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## Frankly Speaking

### about Good Foods



with Roslyn executive chef Frank Schuchman

# Thinking beyond cans when donating food

Frankly, I was volunteering at the Cle Elum HopeSource Food Bank last week... while putting away donated foods I pulled a jar of mayonnaise out of a box. The volunteer next to me practically gasped “wow, I can’t remember the last time I saw mayo donated” she said.

I sat down with our local HopeSource supervisor, JoAnn Rushton and asked what other items are rarely donated, yet are always needed. Along with input from volunteers, food bank clients and local parents, she and I came up with a short list of items currently needed at our food bank.

#### Non-perishables, like pancake/biscuit mix & maple syrup

There are three short columns of items starting with “Non-Perishable”. Things we rarely see are as simple as – Pancake Mix and Syrup, Jams & Jellies, and 100% Fruit Juice. We do get bread donated and tons of peanut butter, but we never see any jelly for a PBJ sandwich.

#### Promoting home cooking

The next column is “Items That Promote Home Cooking”, basics you need to make food at home. Yes, mayonnaise, but also Ketchup and Mustard. We do get lettuce, but we rarely see any salad dressings. Cooking Oil and Vinegars are scarce – yet are staples in every kitchen. I’ve never seen



WELCOME BUT RARELY SEEN items at the food bank include basics like pancake mix and syrup which encourage home cooking.

a single dried herb or spice, not even salt & pepper.

#### Needs go beyond food - Personal necessities

Last is “Personal Necessities” – when you’re going tough financial times, personal hygiene and kitchen/home cleanliness can sadly be luxuries. JoAnn commented “toothpaste and tooth

brushes are the first thing off the shelves”. Rarely have I ever seen a bottle of dish soap, some cleaning cleansers or laundry soap. Any toiletries, just a bar of soap or some hair shampoo would make great donations!

#### The “No’s”, please ...

No home canning/preserves. No opened, expired, rusted, broken or damaged foods. I can’t understand why people still bring these in as donations.

County always stay in Upper Kittitas County.

*Frank Schuchman is a local Roslyn resident and an executive chef in Washington state for over 34 years. He teaches organic vegetable growing workshops in the spring and summer and culinary and food safety classes in the fall and winter. He can be reached anytime at 509-649-3864, or email: ukcfoodgardens@gmail.com*

**Promote home cooking - “We’re not asking for fancy schmancy ‘gourmet’, we just need some good, solid home basics that are healthy and nutritious.”**

We’re not asking for fancy schmancy ‘gourmet’, we just need some good, solid home basics and foods that are that are healthy & nutritious.

The need is always high during the Holiday Season, but please donate as often as you can all year long, we appreciate any donation, small or large. To all those that have worked so hard and contributed to our Cle Elum Food Bank, throughout they year, this season and in seasons past, you are so appreciated.

Questions, volunteering, donating perishable fresh or frozen foods and to learn more about our Food Bank and HopeSource, call JoAnn Rushton at (509) 674-2375 or email her at jruschton@hope-source.us The food bank is located in HopeSource at 110 Pennsylvania, across the street from Pioneer Coffee, in Cle Elum. (The food bank will be closed from Dec. 24–31.)

Printed copies of the List are available in our area at local businesses, at both Libraries, at HopeSource or can be emailed - see my contact information at the end of this column.

Please note: all Food Bank drives & donations in Upper

#### Non-Perishable

- Soups & Sauces
- Pancake Mixes & Syrup
- Jellies & Jams
- Dried & Canned Fruits
- Canned Vegetables
- Rice & Pastas / mixes
- 100% Fruit Juices
- Small size – Flour/Sugar
- Canned Proteins

#### Items That Promote Home Cooking

- Mayonnaise
- Ketchup & Mustards
- Salad Dressings
- Cooking Oils
- Vinegars
- Dried Herbs & Spices
- Hot & Cold Cereals
- Hot Choc, Coffee, Tea
- Shelf Stable Milks
- Home Baking Items

#### Personal Necessities

- Toothbrushes
- Toothpaste
- Shampoo
- Any Toiletries
- Dish Soap
- Cleaning Supplies
- Laundry Soap

#### Other:

- Pet Foods
- Zip-Lock Bags, all sizes