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DID YOU KNOW?

Food Pantries serve a wide variety of people struggling with food insufficiency: retirees, individuals with disabilities, single parents, families struggling with layoffs or under-employment, as well as the homeless families and individuals.

ABOUT THE NEWSLETTER

Welcome to the GREEN BAG NEWS!

We hope you enjoy this new way to keep you informed about what's happening with Portland Food Project. In addition to news and events, we plan to bring you content like:

- Profiles of the pantries we support
- Stories about our impact
- Information about hunger insecurity in our Portland neighborhoods

We want the newsletter to be as relevant as possible, so we would love to hear from you. Feel free to e-mail us with your comments and suggestions at info@portlandfoodproject.org.

[St. Johns Food Share](#) (SJFS) is a little unique. Among the twenty-one pantries we serve, two are food shares. A [food share](#) is a membership organization where members pay a low monthly fee and are able select foods to help fill in when they otherwise wouldn't have enough to get through the month.



St. Johns Food Share

St. Johns Food Share (SJFS) is located on North Lombard Street in St. Johns. Their focus is on empowering community members who are struggling with food insufficiency by providing nutritious food options, promoting self sufficiency and encouraging community among their members.

SJFS is a membership organization. A membership covers individuals, couples, or families. The Food Share currently has 109 members. Counting family members, that means they help feed between 250 and 300 people every month. A membership costs \$30 per month, but they stress that they try never to turn anyone away due to lack of money. The Board can offer a "scholarship" to help pay dues if an individual is temporarily unable to pay the monthly

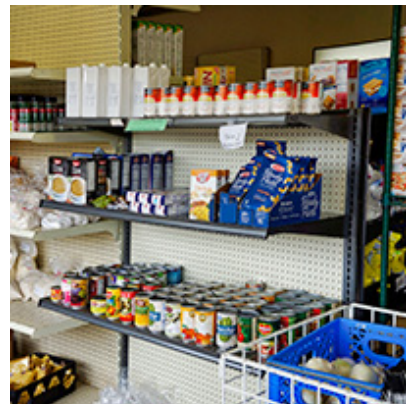


Members can "shop" in the Food Share market twice a week. The market is open Monday, Wednesday and Friday from 9:00 a.m. – 12:30 p.m. and on Friday evenings from 5:00 – 7:00 p.m. The market offers fresh, frozen, packaged and canned items. The staff strives to encourage nutritious meals and eating habits by offering recipes and suggestions for how to make meals with the food available in the market. They also have a small kitchen on site for food preparation and handling demonstrations.

Volunteers are vital to the Food Share's success. Members give back to the food share by volunteering to work at least 8 hours a month stocking shelves, picking up donations, cleaning and managing the store. It is frequently quite crowded at the market on shopping and volunteer work days. Members are encouraged to bring older children to volunteer with them at the Food Share. Between members and non-member volunteers, SJFS logged more than 7500 volunteer hours in June. Their Board tries to encourage a sense of community. It's not uncommon for members to volunteer extra hours for the support and camaraderie. "Come for the food, stay for the networking" is encouraged!



St. Johns Food Share receives food from Portland Food Project, Oregon Food Bank, New Seasons, Grocery Outlet, and local businesses and individuals. Most of the food they receive, including from the Oregon Food Bank, is perishable: milk, dairy, bread, meat, and vegetables. Portland Food Project is their primary source of non-perishable food. Kathy



struggling a little before we began working with Portland Food Project. Almost all of our food was perishable and had a limited shelf life. PFP started by giving us 200 pounds of non-perishable food every other month. Now we can help more people because that amount is closer to 700 pounds."



This fall St. Johns Food Share will be celebrating 30 years serving the North Portland Community. They received a grant to upgrade their facility to be accessible to those with disabilities and make changes that will allow them to expand their services. A remodeled kitchen will allow them to offer more nutritional classes and help their members learn the skills necessary to qualify for a food handler license. Once the kitchen remodel is complete, they plan to hold an anniversary celebration.



“We try to greet everyone coming through the door with a smile and a wave. We want them to feel included and have been working at creating a more relaxed atmosphere where our members feel comfortable and appreciated. We are here to serve them”.

— Kathy Saunders, President, SJFS

Learn more about St. Johns Food Share on their website: stjohnsfoodshare.org

Help Staff a Table

Do you like talking with people? Help us staff a table at an upcoming event. We will have tables at the Montevilla Street Fair July 29th, the Belmont Street Fair September 8th, and the Portland Nursery Apple Festival October 6th and 7th. Shifts are 2-3 hours and we try to have two people at each shift to answer questions about Portland Food Project. Email info@portlandfoodproject.com to learn more and sign up.

Our Results Last Year



Food Collected



Number of Meals



Number of Donors



Pantries Helped

You made a big impact on hunger in 2017.
Thank you!



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