

**Healthy Community Coalition, Snoqualmie Valley Community Network
Meeting at Fall City Library, 3/21/19
Topic: Food Scarcity in the Snoqualmie Valley**

*Note: Hyperlinks were included if a page was available to directly link to food resources at that organization.

[Snoqualmie Valley Food Bank](#) (North Bend)

- Served 14,000 households in March. 26% are seniors, 30% are children
- Have a food rescue program
- They offer 4-5 days of food. Most foodbanks can only offer 3 days of food.
- Senior Day is Monday 9:30-11.
- All clients may come Monday 11-12:30 and Wednesday 9:30-6:30.
- Food bank volunteers ask "Can you cook?" If not, canned soup, meat in a can, PB&J. Clients go to the truck stop to heat their food.
- Meals for the Break. K-12, 15 breakfasts, lunch snack for each kid
- Brings their Food Bank Mobile for food pickup to Fall City Library 2x/month.

Area farmer's markets. Leftovers go to food banks

[Carnation Farmer's Market](#): SNAP/EBT, WIC, Senior Nutrition, "Fresh Bucks," Veggies RX. Tuesdays 3-7. (May-Sept)

[North Bend Farmer's Market](#): WIC, Senior Nutrition. Thursdays 4-8. (June through Mid-September)

[Duvall Farmer's Market](#): Food Share go to Holy Innocence Food Bank. Thursdays 3-7. (May through Mid-Oct)

[HopeLink Food Bank](#) (Carnation).

- Food Bank hours: Wednesdays 3-7, Thursdays 10-2
- Harvest program. Coordinator with small farms. 180,000 lbs local gardens/farms to add fresh produce to food banks. They also have their own farm and harvest 125,000 lbs of food.
- Do not have a backpack program

[Carnation Farms](#) (Carnation)

"Rooted." A program for 20 teens to work FT in summer. They're at the farms in the AM and training in the PM. 1 day a week, they work at a food bank. They also have gleaning days for Hope-Link's foodbank.

[Power Packs](#) (Carnation/Duvall)

- Weekend food for hungry youth. 4 snacks, 4 drinks, 2 lunches, 2 breakfasts.
- Offer 50 packs/week in Duvall. Clients are identified by school counselors.
- Offer 165 packs a week in Carnation and they're still not able to meet the need.

Snoqualmie YMCA (Snoqualmie)

- Have 3 community gardens that they run for foodbanks.
- In Fall City, they have a pea patch with the Snoqualmie Valley Tilth.
- In Snoqualmie, they are working with the Ridge Owners Association to set up gleaning at those pea patches
- Offer sack lunches over the summer with Snoqualmie Valley Food Bank

Holy Innocence Food Pantry (Duvall)

- They have gardens on church property.
- Well-funded by no government support
- They are no longer able to glean at Costco
- Open Tuesdays 4:45-7 and Wednesdays 10-11:45.

Snoqualmie Valley Senior Center (Carnation)

- Host Meals on Wheels, includes up to 2 entrees/ day. Suggested donation is \$5/meal.
- Also have Community Dining M-F at noon. Suggested donation is \$5/meal (over 60). Portions are generous and there's usually enough for doggy bags.
- Free pet-food through the Humane Society.

Mt. Si Senior Center (North Bend)

- Meals M-F at noon. Suggested donation \$5/meal (over 60)
- No Meals on Wheels because of refrigeration

Fred – ad hoc food bank (Carnation)

He asks no questions and doesn't keep any numbers. The location seems popular with undocumented families who are worried about data collection required at other food banks

Fall City Community Food Pantry (Fall City)

1st and 3rd Wednesday of the month, noon-1:30 and 6:30-7:30.

Raging River Community Church Food Bank (Preston).

Thursday 3-4.

Helping Hands Ministry (previously Mt. Si Food Bank)

Set up weekend backpacks for SVSD. No longer has as store front near Encompass.

Questions asked:

What is the percentage of hunger in the Snoqualmie Valley?

No one knows but in WA state, 13% have unreliable access to food.

Where do we struggle to provide?

Nutritional (fresh produce, fruit, milk). The Snoqualmie Valley Food Bank has a nutritional plan (meaning they compost a lot of extra sweets.)

How much are people moving around in order to get enough food resources?

(no answer)

Challenges:

Mobility. The knowledge of how to get places. On SVT, riders can only carry what fits on their lap and at their feet. This limits the amount of food riders can get at one time.

Hoarding. Seniors take too much so they can share with their community.

Data gap on hunger (because of Fred's bank)