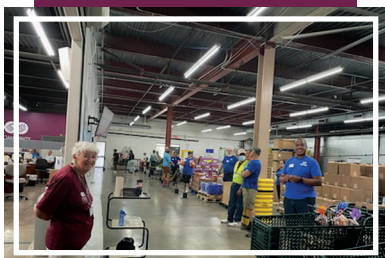




COMMUNITY  
FOOD BANK  
OF SOUTHERN ARIZONA

# NOURISHING NEWS

AUGUST  
2023



## Community Food Bank Expands Hours in Tucson to Serve Increased Need New Thursday Afternoon Food Pickup

Thursdays look different now at the Community Food Bank in Tucson.



What used to be a five-hour food distribution has now expanded to ten hours, in a move to address the increased demand for food that has not slowed. Demand is up about 20 percent over this time last year. The new extended Thursday hours, starting at 8am and ending at 6pm, are designed to give people more flexibility around their work or school schedules.



For people like Carmen, it offers a choice that wasn't there before. "I get off work at 2:30," she says. "Now I can get here before you close."

Saturday morning hours are also being offered every fourth Saturday of the month, with the Food Bank open from 9am – Noon. The move opens up new shifts for volunteers to help answer the need.



### NEW FOOD DISTRIBUTION HOURS AT 3003 S. COUNTRY CLUB:

8am – 1pm | Tuesday and Wednesday

8am – 6pm | Thursday

9am – Noon | Every 4th Saturday of the month

Hours & locations for all resource centers of the Community Food Bank can be found at [communityfoodbank.org/locations](https://communityfoodbank.org/locations).

¡Ahora disponible en español! [communityfoodbank.org/newsletters](https://communityfoodbank.org/newsletters)



Grapes at our Nuestra Tierra Learning Garden ripened in June, and we got a sweet taste of them... before the birds did!

Dear Friends and Neighbors,

We're getting there!

Summer in Southern Arizona tests us all, but as we continue to move through August we know we're taking more steps toward putting summer heat behind us.

The extreme heat has not affected demand for food. We have seen steady lines this summer, and our new extended, more flexible hours at our Country Club location are designed to address that.

Summer always brings a challenge to fill our volunteer slots. People head out of town, go on vacation, or take a well-deserved break. Yet our assembly line to pack bags and boxes of emergency food runs five days a week in Tucson. If you have picked up a few volunteer shifts this summer helping in production, or in any capacity, thank you! We can't do this work without you.

If you're interested in joining our work, you can easily sign up at [volunteer.communityfoodbank.org](https://volunteer.communityfoodbank.org) or email us at [volunteer@communityfoodbank.org](mailto:volunteer@communityfoodbank.org).

We are constantly grateful for the time and treasure you share. Every day we see how our name – Community Food Bank – so accurately reflects a giving and caring community.

Malea Chavez, CEO  
Community Food Bank of Southern Arizona



## Say It with Art

### Now Accepting Children's Artwork for our 2024 Calendar

Start a conversation with your child about hunger, health and our community. See what they express in drawing, painting or coloring. Their art could be part of our annual calendar!



# Stamp Out Hunger? Yes, we “can”.



How do 1600 cans of tuna become a “mini” Lego astronaut figure? Only in **Canstruction!**

Many thanks to our Canstruction teams from Swaim and Associates, Lloyd Construction, and Tucson Electric Power. They created colossal space-themed Cansculptures and donated all the canned food to make them! It came to more than 8,000 pounds, along with an amazing display of creativity and design. We can't wait until next year!

And thank you to all who donated and left food by their mailbox for this year's **Stamp Out Hunger Food Drive** in May. Take a look at this family who started volunteering back in 2015. That's when Nicole asked her sons to volunteer with her as a Mother's Day gift.

Now it's an ongoing family tradition, and she says it's her plan to “do this every year until I can't physically manage it anymore.”



## UPCOMING EVENTS

# Hunger Walk 2023

SEPTEMBER 9TH | 8AM

Have you signed up for HungerWalk? It's a great way to show you care about your community! Walk with us in Tucson, join the Green Valley HungerWalk in Sahuarita, or participate virtually. Invite your friends, family, neighbors, and make a team! Sign up today at [communityfoodbank.org/hungerwalk](https://communityfoodbank.org/hungerwalk).



## SEPTEMBER IS HUNGER ACTION MONTH

Take time to learn more about hunger in your community and across Arizona. Host a food drive to do your part. Find opportunities to donate your time at [volunteer.communityfoodbank.org](https://volunteer.communityfoodbank.org). We'll be talking more about hunger action, so be sure to follow us:

@foodbankofsaz    

Our 2024 calendar will again feature children's comments and art about hunger, healthy eating, and strength in community.

To submit a picture, follow these simple guidelines:

- ★ Use white paper, letter size (8.5" x 11") in a landscape orientation.
- ✉ Include child's full name, age, school & mailing address on the back of the picture.
- ★ Mail by September 30, 2023 to:  
Community Food Bank of Southern Arizona  
Attn: Marketing Dept.  
3003 S. Country Club Road  
Tucson, AZ 85713

Find more information at  
[communityfoodbank.org/kids-calendar](https://communityfoodbank.org/kids-calendar)



# A Day at Caridad Community Kitchen, where more than 550,000 meals are prepared in a year.

This kitchen buzzes with activity and the smell of good food! See what's going on in an average weekday:

**Grab n Go meals** get packed early by volunteers. They'll include things like a sandwich, granola bar, an orange, and some cheese. These go out, along with bottled water, every afternoon to anyone free of charge.



In another part of the kitchen, **culinary students** portion out spinach, carrots and golden raisins for senior meals. The students complete an 11-week program of training in culinary skills, life skills, and an internship at a local restaurant. The food they cook goes out to the community.

About 1400 **senior meals** get portioned. Today it's macaroni and cheese with chicken, and a side of braised cabbage. This is a true collaborative effort with our partners: the meals are prepared at Caridad, delivered by Meals on Wheels, and distributed through Pima Council on Aging, Catholic Community Services, Lutheran Social Services, and Interfaith Community Services.



SCAN TO DONATE



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The Community Food Bank receives most of its funding from people like you. Supportive public funding includes: City of Tucson, Pima County, USDA, Community Development Block Grants and Community Service Block Grants/Pima County and City of Tucson; Arizona Department of Economic Security/Social Services Block Grant and Arizona Department of Health Services. Community Food Bank programs provide services to eligible participants without regard to race, color, creed, religion, handicap, age, national origin, sexual orientation, political beliefs or gender.