



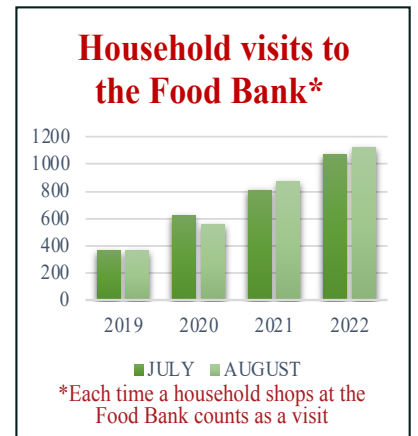
Fall 2022

As the cost of living rises, more Islanders rely on the Food Bank for nutrition. Please help meet their need.

Actually, it's everybody's need. "Help Wanted" and "Now Hiring" signs and ads abound, revealing jobs unfilled and services reduced. The well-being of our island community depends on enabling individuals and families to live healthy lives here rather than move to the mainland to seek lower costs for housing, transportation, food, and other necessities.

Visits to the Food Bank have more than doubled since the start of the pandemic. The upward trend continues. Total visits for July–August this year were triple those for 2019, the last summer months prior to the pandemic.

As inflation drives more people to our door, on average they also need more food. And the cost of acquiring that food has increased. Many emergency federal programs that helped individuals and funded grants to the Food Bank have been cut back, ended, or may not be renewed. **Donors are our greatest and most reliable source of funds.**



“Because of the awesome selection and service, I feel well cared for. An amazing experience. I love coming here!”



Weekend packs for kids

WPK provides healthy weekend food to K-12 students at no cost — enough for two breakfasts, two lunches, and snacks. It's a collaborative effort of the Food Bank, the Orcas Island School District, and local markets.

!Comidas preparadas!

Chef Delmy continues to prepare Hispanic take-home dinners. Together with stocking Hispanic foods and hiring bilingual staff members, the prepared-meals program has helped increase our Latinx/Hispanic customers by 73%.

OIFB delivers!

In addition to our walk-in distribution, we offer weekly customer-selected foods, currently to 25 households. While most of our home deliveries support seniors and busy families, we also assist folks who struggle to access food because of health issues or natural disasters. Many thanks to our delivery partners, Island Rides and Kaleidoscope.

Meal kits

Our pilot program of healthy, delicious meal kits was a customer favorite. We've applied for a grant to continue it. Each kit comes with a recipe and all the ingredients needed to cook a meal. The culturally diverse kits introduce new cooking techniques, inspire future meal ideas, and are fun to prepare.



“I love the way meals just put themselves together with the products you offer here. I have everything for almost anything I need to make!”

From emergency measures to long-range planning.

We're proud of how we've met our challenges. We've transitioned from a nearly all-volunteer organization to one with a full-time professional staff plus a cadre of wonderful volunteers. With dedicated, effective, and creative leadership by our executive director, Amanda Sparks, we expanded our food sources and worked with the community to provide more fresh, nutritious, culturally appropriate and prepared foods distributed with respect and dignity for our customers. This way of operating requires more staff and more space, but it's a big part of neighbors helping neighbors.

We've met the needs of the past few years, but not always as efficiently as possible. For example, the four blue shipping containers in front of our building store a lot of food, but lack climate control and are too long and narrow for easy access.

Our estimate is that even when the pandemic is over, and even with a tight local job market, demand on the Food Bank will fluctuate around present levels or even increase. Customers who, before the pandemic, didn't know about the Food Bank or were reluctant to come, tell us that OIFB is crucial to their survival, and that they are spreading the word to others.



"Now that I come here regularly, I can pay my rent, and I'm eating better with all this fresh, organic produce. Thank you, thank you, thank you."

OIFB's mission, "To work with our community to prevent hunger," relies on your ongoing support.

Here's how you can help...

- Mail a check payable to OIFB in the enclosed envelope.
- Visit our website and click on "Donate."
- Schedule a monthly contribution through the website or by mail or phone.
- Join our fantastic group of volunteers. Call OIFB at (360) 376-4445 or email orcasislandfoodbank@centurylink.net.

The Orcas Island Food Bank Board and Staff:

Board: Bob Morris, Susan McBain, Margie Bangs, Tony Ghazel, Jeff Hanson, Janine Heimerich, Erik Koehler, Julie McNeill, Rick Rhoads

Staff: Amanda Sparks, executive director; Alison O'Toole, operations manager; Mary Heydron, office manager

AmeriCorps members: Rachel Barron, Shannon Keza

And Our Awesome Volunteers!

Orcas Island Food Bank

www.orcasislandfoodbank.org • (360) 376-4445

116 Madrona Street (P.O. Box 424), Eastsound, WA 98245

Distribution Hours: Monday, 3:00 - 6:30; Tuesday and Friday, noon to 6:30

OIFB is an equal opportunity provider and employer.

The Teen Tent provides healthy snacks, including fresh fruits and veggies.



"Are these all for us? Like, we can just have them?"

To continue to meet the needs of our island community will require a larger and more efficient facility. We've spoken with managers of other Pacific Northwest food banks and pantries, visited their facilities, and have recently engaged an experienced nonprofit architectural firm for professional guidance. We are excited about the future and look forward to sharing our new facility plans with you as they develop.

