caritas.

Then there is the little lady that had 2 strokes in her lifetime. She is unable to work and collects SSI. What she gets from that program is not enough to live on. Don't know what I would do without you guys...

## SILENT AUCTION

**September 28<sup>th</sup> Tickets \$30**

Looking for: talented people who can play instruments, do magic, sing or a children's group

Do you do any kind of wood working, metal yard art or is crafty to donate?

Also looking for gift baskets like a spa day, date night, pet basket, etc.

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509-326-2249

Email: [staff@caritasoutreachministries.org](mailto:staff@caritasoutreachministries.org)

Hours: Mon, Wed, Thu  
10:30-1:30

Last Client sign-in 1 p.m.  
Clients are welcome to visit us twice each month

Food Service available during all business hours.

For Caritas Clients:  
Utility & Heat Assistance, Fuel Vouchers  
and Bus Passes\*  
\*As funds are available