



Make Your Shopping Count!

FISH Food Banks of Pierce County Needs Your Help

Here is a list of our food needs!

- ✓ Chili
- ✓ Canned Tomatoes, Green Beans, Corn
- ✓ Cereal
- ✓ Tuna
- ✓ Vegetable, Chicken Noodle or Tomato Soup
- ✓ Peanut Butter
- ✓ Canned Peaches, Pears, Fruit Cocktail
- ✓ Pork and Beans
- ✓ Spaghetti, Mac & Cheese

PLEASE, CANNED OR PLASTIC CONTAINERS ONLY

Don't feel like shopping? Write us a check. For every dollar you contribute, we can give someone \$4 worth of food.

Thank you for your care and support in the ongoing fight against hunger in our community!



1224 South I Street
Tacoma, WA 98405
(253) 383-3164

www.fishfoodbanks.org



In the first quarter of 2009 we have seen a 40% increase over the same period of time last year. To date we have served over 68,000 individuals.

- Approximately 22,600 individuals each month are served
- Nutritious food to last for 3 meals for 3 days is provided
- Food Banks are staffed by **volunteers**

FISH can use your continuous support in the following ways:

- Donate money: for every \$1.00 donated we are able to distribute \$4.00 worth of food
- Donate food and non-food items: toothpaste, soap, detergent, diapers, etc.
- Volunteer!
- Encourage groups to organize food drives