



Food for Thought

3518 SW Genesee Street, Seattle, WA 98126

Fall 2004

(206) 932-9023

Your Support Counts

Would you like to volunteer some time to assist your neighbors in West Seattle and the West Seattle Food Bank? There are a variety of ways to help. Most of our volunteer opportunities are Monday to Friday between the hours of 9:00 am to 2:00 pm. We also distribute Wednesday evenings and use volunteers from 3:30 pm to close, about 7:15 pm. Wednesday is a popular time to volunteer, so we cannot always accommodate all requests right away. There are occasional weekend volunteer activities also.

The holiday season is quickly approaching!!! This is just a reminder that the Holy Rosary School is again sponsoring the Christmas Tree lot in the back parking lot at the Admiral Safeway. This is an entirely volunteer run activity. All proceeds from this activity will go towards supporting the West Seattle Food Bank, the West Seattle Helpline, the Hickman House, and Holy Rosary School. Last year this event raised \$6,658 to support local charities. The lot opens on November 27th and is in its 16th year.

There is a new way to support the West Seattle Food Bank. We have partnered with the Volunteers of America to accept used vehicles as a donation. Call the food bank with information including your name, address, telephone number, year, make and model of the vehicle, and we will get this information to Volunteers of

America. VOA will take care of the rest. This is a great way to support two important organizations!

When shopping at PCC Natural Markets, remember they also sponsor the **Cash for the Hungry Program**. Money donated at the cash register will be used to purchase bulk items for repackaging at WSFB. This is another great way to ensure neighbors in West Seattle have access to quality, healthy food.

Thanks to all who participated in the **Feinstein Challenge**. We raised over \$28,000!!!

We would like to thank the **Seattle Foundation's McCaw Fund** for a very generous donation of \$5,000 for food purchases. This will significantly help us increase the nutritional quality of the food we offer.

Thank you to **Starbucks** for their generous donation of \$5,000 and another \$1,300 in matching employee donations! Starbucks employees have also donated significant amounts of food to help stock our shelves and distribute to families in need.

The Mail Carriers Food Drive in May resulted in over 33,000 pounds of food donated to WSFB. This food is an important part of the food we distribute during the summer months. Thank you to all who contributed to this important food relief effort and a special thank you to the mail carriers who picked up the food.

Remember the 1% RECEIPTS PROGRAM

West Seattle Food Bank would like to remind our supporters that we can turn your grocery receipts into money for the Food Bank. **Metropolitan Market** (formerly known as the Admiral Thriftway), **P.C.C. Natural Markets**, and **West Seattle Thriftway** (at Morgan & Fauntleroy) will donate 1% of the pre-tax total on each receipt given to the West Seattle Food Bank. Metropolitan Market and West Seattle Thriftway receipts

must be less than six months old. P.C.C. receipts must be less than twelve months old. **This is a generous gift from businesses that have long supported us with food donations.** Please send us your receipts, drop them off in Food Bank bins at the stores or bring them to us at the West Seattle Food Bank. During the first half of 2004, WSFB earned over \$3,100 from our 1% program!!!

THANK YOU FOR YOUR SUPPORT



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

Despite a growing economy, the number of Americans living in poverty increased by 1.3 million people, to 35.9 million, in 2003. The number has grown by 4.3 million since 2000. The poverty rate increased from 12.1 percent in 2002 to 12.5 percent in 2003. Children bore the brunt of the deepening poverty, as the child poverty rate increased from 16.7 percent to 17.6 percent. The number of children living in poverty increased 733,000 to 12.9 million.

This information comes to us from the "Statement of Food Research and Action Center on Census Bureau Release of 2003 Poverty and Income Data". Forty-two percent of the individual services the West Seattle Food Bank provides support children under the age of 18. Your support makes this possible!!!



This picture was drawn by Jade D'Addario, daughter of Francis and Louise D'Addario. The D'Addario family has been volunteering at WSFB since January 1999. Francis and Louise joined our board of Directors in December 2001.

Board of Directors

Christi Sifri-Steele, *President*
Karen Lezon, *Vice President*
Chris Hoel, *Treasurer*
Barb Bollero, *Secretary*
Janet Bogus
Francis D'Addario
Louise D'Addario
Jennifer Fernandez
Marian Johnson
Kate Lonborg
Rev. Ron Marshall
Linda Naismith
Gail Stockman

Staff

Frances Yeatts
Executive Director
Gretchen Severson
Manager of Operations
Tom Billings
Operations Supervisor

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



Ellen Tester, WSFB volunteer since March of 2002, won the raffle drawing grand prize of two round trip airline tickets to anywhere in the contiguous United States, donated by Starbucks. Other prizes included 2 tickets to Arts West, Elliott Bay Brew Pub Tour and Tasting, Lagarto Glass Vase, Menashe's Freshwater Pearl Necklace, Abbondanza Restaurant Certificate, Bee Waxed Spa Certificate, Brandon Street Café Certificate, Capers Gift Basket, Dan Steele Swedish Massage, Diva Espresso Certificate, J.F. Henry Gift Basket, Four Tickets to Hokum Hall, Misto Gift Certificate, and Square One Books Certificate. This raffle helped us raise over \$3,200 this year. Thanks to all who donated gifts! Ellen is pictured here with WSFB staff Frances Yeatts, Gretchen Severson and Tom Billman.