



Empty Bowls

IF YOU ARE LOOKING FOR A HOLIDAY GIFT THAT KEEPS ON GIVING, WE HAVE A LIMITED SUPPLY OF BEAUTIFUL HANDMADE BOWLS REMAINING FROM OUR EMPTY BOWLS FUNDRAISER IN SEPTEMBER. THEY WILL BE DISPLAYED AND AVAILABLE FOR A \$25 DONATION (COMPLETE WITH A SPECIAL THANK YOU CARD) IN MY OFFICE UNTIL AFTER THE HOLIDAYS. CALL OR EMAIL TO SET UP A TIME.

INTERRELIGIOUS FOOD CONSORTIUM (IFC)
731 JAMES ST.
SYRACUSE, NY 13203
315-474-8855. ifcfc@hotmail.com ifcny.org

H O I E

No one should have to “HOPE” for a meal . . .

Dear Friends of IFC,

Fall/Winter 2023/24

Coming to you at the end of 2023 with a heartfelt message of **GRATITUDE** for your generosity and to let you know “the State of the IFC”!

- ◆ **IFC** serves small and under-resourced food pantries, senior housing facilities, social workers, city schools and other providers in the **local emergency food network**.
- ◆ **IFC** receives and distributes approximately **8000+ pounds in total, of non-perishable food items per MONTH!** (*The approximate average **wholesale value of one pound of donated product** at the national level is determined to be **\$1.74**, based upon a study performed by Feeding America which equates to \$6,960/mo.—unsustainable without your help!)
- ◆ **IFC** receives approximately 90 calls a month, many of which are for referral services.
- ◆ **IFC** relies **solely** on donations of food and finance from individual contributors, churches, local organizations, foundations and businesses. We operate on a minimal annual administrative budget.
- ◆ **IFC** has been assisting several Social Workers in the SCSD to help set up small food pantries to serve those students and families in need.

The **IFC** fills an important role in helping with the **unrelenting food insecurity issue** that exists in our community. In our area, all of our pantries are extremely thankful for that which we provide to them each month, some being their only source of supplemental food.

How can anyone help?

- ◆ Hold a **Food Drive** in their neighborhood, nearby school, church, synagogue, or mosque.
- ◆ Grab a **few extra items on your next trip to the grocery store** and share with us to distribute.
- ◆ Donate on our webpage, www.ifccny.org, or in the enclosed envelope. Monetary donations are used to buy food like **Ensure, Pancake mix and syrup, cereals and other items** that we don't often receive. We just made a purchase of cereal and can't believe how the prices have increased for this most desired item.
- ◆ In addition, Food Stamp monies have been reduced along with increased transportation and housing costs, causing a real hardship for so many.

We are realistic about what is happening today and so we **humbly ask** for food donations, monetary help as well as spreading the word of our work.

MAY EVERYONE ADOPT A GENUINE HOLIDAY GIVING SPIRIT WHICH IS WHAT KEEPS FOOD ON OUR PLATES, “so no one has to “HOPE” for a meal.”

Blessings,

KATE ARTESSA, (she/her)

Executive Director

[Interreligious Food Consortium of CNY](http://www.ifccny.org)

731 James Street, Syracuse NY 13203

(315) 474-8855

