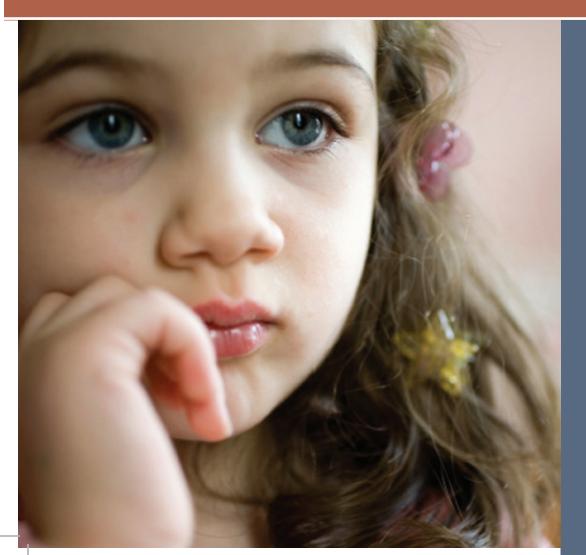
SOUTHCENTER'S NEWEST ASSISTED LIVING & MEMORY CARE COMING SPRING 2021



When was the last time you went to bed hungry?

(Dieting doesn't count)

In support of the Tukwila Pantry,
Holden Southcenter cordially invites
you to a professional networking event
bringing community awareness to
local hunger challenges for families
in Washington.



Details On Back.

Lend a Hand, Feed a Neighbor

Cash and canned food donations will be graciously accepted.

Food and beverages will be provided and with a minimum \$10 cash donation, you will receive a Professional Head Shot!

Thursday, November 12th • 4-6 pm

HOLDEN SOUTHCENTER WELCOME CENTER

406 Baker Boulevard, Suite 160 • Tukwila, WA 98188

Kindly RSVP by November 8th to 206.715.3738

TUKWILA PANTRY COMMUNITY

Every year, nearly 40% of the food produced in our country ends up in landfills while millions go hungry.

Some statistics about those millions:

- More than 1 in 9 people struggle with hunger in Washington —1 in 6 children
- Children are more likely to face food insecurity than any other group
- More than 37 million people are food insecure in the United States
- More than half of food insecure households participate in a federal food assistance program



COMMUNITY 112 Andover Park East • Tukwila, WA 98188 HoldenSouthcenter.com



Food Donations Needed

During the COVID-19 emergency the most required donations are in bold print.

- Low sodium canned meats
- Canned fruit in juice
- Low sodium canned vegetables
- Canned beans
- Canned Meals (i.e. stews, soups, spaghetti, chili, ravioli, etc.)
- Canned tuna in water
- Canned tomatoes
- Soups
- Nuts, unsalted
- Dry beans
- Rice
- Pasta

