



# Newsletter

Summer 2017

## OUR INDISPENSABLE VOLUNTEERS

The foundation of the South Corvallis Food Bank is our wonderful group of volunteers. They stock the shelves, check in clients, take them around, sort and hang clothes, pick up donations, pack and deliver food boxes, and so much more. Their reward is being part of a team that is a vital link for people in need. Many volunteers leave in the summer, so if you have been thinking about helping, this is a good time!

*Our family hit some very hard times and just recently utilized the food bank. All I can say is. . . Wow! The volunteers who work there are wonderful people and the variety of food is amazing! Blessings to all the food banks.*

*~Food Bank Client*

In addition to general volunteers, specific needs right now are:

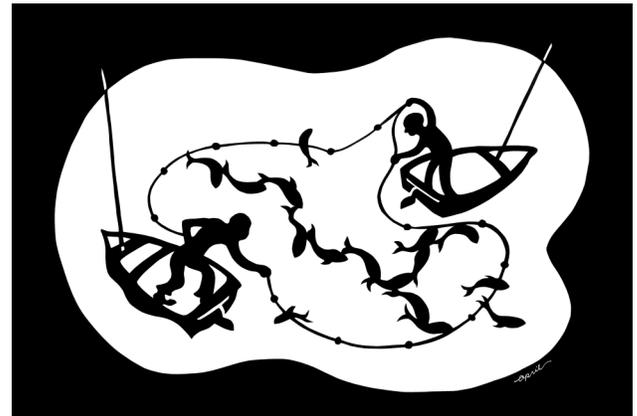
- 1) drivers/helpers for the home delivery service (two hours once a month)
- 2) a produce intern for summer/fall terms.

If you want to learn more about volunteering at the SCFB, please contact

Sheila@southcorvallisfoodbank.org

## UNCERTAIN TIMES AHEAD

In the midst of all the positive activities at the SCFB, we feel threatening political clouds hanging over us: for our Hispanic clients— fear that if they use the food bank they may be deported; for many clients— possible SNAP (food stamps) cuts; and for the food bank— potential cuts in city block grants that allow us to pay operating expenses. We are watching these developments and will keep you informed on how they affect us.



## GOT ART?

Come to the Clothesline Art Sale on the Corvallis courthouse lawn 9-5 Saturday August 5<sup>th</sup>! April Fisher, one of our volunteers, will be showing her framed silhouette cutouts with all proceeds going to the South Corvallis Food Bank.

## \*\* THANK-YOU CORNER \*\*

THESE ARE A FEW OF THE ORGANIZATIONS SUPPORTING THE SCFB. WE WILL LIST MORE IN FUTURE NEWSLETTERS.

CITY OF CORVALLIS

MARKET OF CHOICE

GRACE LUTHERAN CHURCH

SAM'S STATION

FIRST ALTERNATIVE CO-OP

MARY'S RIVER GLEANERS

ZONTA OF CORVALLIS

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. IT IS A 501(C)3 ORGANIZATION.*

## Food Demos Add Flavor to the Food Bank

Every Monday the South Corvallis Food Bank is filled with enticing cooking aromas as Elaine Fowlkes whips up yet another delicious dish made from ingredients available at the SCFB. Elaine's presence is thanks to a six-month cooperative project between the Corvallis Environmental Center and Linn-Benton Food Share. When asked why she enjoys making up these demonstration foods and recipes, Elaine replied, "I love to show people how fresh food made at home is healthier and tastier, and how it can bring the family together."



### BOARD OF DIRECTORS

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Alexa loves her new cap and scarf! Thank you knitters!

## ATTENTION KNITTERS!

Handmade caps and scarves are very popular at the SCFB during our colder months. Some of us knit year-round in order to keep up with the demand,

keeping the yarn basket by the chair or sofa and picking up the needles whenever we need a relaxing break. If you enjoy knitting and helping people, this is a very worthwhile project. We would be happy to accept your caps and scarves at any time of year.

## HOW YOU CAN HELP

⇒ VOLUNTEER!

*See website for more details*

⇒ DONATE

*Money, soup, condiments, instant side dishes, bar soap, toothpaste, children's books*

⇒ KNIT

*Caps for babies, children, and adults*

⇒ BRING

*Extra garden or orchard produce to the SCFB*

## Thank you for caring enough to help others in need!



**ADDRESS:** 1800 SW 3<sup>rd</sup> St. Suite 110, Corvallis OR 97333  
(at the end of the alley to the right of Corvallis Furniture)

**OPEN HOURS:** Monday & Wednesday 1-3, Thursday 5-7,  
Saturday 10-12

**CONTACT INFORMATION:** Phone: 541-753-4263

**WEBSITE:** [www.southcorvallisfoodbank.org](http://www.southcorvallisfoodbank.org)