




A Catholic Social Services Publication | Summer 2018

Faces of Hope

Ending homelessness one family at a time

Hunger Action Month

FOOD INSECURITY CAN HAPPEN TO ANYONE

 You can help end hunger. We all know what it feels like to skip a meal or run out of snacks, but we have not all experienced hunger without the security of knowing food is available.

Hunger can be a sign of harsher realities. Because of you, St. Francis House Food Pantry can offer people a monthly opportunity to restock their pantries with an emergency supply of fresh, canned, and refrigerated food.

Living with hunger for more than a few hours, let alone a few days, takes its toll. St. Francis House volunteers and donors, just like you, work to fix that problem.

About 80 shoppers go through our pantry daily to receive food. With your help, these people can get back on track. You can donate food, restock the pantry, or become a monthly donor.

Your help is important year-round, but Hunger Action Month focuses our efforts. It reminds us that resolving

1 in 8 Alaskans



struggles with hunger.

hunger is not as easy for some families.

You may be surprised that more than 1 in 4 people who experience food insecurity live above the poverty line. Anyone can be struck with an unexpected medical or car repair bill, which makes buying enough food impossible. With your help, St. Francis House serves these hungry households.

Our pantry helps keep hunger from turning into food insecurity. If a family does not have enough food for each person to be active and healthy, they're facing food insecurity. We need your help fighting that reality.

A family of 4 needs about 40 pounds of food over 3 days. St. Francis House makes sure anyone who comes in our doors can get that. They can choose items from the different food groups, and pick out what tastes good and works for them.

September is Hunger Action Month. Join the effort: donate, host a food drive, or volunteer. Visit cssalaska.org to learn more.



PICTURE ABOVE » Families can shop once monthly for a several-day supply of food at St. Francis House.

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Donor Spotlight

COSTCO DONATES MEAT TO ST. FRANCIS HOUSE



PICTURE ABOVE » A Costco employee loads more than 2000 pounds of chicken for St. Francis House.

Alaskans depend on Costco, including Catholic Social Services' clients. Corporate donors, like Costco, made it possible for more than 648,000 pounds of food to go home with clients last year.

Every weekday, someone from St. Francis House drives to Costco to load items. We receive fresh-baked bread, bags of romaine, and clam-shells of blueberries – not to mention frozen items, like boxes of waffles and pre-made dinners, like trays of lasagna. We also stock shelf-stable foods, such as spaghetti noodles, canned-goods, and granola bars. Costco donates some of the food, and your financial support allows us to buy the rest. We are so grateful.

One Friday morning, a St. Francis House employee drove the CSS truck over to Costco. A forklift loaded an overflowing pallet of chicken, and Costco's Receiving Manager, Jose, talked about their new donations. "We developed a program," he said, alluding to a partnership with Feeding America that enables Costco to donate directly to St. Francis House. "We're helping each other because we're not throwing it away and you guys are putting it to good use."

That day, Costco gave St. Francis House more than 2,000 pounds of chicken. For weeks now, Costco has given St. Francis House over 1,500 pounds of meat in a single run. Their generous donation helps families have consistent access to meat. "Nutritional consistency," as Chris Kukay, the Director of St. Francis House puts it, "is essential."

For years, St. Francis House has purchased food from Costco at a discount to supplement and stabilize our pantry. These new donations keep our freezers and refrigerators full at less cost to Catholic Social Services.

St. Francis House is grateful for Costco, and we have many other donors or suppliers to thank too. Places like New Sagaya sends over dips, cookies, and baguettes. Individuals donate produce from their own gardens. Plus, the Food Bank of Alaska and donors, just like you, fill in the gaps we have with shelf-stable and frozen foods. We receive many donations and make sure it's available to hungry families. St. Francis House knows that we can rely on businesses' and your donations, which allows us to offer a predictable selection for our clients. You make that possible.

St. Francis House is open on Mondays through Thursdays, 9:00 a.m. – 1:00 p.m. as well as the last Wednesday of the month from 4:00 – 6:30 p.m. In fact, each day our food pantry is open approximately 2,500 pounds of food leaves with clients. That's about 25 Costco-sized shopping carts full of food going out our doors daily.

The need in Anchorage is great, and your help enables us to feed more people. Thank you for your support!

You can make a difference, become a Monthly Donor!

- \$30** Provides meals to 12 families
- \$50** Supports 10 families with produce for a month
- \$75** Provides a months worth of groceries for 1 family

Charity Ball Highlights

MAY 12, 2018



Members of the Charity Ball Committee



Rick Fox and Tom Barrett

THANK YOU TO OUR GENEROUS DONORS, SUPPORTERS, AND VOLUNTEERS



John and Geraldine Estabrook with friends



Supporters and staff had a great evening



Joe and Darlene Marushack
All Photos Courtesy: Glenn Aronwits



Clara Williams, CSS' Community Management Manager, and friends dance the night away

FRESH FROM JUDY'S GARDEN

YOU CAN DONATE PRODUCE TOO

Judy's eyes sparkle when she talks about her garden. She grows kale and cabbage – along with other crops— and she brings some of her harvest to St. Francis House each week during the summer. The fresh vegetables in our pantry go fast, and our clients appreciate the produce. We are so grateful for Judy's contributions—and other donors like her.

In fact, Judy usually comes in with her produce on Wednesday mornings and completes a volunteer shift too. Along with other volunteers, she helps stock the refrigerator and shelves where our clients shop. Judy has been donating to Catholic Social Services—from both her time and her garden – for more than 10 years.

St. Francis House depends on volunteers and donors, just like Judy. Thank you for your donations of time and food.



PICTURE ABOVE > Judy holds produce she grew and donated to St. Francis House.

WE HAVE A PLACE FOR YOU!

VOLUNTEERING IS ALWAYS REWARDING

What are you passionate about? When are you available? At Catholic Social Services, we have several opportunities for you to get involved. Contact our Community Management Manager, Clara Williams, at cwilliams@cssalaska.org or 907-222-7335. She will match you with a volunteer opportunity that interests you. Thank you and see you soon!

DONATE SOME OF YOUR HARVEST TO ST. FRANCIS HOUSE

Upcoming Events



Hunger Action Month

Join Catholic Social Services for a month dedicated nationally to ending hunger. Make a difference by advocating, donating, and volunteering. // HungerActionMonth.org

Run to End Homelessness

The Anchorage Running Club is hosting a 5K and 10K race, and proceeds go to CSS and Bean's! // Saturday, September, 22, 9:00 AM // 49th State Brewing, 717 W. 3rd Avenue, Anchorage, AK

Spirit of Denali

Celebrate Alaska Native cultures through food, music, and dance! Everyone is welcome! // Wednesday, October, 17, 1:30 PM // Brother Francis Shelter, 1021 E. 3rd Avenue, Anchorage, AK

Fresh International Gardens Booths

RAIS clients grow and sell produce, herbs, spices, and treats at the farmers markets. // Wednesdays through August, 3:00-7:00 PM // Fire Island Rustic Bakeshop, Airport Heights Farmers Market, 2530 E. 16th Avenue, Anchorage, AK // Thursdays through September, 3:00-7:00 PM // Mountain View Farmers Market, 3543 Mountain View Drive, Anchorage, AK



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