

INVITE YOU TO JOIN US IN STOCKING THE WEST SIDE FOOD BANK!

TUESDAY, OCTOBER 21ST, 2008 - 7-10PM - AT THE VNC MEETING At Westminster Elementary School (Auditorium) 1010 Abbot Kinney Blvd.Venice, CA, 90291

A balanced diet is one thing. Food itself is another. Many of us find it difficult to believe that there are those in our community who are hungry. But the truth is, there are many people in our community who are hungry. With the tanking economy, a predicted jump in heating bills it should come as no surprise that a record demand of food banks is expected. What you may not know is that the shelves of most food banks are all but empty.

The West Side Food Bank provides food to 65 social service agencies in Los Angeles. In the past six months alone, prior to our recent economic crisis, the Westside Food Bank saw an increase of 25% in those who were turning to food banks for assistance: That's nearly 20,000 more people than last year. This winter, the number of WORKING poor using food banks will increase even more dramatically given the increased cost of daily expenses such as food, gas, home heating and the shrinking job market. As more people begin to seek food assistance, food banks are receiving fewer donations.

On the next page is a list of all that is needed. So please, when you do your grocery shopping this weekend, don't forget to include items for the West Side Food Bank. Cash, checks, and Ralph's gift cards are great. The West Side Food Bank is able to take \$1 and turn into meals for 7 people. \$1=7 Meals. All Donations are Tax Deductible.

We hope you will join the Venice Neighborhood Council in making this a huge success!



& Venice Neighborhood Council Food Drive! Tuesday, October 21st, 2008 At Westminster Elementary School (Auditorium) 1010 Abbot Kinney Blyd. Venice, Ca. 90291

Cash, Checks (made out to West Side Food Bank) and other forms of monetary donations are great too.

Protein foods are urgently needed!

Canned Tuna and Peanut Butter

the following Non-Perishable food Items are Desperately Needed.

Canned Tuna * Vegetable Soup* Fruits and Fruit Juice * Pork & Beans * Stews and other meats

Packaged foods are great too!

Pasta, pinto, lentils and other beans * Macaroni & Cheese & Packaged dinners Instant Soups * Hot and Cold Cereals * Peanut Butter & Other Nut Butters

WEST SIDE FOOD BANK IS IN VERY SHORT SUPPLY OF BABY FOOD & BLANKETS ARE URGENTLY NEEDED! FOR BABY FOODS, GLASS JARS ARE OK; OTHERWISE NO GLASS PLEASE!

Infant formula * Jar foods – all flavors and stages * Crackers, teething biscuits, and cookies * Raisins and fruit snacks * Juices: jars, cans, pouches, and boxes.