

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
- ❖ More than 37 million people are food insecure in the United States
- ❖ Children are more likely to face food insecurity than any other group
- ❖ More than half of food insecure households participate in a federal food assistance program



HOLDEN
SOUTHCENTER
ASSISTED LIVING AND MEMORY CARE

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**

