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Green Bag News • May 2023



Did You Know?

You've probably heard that SNAP benefits decreased in March 2023. This means that those struggling to get enough food for themselves and their families now have an even greater dependence on food pantries as a source of emergency food benefits.

At Portland Food Project, we're committed to ensuring all our neighbors have enough healthy food to eat. We know food prices have increased for everyone recently and we want you to know that your continued commitment to Portland Food Project is appreciated more than ever. Thank you!

Here's what we've accomplished together!

May 2023

Food Donated: 18,378 lbs.
which makes: 15,315 meals¹

2023 Total

Food Donated: 36,256 lbs.
which makes: 30,213 meals¹

¹ The Oregon Food Bank calculates that 1.2 lbs. of food = 1 meal.



Lift UP

Portland Food Project interviews Cecillia Estraviz, Operations Manager.

Where is Lift UP and who do you serve?

Lift UP has several programs to help feed the community. What originally started in 1980 in NW Portland with several congregations and synagogues coming together has grown to include a pantry, food delivery, an educational supper club, and a free food market. Your donations directly support:

- **Preston's Pantry:** We run an onsite food pantry three days a week at the First United Methodist church in Goose Hollow. We keep Tuesdays for appointments only, allowing us to better serve people over 60, or people with a disability or health condition that makes it difficult to stand, wait, or shop without assistance.
- **Adopt a Building:** We also have our Adopt a Building program serving 50 low-income buildings downtown. Each month we deliver food boxes direct to people's doors and stock an emergency food closet with about 10 meals of non-perishable food for residents experiencing an unexpected food shortage.

How has Portland Food Project impacted your food distribution?

We've been working with Portland Food Project for about 7 years. I used to help manage the Northeast food program – I'm a big fan. I love that it's tailored specifically for food pantries. Portland Food Project gives us variety and choices for our shelves. It's so important to give people choices. The bimonthly donations are incredible, we typically use them up within a week

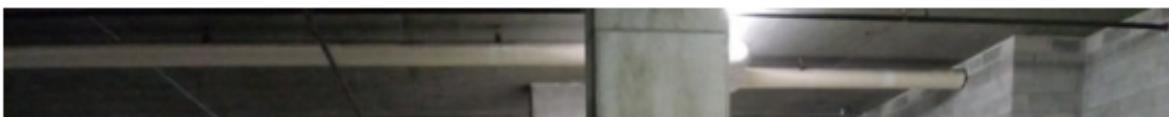




Photo Credit: [Lift UP](#)

What are your greatest needs/challenges?

Since the recent SNAP cuts at the beginning of March, we have seen a 30% increase of visitors to our pantry. Our on site pantries in low-income buildings are seeing steep increases of utilization with one of our buildings experiencing a 91% increase from February to March 2023. It has been overwhelming for them. We work to create a safe environment for people who've never needed these services before. Food sourcing and volunteer engagement are ongoing projects for us, we want to get more of the community involved. Without volunteers, we couldn't keep our doors open.

How else do you get food for your pantry?

We get food from Oregon Food Bank, Amazon, Safeway, Fred Meyer, Dave's, Grand Central Bakery, and Trader Joe's in Hollywood, Northwest, and Southwest. We work to stay very community centric and we've found that food programs help grow other food programs.

What would you like our food donors to know about Lift UP?

We're so grateful to be in Portland with so many people wanting to help, with Portland Food Project being a great example of that. We have great stories from the people we've served. Every month, when we deliver to buildings, each individual gets 25 lbs. of non-perishables and 25 lbs. of produce. We had one man receiving boxes who was juicing and making food for his neighbors.

Please visit lifturbanportland.org to learn more about our programs.

Donor Profile: Julio Rocha



We'd like to introduce you to Julio Rocha. Julio's a donor, neighborhood coordinator, on the steering committee, and runs the computers to help us track every pick up and drop off. He first started working with us in 2013 after someone left a Portland Food Project postcard on his door. He had been between jobs a few years earlier and saw how many people were having a tough time. He wanted to make an impact, so he became a neighborhood coordinator and started collecting on his street.

Working at LRS Architects, Julio realized he could be the neighborhood coordinator for a "bigger neighborhood" – his office. With approval he began collecting donations in the office, making LRS the first company to be a "food donor" as well as a financial donor. Throughout the year Julio puts the green bags in the staff kitchens so his coworkers can fill them up with their donations. On drop off day, he loads up his car and brings all the green bags for our pantry partners. For Julio, this is another way for neighbors to continue helping neighbors.

Want to start a donation program at your office? We can help: info@portlandfoodproject.org.

SHARE YOUR SKILLS AND EXPERIENCE

Portland Food Project is a 100% volunteer-run organization. Contact us to volunteer today: 503.775.2110 - info@portlandfoodproject.org

We are currently recruiting neighborhood coordinators, steering committee members, and additional help with communications, social media, writing or photography/video. ***We would love to put your talent and enthusiasm to use!***

Mark your calendar now!

The upcoming 2023 collection dates are:

June 10th

August 12th

October 14th

December 9th



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