



# The Perfect Storm



Interreligious Food Consortium  
 731 James St.  
 Syracuse, NY 13203

PRESORTED  
 STANDARD  
 US POSTAGE PAID  
 SYRACUSE, NY  
 PERMIT 150

“Until there are no more empty bowls”

- An original work of art (you take the bowl home)
- A bowl of soup
- Bread by Pastabilities

Come choose from 100's of bowls

350 W. Fayette St.  
 Nancy Cantor Warehouse

Friday, Sept. 29, 11am -2pm

# EMPTY BOWLS



Proceeds benefit  
 Interreligious Food Consortium — IFC--  
 who will help those most in need in  
 the Syracuse Community.

Dear IFC Family,

Summer 2023

Currently we are experiencing what I see as a “Perfect Storm” in the lives of our most vulnerable. Reduced benefits for those using Food Stamps while core inflation rates remain stubbornly high have resulted in food prices at a level unaffordable to those experiencing financial and food insecurity. It is no wonder food banks and food pantries, both in our community and nationwide, are all seeing a dramatic increase in service numbers.



*Thank you*

We continue to answer daily, calls from individuals who need food assistance and provide them the name of their nearest pantry. We have a few new pantries that we are now serving...one of them being the Self-Service pantry downtown at St. Paul’s Cathedral, as well as some Syracuse City schools who have set up small pantries to serve their students making food available for them to take home on the weekends. And the ONCare ACCESS team recently came on board utilizing our service.

Now post-pandemic we are serving many low-income high-rise senior apartments, small churches, and emergency needs within Social Service agencies. We continue to see the aging communities grow, thus a rising need for nutritional supplements. Our answer has been to go out and purchase these items which have become a staple and highly requested. We have purchased over \$1500 in just the last few weeks.

Per the latest census data **Syracuse ranks 10th in the country** for the highest percentage of households living on less than \$35,000/yr. The pantries we serve are at the front lines addressing their needs. We would love it if the IFC would become obsolete someday knowing that no one in our community needs supplemental support. Until then, the IFC will continue its work to help feed our community.

### **What can you do?**

Sponsor a **food drive** for IFC. A list of our most needed/requested items can be obtained by contacting me at [ifcfc@hotmail.com](mailto:ifcfc@hotmail.com) or calling 315-474-8855 and let me know that you want to drop off some food. Or, by making a **monetary donation** through Paypal on our website-[www.ifccny.org](http://www.ifccny.org) or by mail to IFC 731 James St. Syr., NY 13203. And finally, you can support us at the **EMPTY BOWLS** event this year on Friday Sept. 29th in Armory Square.

We feel very blessed to be able to continue to do this work because of all of our wonderful, faithful donors, too many to name here (but you know who you are and we are most grateful) as well as our many food drive sponsors, the St. Patrick’s Day Parade Committee, the Notre Dame Alumni Association’s Lenten practice, and the amazing US Postal Service Drive to name a few.

With Many Blessings,  
Kate Artessa, Director Interreligious Food Consortium