

The Palouse Food Bank serves the residents of Palouse, WA 99161 by providing supplemental food to those people in need. Palouse Food Bank is sponsored by the Council on Aging of Colfax, WA. Council on Aging provides a monthly commodity food allotment, special food distributions, arranges Second Harvest of the Northwest to bring food to Palouse and assists with transportation costs. Food drives in Palouse and nearby Moscow/Pullman sites provide much needed non-perishable food to Palouse residents. These are gathered through the efforts of school children, churches, Boy Scouts and other community members. Palouse Food Bank works in conjunction with the following organizations: Council on Aging, Palouse Cares, WSU Center for Civic Engagement, Pullman Child Welfare and individuals throughout the community. Other organizations will be contacted for mutual sharing of resources as we proceed.

The City of Palouse is a small rural town of approximately 1,000 residents in southeast Washington, in Whitman County. Once a thriving railroad town at the turn of the 20th century, Palouse is now primarily a farming community and relies on tourism as a main source of commerce. Many towns in Southeastern Washington have withered away over the years or have become ghost towns. An exception to this malaise is the town of Palouse, which is an active, thriving community. Palouse Food Bank supports its most vulnerable citizens with supplemental food.

According to the most recent census reports, Palouse has just under 10% of its residents living below the poverty line. These data were taken from the US Census Bureau American Fact Finder 2005-2009 American Community Survey 5 Year Estimates:

Palouse Poverty Levels:

Approximately 10% of all Palouse residents are living below the poverty line.
(Source: US Census Bureau American Fact Finder 2005-2009 American Community Survey 5 Year Estimates)

Additionally:

Over 18% of all children under 18 years of age in Palouse live below the poverty line.
(Source: US Census Bureau American Fact Finder 2005-2009 American Community Survey 5 Year Estimates)

In Palouse, over 34% of all female householders with children under 18 and with no husband present in the home are living below the poverty line. (Source: US Census Bureau American Fact Finder 2005-2009 American Community Survey 5 Year Estimates)

In Palouse, 16.4% of those 65 years old and older live below the poverty line. (Source: US Census Bureau American Fact Finder 2005-2009 American Community Survey 5 Year Estimates)

Whitman County has a higher percentage of its population living in poverty than the state's overall level, with over 25% of its residents living at or below the poverty line.

The state's average is just above 12% at this income level. (Source: US Census Bureau Whitman County)

Families with female householder, no husband present	34.4%		
With related children under 18 years	50.0%		

(Source of above graph: American Fact Finder same as previous.)

In Palouse, census data show that 50% of all households with children under 18 are below the poverty line. (Source: US Census Bureau American Fact Finder 2005-2009 American Community Survey 5 Year Estimates)

Food is distributed by Palouse Food Bank the 4th Wednesday of each month from 1:00pm to 6:00pm in the Palouse Community Center, downtown Palouse on Main Street.

Due to Palouse's remote location it has not had a food bank until now. With economic hardship in the later part of the past decade, the prolonged "Great Recession" and continued economic struggle bringing higher than normal unemployment in the community, as well as "underemployment", the Palouse Food Bank has become a necessity. It is now a reality. Starting with a once-a-month food distribution and food drives, it is hoped that this organization--run by community volunteers--will continue to provide support for our most vulnerable citizens (i.e. seniors and young children).

One of our projects is to show residents how to prepare meals for their families which are nutritious and inexpensive. Our website contains recipes to this goal. Please view: www.putfoodonyourtable.com and look at "The Project Day One" for our list of foods which can provide a family with necessary nutrients at low cost. Tasty too. Recipes will be developed for each month's food distribution and included in the sacks with the food that we are able to give out each month.

To become involved please contact us:

- For general questions and to become involved: amy@palousefoodbank.org
- For food drives and recipes: annette@putfoodonyourtable.com or annette@palousefoodbank.org
- Phone: Amy at (509) 878-1251

Please send your email address and you'll receive the Palouse Food Bank's monthly newsletter.

Donations are accepted. We need your time, cash donations and have a wish list of items that we need to facilitate the availability of our food storage.

Cash donations are accepted. We will be placing donation jars throughout the community. Larger donations may be made to "Palouse Food Bank". The money will stay in Palouse for the

benefit of its residents. All of the staff is unpaid. All of the donations will go directly to pay for transportation costs (i.e. to purchase gasoline for trips to Second Harvest to bring food down to Palouse, for small items such as donation jars and for non-perishable food drive supplies (i.e. tubs, etc.).

In addition to the sponsorship of Council on Aging, Palouse Food Bank is working with many other organizations throughout the region in an effort to alleviate hunger. These organizations include WSU's Center for Civic Engagement, Palouse Cares, the Whitman County Commissioner's efforts with Project ACCESS, the Garfield Food Bank, Pullman Child Welfare, and others.

Thank you very much for taking your time to read through this. Please send me your comments and helpful thoughts.

Wish List:

- Palouse Food Bank needs a freezer
- We need bins to collect food
- We need donation jars to put in shops