

Bringing Food Home: CAMP Expands Food Bank Delivery

Early on a Thursday morning, a crowd gathers outside the old firehouse. The grey winter sky stretches high above the bare trees, and voices in a dozen different languages mingle quietly as people wait in line. Although it is cold and the city has just begun to awaken, a line of nearly 150 people stretches down the block.



Then the red front door opens, and the crowd begins to shuffle into the warm lobby. CAMP's food bank is open, and no one will be turned away.

Five days a week, 52 weeks a year,

we serve over 10,000 individuals and families facing hunger. With the unusually cold winter and a lack of jobs in the local economy, we've seen a sharp increase in clients this year. Without our food

bank, many families would be forced to decide between buying food and paying for rent. Or if they could buy food, they would have to choose cheap, unhealthy food over nutritious meals to make ends meet.

That's why we are working hard to keep up with demand and grow our services. Thanks to a generous \$30,000 grant from the Employees Community Fund of Boeing Puget Sound, CAMP recently purchased a larger cargo van to increase the amount of donated food we pickup each week and expand our home delivery. Our home delivery service caters to homebound clients, including seniors, people with disabilities, and families with infants, and we visit over 100 homes and apartments each week.



CAMP's Central Area Food Bank has been serving low-income, high-risk Seattle residents for decades. The food bank provides over 30,000 bags of food to individuals and families annually, offering a variety of healthy food and grocery items to the city's most vulnerable population.

Volunteer Appreciation Luncheon

We could not succeed without the dedicated commitment of our Food Bank staff! We held a Volunteer Appreciation Luncheon on March 25 to show just how thankful we are for their help. Our volunteers ensure that CAMP serves nearly 1,000 people that are fighting hunger every week.



**Thank You
to our Food
Bank donors:**

Emergency Feeding Program
of Seattle and King County

Food Lifeline

Northwest Harvest

Oroweat

Safeway

Small Potatoes
Urban Delivery



Staff Spotlight: Jay Hamilton



Meet Jay: He joined CAMP last year and helps to run our Central Area Food Bank. In Jay's previous life, he sold, delivered and installed hot tubs up and down western Washington for 12 years. Jay is best known around CAMP for his funny jokes and willingness to help wherever he can. "I've never felt so comfortable or happy at a job before. CAMP has a great family atmosphere. It doesn't even seem like work to me—I'm excited to come to work every day and happy that my hard work is going to a good cause," Jay said.

A day in the life of Jay includes picking up food donations from local grocery stores in the morning, bringing the food back to CAMP, sorting and storing the food properly, then prepping the food for the Food Bank or home delivery. He spends his afternoons handing out food, talking with clients, even helping to carry their groceries out to their cars. Despite his busy schedule, Jay wishes he could do more. "If I could change one thing at CAMP, it would be to get more funding so we could do more in the community."

"We see all kinds of people come here," Jay said. "More and more often we are getting clients that are well-educated but haven't been able to find a job for a year or two. Some families are living out of their cars. Times are tough for everyone."

When Jay is not running the Food Bank, you'll find him at the Comedy Underground on Open Mic nights performing his latest stand-up comedy routine, or on a sunny day he'll go running at Seattle University's track.

Programs Focus: Financial Literacy

At CAMP, we place a high priority on meeting basic needs, especially for emergency situations where clients face losing their homes or going hungry. But our mission goes beyond that: we also provide tools to help our clients move out of poverty and achieve stable living situations. MoneyTree has generously provided a grant of \$35,000 to help us launch a Financial Literacy Program that works to stabilize, educate, and reduce debt for our clients. One of the few organizations offering this type of program in Seattle, CAMP helps individuals in financial crisis by providing counseling, budgeting advice, and connections with agencies specializing in bankruptcy, eviction and collections. We also consult with clients one-on-one to teach the basics of money management and credit, and a recent partnership with Charter Private Bank will help clients to learn more about banking accounts through group workshops. In the future, CAMP plans to implement a debt repayment portion to this program.

Since the program launched, CAMP has worked closely with 25 families to see positive change with their finances. "It's so rewarding to see the relief on a client's face when they realize they can take control of their own financial situation," said Luke Birge, CAMP's Financial Literacy Program Specialist. "For many clients, every little bit helps and by starting with small, simple changes, that little bit grows very quickly."



Upcoming Events

- **April 9:** Squire Park Community Council Food Drive
- **Week of April 11:** Swedish Medical Center, Cherry Hill Campus Food Drive
- **May 23:** Mercer Island High School Day of Service

How Can You Help?

- Donate money
- Sponsor a program or event
- Host a food drive at your workplace
- Donate to CAMP through your employee-giving program
- Leave a legacy by naming CAMP in your will
- Tell others about CAMP's positive impact in the community

"I was amazed at the caring and concern of CAMP's staff. I knew one day I wanted to give back to the people who lifted such a great weight off my shoulders."

- Kurt Blodgett, Food Bank volunteer and former client



Are You Ready for a Disaster?

Japan's recent earthquake and tsunami came as a shock to all and our hearts go out to those in the midst of the crisis. Are you ready in case an earthquake disaster strikes the West Coast? Here are some tips to help prepare your family and home:

- When you feel an earthquake, DROP and COVER under a desk or sturdy table. Stay away from windows and objects like bookcases that could fall. HOLD on to the desk or table. If it moves, move with it. Do not run — stay where you are. "Drop, Cover and Hold."
- Anchor appliances and tall heavy furniture that might fall. Put latches on cabinet doors to keep contents from spilling out.
- Establish an "out-of-area" contact and keep the phone numbers handy. This is the person family members will call if you are separated.
- Have a place at home where emergency supplies are kept and tell others where it is.

For more tips on Emergency Preparedness, visit www.campseattle.org.

Our Mission

Central Area Motivation Program (CAMP) is dedicated to helping people help themselves and each other as they move from poverty to self-sufficiency through programs and advocacy. We seek to create a healthy, thriving world free of poverty. Our organization values excellence, compassion, responsiveness, innovation, resiliency, and diversity.

Learn about CAMP Online

- Visit www.CAMPSeattle.org
- Download our 2010-2012 Strategic Plan
- Review results from our 2010 Community Needs Assessment
- Read client stories and the latest news on fighting poverty in Seattle
- Join us on Facebook at www.facebook.com/campseattle

Contact Us

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About CAMP

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CENTRAL AREA MOTIVATION PROGRAM 

CAMP serves a diverse group of low-income families, seniors, refugees and immigrants, and people with disabilities in Seattle through advocacy and programs. We help people of all cultures to meet their needs for food, housing, and financial education. We're committed to ending the cycle of urban poverty by helping move more families towards stability and self-sufficiency. Our programs include:

- **Energy Assistance:** Helps Seattle households with home-heating costs and improving energy conservation.
- **Other Energy Services:** Provides repair and replacement of broken furnaces or windows.
- **Housing Assistance:** Prevents homelessness through eviction prevention and move-in assistance.
- **Food Bank:** Provides nutritious food three days a week and through our home delivery service.
- **Financial Literacy:** Improves financial stability by teaching clients about money management, banking, and credit.
- **Tobacco Cessation:** Helps people quit smoking through counseling and tobacco patches.

Learn more at www.CAMPSeattle.org