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HELP YOUR NEIGHBORS

Food, like water and shelter, is fundamental to life.

There were tens of millions of people in America facing hunger before the pandemic and that is still true today. The pandemic is still very much a part of our lives and continues to have impacts on the economy and on household budgets. Food prices and supply chain disruptions are affecting food banks, and households' budgets for millions of families are tightening. Food shouldn't be an impossible choice, and together, we can create an America where no one is hungry.



Roosevelt experienced being unhoused for several years. He eventually secured housing along with his nephew, and he's been coming to his local food bank for ten years. He feels that it is important to give back to the food bank that has given him so much, and he does this through volunteer service.

"I'm not where I want to be, but i'm giac' I'm not where I was. I volunteer because I like to give back; I like to do something. Even if it's just giving a little of the little bit that I've got or can give. As he reflected on his years of being unhoused, Roosevelt noted, "It wasn't easy in tent city. When you are homeless, you don't have a base you can work from. You can't go home and take a shower. You can't take a nap. You can't cook. It's just about survival." He continued, "My life experiences give me the drive to want to give back and have a positive impact on my community."



Sarah's husband unfortunately lost his job in construction during the pandemic which resulted in her becoming the sole-income earner in her family of four. To cut down on the cost of childcare, Sarah's husband stays at home to take care of their two young children while she heads off to her job.

"When my husband was working and we were a twoperson income household, there wasn't a need to come to the food bank. Being a one-income household now for almost two years is catching up to us now. Prices for everything from gas to groceries is high, and now we need the help." One thing, out of many, that Sarah and her husband appreciate about their local food bank is the variety of food choices. She says, "One of my favorite parts about the food bank is that we oftentimes get ingredients that I nor my husband would typically buy at the store. Getting something different and trying different foods is such a benefit for everyone, especially for people who would otherwise never have access to such quality fresh produce."

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