

Faith Community Sponsors:

Food donations accepted at all of these SW HOPE sponsoring faith communities

Burlingame Church	125 SW Miles St.
Capitol Hill United Methodist Church	2401 SW Taylors Ferry Rd.
Congregation Neveh Shalom	2900 SW Peaceful Ln.
Eleventh Church of Christ Scientist	3643 SW Vermont
Hillsdale Community Church	6948 SW Capitol Hwy.
Missio Church	1405 SW Vermont Ave.
Mt. Carmel Lutheran Church	515 SW Maplecrest Dr.
Multnomah Presbyterian Church	7555 SW 45th Ave.
Muslim Educational Trust	10330 SW Scholls Ferry Rd., Tigard
P'nai Or of Portland	1625 SW Westwood Dr.
Portland Christian Center	5700 SW Dosch Rd.
St. Andrew's Presbyterian Church	3228 SW Sunset Blvd.
St. Barnabas Episcopal Church	2201 SW Vermont St.
St. Clare Catholic Church	8535 SW 19th Ave.
St. John Fisher Catholic Church	7007 SW 46th Ave.
St. Luke Lutheran Church	6835 SW 46th Ave.
St. Mark Presbyterian Church	9750 SW Terwilliger Blvd.
St. Thomas More Catholic Church	3525 SW Patton Rd.
Vermont Hills United Methodist Church	6053 SW 55th Dr.
West Hills Covenant Church	5815 SW Gillchrist Ct.
West Hills Christian Church	3824 SW Troy St.
West Hills Friends Church	7425 SW 52nd Ave.
West Portland United Methodist Church	4729 SW Taylors Ferry Rd.

"Recovering from minor, but debilitating surgery, I was laid off from my job... Having access to Neighborhood House's food pantry has been so important. When the cupboards are bare, it's the only help I can find!"

-Martin, 41 years of age

Other Community Sponsors:

Food Drop-Off Sites (* sites accept cash donations, too!):

Curves on Multnomah

Fat City

Food Front

Hillsdale Farmers Market

Indigo Traders

Key Bank, Multnomah

Kol Shalom Center

Mittleman Jewish Community Center

Multnomah Art Center

New Seasons Market, Raleigh Hills

Otto & Anita's Schnitzel House* - donate 2 cans of food and receive

a free cup of "Dill Pickle Soup".

Starbucks Multnomah Village

Vermont Hills Family Life Center

Cash Donation Sites:

Action Fast Photo

Annastasia's Salon

O'Connors Restaurant

Switch Shoes

Thinker Toys

Other Sponsors:

Thrivent Financial for Lutherans

Hayhurst Elementary

Jackson Middle School

SWNI

Portland Bentham Lions Club

Chew on this...

Despite recent decreases in unemployment, use of the food box program has not declined.

Questions? 503-246-1663, x2117 or x5108

Local faith communities, neighborhoods and businesses working together to meet the needs of hungry people in Southwest Portland.



"After adopting our two children two years ago I was diagnosed with breast cancer. My husband missed work for extended periods of time so that he could care for our children. Neighborhood House has helped bridge the gap and feed our children until we are able to afford to go shopping again."

-Soula, family of 4



Neighborhood House

Helping Neighbors Help Themselves

February 10 - March 24, 2013

www.swhope.org

What is the Need?

For the 1st time ever, more than half of Oregon's children qualified for free and reduced lunch in 2012.



Neighborhood House operates the largest food pantry on Portland's west side, currently providing emergency food boxes to approximately 500 families (or 1,200 individuals) each month, up from 270 before the recession hit.

What is the Goal?

Through our combined efforts, **our goal is to collect 175,000 pounds of food, or the cash equivalent (\$1= 5 lbs).** This will allow us to feed our hungry neighbors in SW Portland for 3 months (at current usage level).

The FDA recently changed its nutrition guidelines, dramatically increasing the recommended servings of fruits and vegetables for most Americans. These changes greatly impact food pantry programs. The new model reduces the amount of high calorie and processed foods that can be distributed to clients, and greatly increases the amount of fresh, frozen, and canned produce needed for food boxes. According to the FDA, every meal should be comprised of 1/2 fruits and veggies, 1/4 grains and 1/4 protein. While healthier, it is also more costly for Neighborhood House to supply this food.

How Can I Help?

DONATE \$\$\$

The most impactful way to help hungry neighbors is to make a financial contribution to SW HOPE. Because of our partnership with the Oregon Food Bank, we are able to purchase food at deeply discounted prices, so that **every \$1 donated equals at least 5 lbs. of food.**

GIVING IS EASY!

on the web: www.swhope.org
or by mail or in person:
Neighborhood House
7780 SW Capitol Hwy.
Portland, OR 97219



Donate NOW with your smartphone!

Just scan the QR code to go directly to the SW HOPE donation page!

Checks may be made out to Neighborhood House.
Please have "SW HOPE" noted in the memo line.

DONATE FOOD

Your donations of canned and non-perishable food items help us serve the most vulnerable people in our community.

Food donations will be accepted at any of our SW HOPE sponsoring faith or community partners
(please see reverse for locations)

OR bring items to Neighborhood House:

7780 SW Capitol Hwy., in Multnomah Village

10 a.m. - 5 p.m. Mon-Tues-Wed

10 a.m. - 8 p.m. Thursday

10 a.m. - 2 p.m. Friday

We must stand by our neighbors at this time of extraordinary need.



Hunger Awareness!

Neighborhood House (7780 SW Capital Hwy.) will hold a **Families Against Hunger Open House** on Friday, March 1 from 6-8 p.m. Families with children are invited to bring non-perishable food and take a hands-on tour of the food pantry. A special surprise will be awaiting young helpers next door at **Thinker Toys**. For a list of most needed items for Neighborhood House's food pantry please visit www.swhope.org.

Dine-Out To Donate!

McMenamin's Hillsdale Brewery & Public House (1505 SW Sunset Blvd in Portland) will host a Friends and Family Night benefit on Tuesday, March 12th, with 50 percent of all sales after 5p.m. to benefit SW HOPE.



Old Spaghetti Factory (715 SW Bancroft St. in Portland) will donate 15% of coupon sales to SW HOPE on Wednesday, February 27th. For coupon please visit www.swhope.org.



Donate and get more information at
www.swhope.org