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# the portland food project

## Green Bag News • September 2024

### Take Action



This summer we've continued our work to grow the Portland Food Project community by meeting people at events all around the city. And the need for our help continues to grow, as OPB recently reported: [Federal report finds food insecurity got worse in Oregon since the pandemic](#)

We've seen some positive news, like [free meals returning for all Portland Public Schools](#), but our work to help feed those in need is still incredibly important.

With September being Hunger Action Month, we're asking for your help with two things:

1. Start preparing for the October 12 pickup now. Let's make this a record setting month!
2. Tell 3 friends, family members, coworkers, or neighbors how easy it is to donate through Portland Food Project. Anyone interested can sign up on our site: [portlandfoodproject.org](http://portlandfoodproject.org).

Thank you!

**Remember: Our next pickup is Saturday, October 12.**

## What we've accomplished together!

### August 2024

Food Donated: 16,329 lbs.  
which makes: 13,608 meals<sup>1</sup>

### 2024 Total

Food Donated: 70,906 lbs.  
which makes: 59,088 meals<sup>1</sup>

<sup>1</sup> The Oregon Food Bank calculates that 1.2 lbs. of food = 1 meal.

**Meet Our Pantry Partner: St. Vincent de Paul**

## St. Vincent de Paul

*Portland Food Project interviews Julie Le, President of the Tigard Conference, St. Vincent de Paul*

### What is St. Vincent de Paul?

St. Vincent de Paul began in 1833 in France to help those in need and has expanded around the world. The Tigard Conference began in 1959 and provides services to the Portland Metro community, including a food pantry. We're open 5 days a week and those in need can drop in without appointment. No ID is required. Everyone checks in at the volunteer table and signs in, which is an Oregon Food Bank requirement.

We're located in Tigard and serve a diverse community. We have Hispanic, Vietnamese, Pacific Islander, Eastern European, and Chinese community members leveraging our services. All our documentation is offered in English and Spanish, though our volunteers will use a multi-language flipchart or Google Translate to make sure everyone gets what they need.

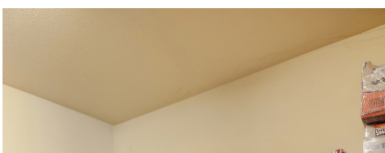
### How much food do you provide?

Our numbers have increased greatly in recent years. After the pandemic, when SNAP was reduced, we saw a 50-60% increase in the number of clients. Overall we distribute about 42,000 lbs of food to over 800 households each month – that's an average of 30 families helped during each of our 2.5 hour shifts. Before the pandemic we had a shopping style pantry, but had to switch to assembling boxes of food. When restrictions were lifted, we had hoped to go back to our original model, but the increasing demand left us needing to find the best way to meet the challenge. We now provide one box of non-perishable and one of fresh foods, allowing people to choose their meats. When it's less busy at the pantry, we are often able to handle special requests.



### Where do you get your food?

We get our food from a number of sources like the Oregon Food Bank, Portland Food Project, food drives (churches & schools & City of Tigard), and some local grocery stores. We love the support Portland Food Project provides and that it's driven by neighbors helping neighbors. Everyone who donates knows that everything they give goes to help people in the local community. We appreciate that it provides a way for people in our local community to support our food pantries.



### What other services do you provide?

In addition to the food pantry, we've been serving hot meals at our community cafe every Sunday for 17 years. On Sundays we typically serve about 380



years. On Sundays we typically serve about 300 people at the cafe. The Cafe provides hot meals to individuals and families in the local community. It also gives us an opportunity to serve our unhoused community a healthy, nourishing meal and often provide severe weather supplies. Our volunteers include people from St. Anthony, other local churches and community members.

### **What are your greatest needs?**

We get a great variety of food, but always have a need for heat & serve meals, cereal, peanut butter, coffee, tea, hot chocolate, and the fun treats you wouldn't normally be able to get from the food bank. We love getting healthy foods, but the treats often bring a smile to our clients' faces.

## **Volunteer Profile: Kathy Hogan, Donor and NC**

### **How did you get started as a donor?**

I was at the Portland Nursery Apple Fest back in November, 2016 when I saw a Portland Food Project table. At that time I was working for a Head Start program and spent a lot of time going to food pantries to let them know about Head Start. I had also been volunteering at Neighborhood House Free Food Market and knew that pantries always needed more food. I liked how easy this program was and wanted to find a way to do more.

### **When did you become a Neighborhood Coordinator?**

When I signed up, I realized right away that I would like to organize a route, so I started as a neighborhood coordinator. I live in southwest Portland and started my donor list with people I knew. I emailed a group of my friends and neighbors and their response was really good. People were willing to give it a try.

Over the years PFP has found more people for my pickups and I currently have about 30 people on my route. My donors are pretty generous, reaching almost 500 lbs of food in one pickup. I drop off our donations at Neighborhood House Food Pantry in SW Portland and they weigh all the donations. I always email my donors the total weight, I feel that it is important to let them see how their small donation becomes a part of a large contribution for the pantries.





## Why donate your time and energy to PFP?

Volunteering is important to me, I've always volunteered at my children's schools and with the Girl Scouts. I like the simplicity of donating the PFP way, it's so easy. You just fill up a bag and every two months someone drops off a new bag. It's a simple way to give something back to the community and pantries get a variety of food.

I work for a Head Start program and I witness the food pantry in my school receiving the filled green bags. I feel proud to be a volunteer and when I see the bags being delivered to the pantry and I know from talking with the pantry staff that they appreciate the extra food they receive. If any food donors want to do what I did and get more involved, I recommend looking for opportunities. PFP is an all volunteer organization, there are always more ways we can help.

## Share Your Skills and Experience

Portland Food Project is a 100% volunteer-run organization. [Contact us to volunteer](#) today!

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!

Collection dates for 2024 are:

- October 12th
- December 14th



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