

[View this email in your browser](#)



Green Bag News • July 2023



Did You Know?

Donors often join Portland Food Project by signing up at fairs throughout the city. Later this month we'll be out meeting new donors at the Montavilla Street Fair (July 30). If you're at the fair, stop by to say 'hi' and introduce your friends.

We appreciate everything you do to help feed our community. If you're looking for opportunities to get more involved, we could use your help, we need help with:

- **Neighborhood Coordinators** to start their own routes and help us expand Portland Food Project
- **Substitute Drivers** to pick up on days when Neighborhood Coordinators aren't available
- **Collection Day Volunteers** to help unload green bags at the drop off center

If any role sounds like a good fit for you or if there are other ways you'd like to help, please just hit reply and let us know. Thank you!

Here's what we've accomplished together!

June 2023

Food Donated: 17,408 lbs.
which makes: 14,506 meals¹

2023 Total

Food Donated: 53,664 lbs.
which makes: 44,720 meals¹

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

Meet Our Pantry Partners: Good Roots Food Pantry



Good Roots Food Pantry

Portland Food Project interviews Penny Myers, Operations Manager.

Where is Good Roots and how did you get started?

The Good Roots Food Pantry is located at the Good Roots Church in Oak Grove/Milwaukie and has been around since 2000 when a couple of women from the church started distributing food out of the basement of a house on church property. For the last eight years, my team of volunteers and I have been continuing that work and expanding what we offer the community.

How much food do you distribute?

Every Saturday we average about 160-165 boxes, serving 165 families (500 people). When Covid required us to change how we distributed food, we switched from a shopping model where people chose the items they wanted which the team would put in a box, to a system of pre-prepared boxes. Since then we have constantly worked to be more efficient at preparing and distributing boxes, allowing us to serve even more people than we could before the pandemic.

What makes Good Roots unique?

Along with the pantry, we have a community garden that is open to everyone, and we have a master gardener working with our volunteers to grow and share high quality fresh foods. The garden started as a small strip of land on the property and has continued to grow over the years. We even have neighbors drop off locally grown fruits and vegetables from their personal gardens to share with the community. We also provide a free clothes closet for clients on Saturday morning.





How has Portland Food Project impacted your food distribution?

In June, 175 lbs of food were dropped off and a Winco gift card that we used to purchase 275 boxes of cereal. We love the donations from PFP, they're often the "fun stuff" we can't get from the Oregon Food Bank. We get things like tuna, canned chicken, and peanut butter from the Food Bank. It's things like ramen, mayonnaise, ketchup, side dishes, cereals, and sauces we're excited to hand out when we get them from PFP. We've found over the years that many clients (and people in general) just don't cook a lot. The instant foods are really helpful.

How else do you get food for your pantry?

We get food from Oregon Food Bank, Dave's Killer Bread (200 loaves every Friday), our Fresh Alliance partners (Safeway, Fred Meyer, Walmart, and Whole Foods), and private donations. We even have pet food donated every month from the Pongo Fund.

What are your greatest needs/challenges?

Finding volunteers can be challenging. We have a great crew and food to give people, but it can be challenging getting enough volunteers, especially in the summer when many people are traveling. Church members often help by speaking with people while they're waiting. There's a stigma associated with going to a food bank, so we work hard to ensure it's less embarrassing and less of a strain on clients. And many of them want someone to talk with.

What would you like our food donors to know?

There's a lot of need out there. I volunteer to run this program because I can. I can help people who don't have as much advantage as I do. I don't have to think about going to the grocery store. Many of our clients can't afford to buy the food and produce they need. The cost of food is ridiculous now and we can get them foods they wouldn't otherwise be able to have.

Since the SNAP benefits ended, the number of clients has jumped by 20-30 families each week. I know of one elderly client who had their benefits go from \$300 to \$23. With lower benefits and high food prices, it's definitely affected our clients and the pantry. The donations we receive from our partners, the Food Bank, and PFP are what let us continue feeding our clients.



Almost ten years ago Richard Nudelman, founder of the Portland Food Project, knocked on Collin's door in southeast Portland. Richard was going door to door to let neighbors know about a new way to regularly provide food for hungry neighbors. Collin saw the need and became a neighborhood coordinator, which she continued doing until health challenges prevented her from doing the pickups. She still donates food, but decided there must be more she can do.

With a PhD in Zoology from U.C Berkeley and after a long career as a research scientist in ophthalmology at U.C. San Francisco, Collin retired and began pursuing passion projects like art and piano music. She had always wanted to paint and even went to art school every Saturday through high school. While she typically paints for the joy of it, a friend of her grandson had retail space and asked if Collin would like to auction her work to help food charities. Collin saw it as a great opportunity to help and raised \$300 that she donated to PFP. Collin continues painting and uses it to help support causes like PFP, Columbia Riverkeeper, and Blanchet House. If you know of a venue that would be willing to sell paintings to support PFP, just hit reply and let us know.

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 talents and enthusiasm to use!

Mark your calendar now!
The upcoming 2023 collection dates are:
August 12th
October 14th
December 9th



Copyright © 2023 Portland Food Project, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

