



# Food for Thought

3518 SW Genesee Street, Seattle, WA 98126

Fall 2003

(206) 932-9023

## From the Director

In the year 2006 the West Seattle Food Bank (WSFB) will celebrate its 25th Anniversary of serving this community. The Anniversary is a few years away, but we are looking forward to this event as it will be an especially important celebration. The WSFB will be operating in our new facility. We will have achieved a vision of strengthening collaborations to the benefit of the whole community. We will have achieved this vision because West Seattle works together to build a place where all our neighbors can meet basic needs and find resources to thrive.

As resources for the most vulnerable in our community diminish we need to find more efficient and effective ways to bring community resources to everyone so that all people can thrive. Employment services, health services, literacy programs and more can come together under one roof and, as a

result, strengthen our community.

There is nothing more basic to survival than food. This agency will always put this very basic need in front of all others. However, to truly eliminate hunger in this community we need to guarantee that we work together to find solutions for everyone, not just a few. At this point in history we are very excited to be building on these shared efforts to construct an even stronger safety net for this community, one that not only catches people, but also helps to steady them as well. We look forward to 2006 and a center for this community that will include more space for the WSFB in addition to space for a variety of partners engaged in serving the most vulnerable in this community.

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## Community Spotlight

Max suffered from a severe bone infection and, as a result, required several surgeries. After each surgery he was out of work for several months at a time. This cycle of surgery and unemployment went on for several years. At one point during this cycle Max\* father also became very ill and had to move in with Max. Max now not only had to recuperate from surgery and find a job, he also needed to care for his ill father. After completely depleting his savings account he turned to WSFB to assist him with food. He only used the food bank a few times and was eventually able to return to work. Max is now a donor and relates his story so others can understand what a tremendous asset this organization is for this community.

Sara\* was a data entry clerk and had worked for the same company for over 20 years. In the winter of 2001 her employer needed to downsize and Sara was presented with the choice of a lower paying job

or being laid-off. She knew she needed several surgeries to correct her carpal tunnel syndrome and felt it wise to take time to complete the surgeries and return to the work force once healed. However, after 6 surgeries on her hand and a stroke her unemployment benefits and her savings ran out. She continues to look for work and recently had a very promising interview, but there is still no job offer. She turned to the West Seattle Food Bank for assistance because she had no income. The support that this community has provided through the West Seattle Food Bank has made a vital difference to her during this period in her life.

These are just two stories from the many that are served by this organization. West Seattle's commitment to neighbors helping neighbors is what makes the difference. Thank you for being that difference!

\*names changed for confidentiality

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## Wish List

- ◆ Diapers
- ◆ Baby formula
- ◆ Paper & plastic bags
- ◆ Protein items
- ◆ Ensure
- ◆ Pet food
- ◆ Soap & toiletry items
- ◆ Copier paper
- ◆ Printing of quarterly newsletter

## Mission Statement

West Seattle Food Bank is committed to eliminating hunger in our area.

We do this by:

1. Securing and distributing quality nutritional food to clients
2. Educating clients about good nutrition
3. Increasing public awareness of hunger in our community
4. Coordinating community services for clients
5. Assuring continuity of services to clients through a convenient, accessible location.

# Food For Thought

When you are searching for that perfect Christmas tree this year please remember **Holy Rosary's Annual Christmas Tree Sale**. Profits from this event will be donated to the **West Seattle Food Bank**, the **West Seattle Helpline**, and the **Hickman House**, all very important resources for this community. The WSFB received a \$15,000 grant from the **Stocker Foundation** to help us purchase food and diapers. This is a very special gift that will help us to provide items for our clients that aren't usually available. Remember to bring us those grocery receipts! **PCC, West Seattle Thriftway, and Metropolitan Market** all donate 1% of the pre-tax total of the receipts we collect to WSFB. We have received \$3,295 so far this year from these 1% programs! Thank you to all who participated in our annual raffle. We grossed over \$4,000 for this event. From January through September, dedicated volunteers donated 6,784 hours to help us provide 19,089 boxes of food to families in this area. Thank you to all the individuals and businesses that help us fight hunger in this community!!!



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## Staff

Frances Yeatts  
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## Newsletter

Debby Gardner

## Food Bank Hours:

Monday: 9 a.m. -3 p.m.  
Tuesday: 9 a.m. -3 p.m.  
Wednesday: 9 a.m. -7 p.m.  
Thursday: 9 a.m. -3 p.m.  
Friday: 9 a.m. -3 p.m.  
or by appointment



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