



Vashon Maury Community Food Bank

PO Box 1205
Vashon Island, WA 98070
www.vashonfoodbank.org
206-463-6332

Non-Profit
U.S. Postage
PAID
Permit No. 108
Vashon, WA

ECRWSS To Our Island Neighbors



November 2022

NOURISHING OUR COMMUNITY

“Vashon Food Bank's bountiful support of our household relieves a lot of pressure on our mutual pocketbooks and allows us to give our children other valuable items like clothing and the occasional outing – thereby keeping our family happy and feeling loved. Thank you!” – Food Bank Customer

Fellow Islanders,

That quote up there speaks volumes to me about the important role the Vashon Food Bank plays in our island community. Since its inception in the Presbyterian Church basement in the early 70's, this organization has provided access to nutritious food, a basic human right, to anyone who needs it; but the Vashon Food Bank also provides so much more than food.

With your support, we offer islanders an increased sense of **safety, security and community belonging** that creates the space for them to **improve their own quality of life.**

In 2022, inflation, housing insecurity, supply chain issues and rising food costs have strained individuals and families across the country, highlighting the importance of a strong and resilient emergency food system. **With the help of generous islanders, like yourself, we have more than doubled our purchases of fresh produce, proteins and non-food essentials since 2019 to provide reliable access to the basic needs that help stabilize a household.**

In 2020 and 2021, food banks saw dramatic increases in contributions from businesses and individuals. In 2022, financial contributions have dipped back down to a fraction of what they were in 2020. **In the same way that food bank customers rely on us for food and other essentials, we rely on our community to maintain the stabilizing services that our customers, your friends and neighbors, have learned to trust.**

In other words, here on Vashon, the most important element of a resilient food system is **YOU.**

With your ongoing financial support, we can spend your dollars on **additional food purchases to maintain reliable inventory**, bolstering our own local food system by **increasing purchase of locally grown produce, and promoting access and equity** by offering customers a wide variety of food options and many ways to get their food, including pick-up and direct home delivery.

Make a one-time or recurring financial contribution to the Vashon Food Bank today so we can continue to provide your island friends and neighbors with nutritious food, and the stability that comes with it, through evolving challenges.

Thank you for your generous support!

Emily Scott, Executive Director



Staff

(pictured top to bottom)

- Emily Scott, Executive Director
- Stacy Carkonen, Development and Communications Manager
- Duncan Goulding, Operations Manager
- Leslie Hauch, Volunteer Program Manager
- Emma Cassidy, Garden Coordinator
- Kassana Holden, Home Delivery Coordinator
- Michael Whitmore, Warehouse & Distribution Coordinator
- Miles Schoenberg, Warehouse & Distribution Coordinator

Board of Directors

- Mason Gerety, President
- Vicki Boyd, Vice President
- Robin Pollard, Treasurer
- Debra Gussin, Secretary
- Lennon Bronsema
- Emma Fuller
- Dre Neeley
- Charlotte Tiencken

Our Annual Impact

Over 1,700 customers
+ 200 volunteers
+ 500,000 lbs of food
+ Your financial contribution
=
Increased food security for over 15% of Vashon's population

Support the Vashon Food Bank With a Contribution Today

- Use the enclosed envelope to send a check.
- Visit our website at www.vashonfoodbank.org and click the **Donate** button to make a secure monthly or one-time contribution.

Your Dollars Hard at Work

- \$1,000 = 50 holiday turkeys
- \$500 = 800 lbs of apples
- \$250 = 400 lbs of bananas
- \$125 = week of groceries for 4
- \$100 = 500 rolls of toilet paper
- \$50 = 20 summer meals
- \$25 = 1 bag of groceries



"I am deeply grateful for the great service and steady help from our Island Food Bank. I look forward to the wonderful few minutes of kindness and good cheer my delivery person brings each week to my semi-seclusion."



"With a few lean years during Covid, the Vashon Food Bank not only kept our household healthy, but with such love, honor and respect that we also really felt part of a caring community. So much gratitude..."



"We are long-time islanders, now on fixed income. When our resources shrank, we turned to the Food Bank for support and have been pleasantly surprised by the quality of food and, most of all, by the grace of the staff."



fostering resilience

Our Mission and Vision

We work in partnership with our community to increase the island's food security and connect people to the supporting resources they need to thrive. We envision a diverse and inclusive island community in which everyone's basic needs are met.



"Thank you for filling a vital need for many of the residents here at Vashon Manor and Terrace Apartments. Your weekly deliveries are much anticipated and greatly appreciated."



"I am an 89 year old and without the food bank to help with food costs I don't know how I would make it from month to month. Thank you so much."

