

and other perishables, which are stored in their respective refrigeration units.

Food banks are considered emergency services and safety nets for the poor, so they receive some funding from the Federal Emergency Management Administration, as well as large donations from governments, diverse businesses and private donors. Funding also comes from the Great Figgy Pudding Street Corner Caroling Competition ([www.pikemarketseiorcenter.org](http://www.pikemarketseiorcenter.org)) one afternoon in December. It is riotous fun, with carolers on every street corner who solicit funds for the Pike Market Senior Center. As one of the center's programs, the Food Bank benefits.

Many organizations send their staff in groups to help stock shelves, fill clean garbage cans

full of bagged beans and rice, and do whatever is needed. They range from large corporate businesses to K-12 schools who make volunteering part of their curriculum when school is in session; but they do not always fill the need.

From mid-summer through early fall, there is a slack time in funding, donated food and volunteers. That's when John and Stephanie really hustle; filling in gaps in the long stream of supporting the needy is their mission, and it is often difficult. But, if you want to see John's eyes light up, sign up as a volunteer, or deliver a wagon load of food, especially mid-June to mid-September. You can reach John at 206-626-6462, or [jrockwell@speakeasy.net](mailto:jrockwell@speakeasy.net) or [www.pikemarketseiorcenter.org](http://www.pikemarketseiorcenter.org) He'll be mighty glad to see you!



**Thomas Rosales (front) and Tim Growermoen volunteer at the Food Bank. Photo/Rena Langille**

**FACTS**

900 – 1100 people are served every week, which includes 290 home deliveries to those who can't get to the food bank. In 2004 the bank distributed 650,000 pounds of food and served over 45,000 people.

**HOURS**

Tuesdays 10 – 1pm for ages 55 and over  
Thursdays 10 – 1pm for ages 54 and under  
Wednesdays 10 – 1pm for government commodities which go to people in the catchment area zip codes: 98101, 104, 105, 109, 121, and 98134. Commodity items include dried milk, canned peaches, macaroni, dried fruits, butter and sometime cooking oil, dried beans, and lentils.

**WANT TO HELP?**

If you would like to donate food, items needed the most are protein items: canned meat, peanut butter, and eggs. Especially needed for the homeless who don't have access to kitchens, are small hams in containers that can be opened without utensils, pop top cans of meat, chicken, tuna, hearty soups, and fruit, and foods in zippered packages.

**HELP NEEDED**

The bank also needs an on-call volunteer who is good with PC computers. Some ability with Access and Excel would be especially appreciated. Call Stephanie at 206-626-6462.

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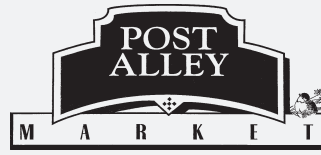
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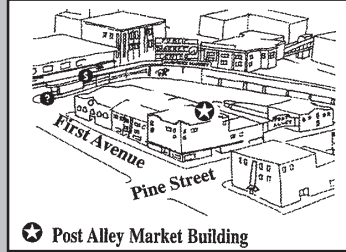
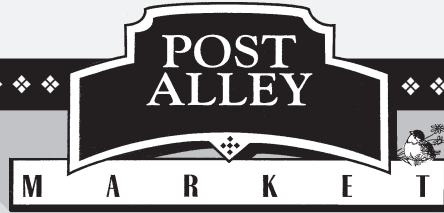
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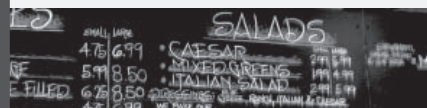
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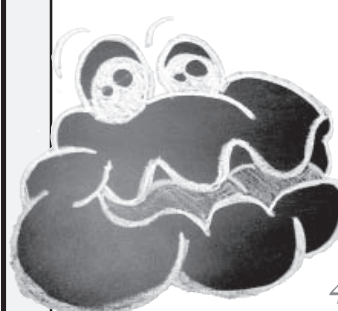
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