



Food for Thought

3419 SW Morgan Street, Seattle, WA 98126

Fall 2007

(206) 932-9023

www.westseattlefoodbank.org

Why We Are Needed

When Marty was growing up near Bremerton and later as he served in the Coast Guard, the idea that he might one day have to rely on a food bank never entered his mind. "At first, I was embarrassed to talk to people at the Food Bank," said Marty recently. "But I was made to feel really comfortable...the people are always cordial and nice. I was greeted with a smile and 'what can I get you,' and I soon realized that the Food Bank is here to help - and my family needed that help."

Marty got married after leaving the Coast Guard and he proudly talks about his wife of 15 years and his two daughters. The slim, fair-haired, 44-year old has diabetes, but it was a fall while at work in 2002 that eventually brought him to need the West Seattle Food Bank's services. "I've been coming to the Food Bank on and off for five years," said Marty. "After my fall and then surgery I was able to go back to work for a while, but I've been left with spinal problems and pretty

constant pain. When I did have work I would bring food to the Food Bank. Because I was so grateful for their help, and I wanted to help them help other people who needed it. I hope to be able to do that again someday."

The Food Bank helps our West Seattle neighbors in many ways. Catherine, a single mother of two, was homeless and relied on us to help feed her son and daughter. Then she started volunteering at the Food Bank to show her gratitude, but it also helped her learn new skills and prepare for her search for a paying job.

Jane, whose life has been filled with misfortune and tragedy, first came to the Food Bank as a community-service volunteer three years ago after being caught shoplifting. "My family split up when I was young," said Jane. "I was sexually abused and found myself on my own when I was 15. After a few years I was able to move back in with my Mom, but then she was the victim of a brutal attack and that left her in a coma for six

months. She has permanent brain damage and is now like a 2-year old, but she's still my best friend. I'm an alcoholic, in a 12-step recovery program, trying hard to be a whole person. I've also got epilepsy."

Jane volunteered at the Food Bank until finding a job. Now she is back helping us again. "Volunteering here gives me a purpose," said Jane, "a reason to get out of bed in the morning, a purpose, a focus. I understand the hardship that people coming here face. I treat every person with respect, interact with every client and show them kindness. I know what they're going through. Helping them makes me stronger and helps my own problems go away."

Note: To protect their privacy, our clients' names have been changed in this article.



Volunteers Donna and Jim make sure clients get a smile along with their groceries.

Letter from the President

by Pete Spalding

I don't know about you, but the holiday season is my favorite time of year. It is a time for visiting with family, eating way too much food with friends and exchanging the good cheer of the season.

At the West Seattle Food Bank we have so much to be grateful for this year. After having planned, fundraised, broken ground and spent months in construction, we moved into our new home in May. AND what a wonderful facility it is - giving us the opportunity to expand the programs and services for our clients. If you have not had the chance to visit our new home we eagerly invite you to visit, let us give you a tour and see how your donations are helping people in need in our community.

We also were blessed by a donation from some special friends that allowed us to purchase a new van so we can pick up donations from businesses throughout West Seattle.

Even with all of these blessings there is still great need. In the months following our move there has been an increase in the number of clients coming to us for food.

Families that come to us are typically struggling to decide whether to pay their light bill or rent, or put food on their table that night. This is not a choice that anyone should have to make. Every donation you make goes directly to help someone in our community who is in need.

So, as we move into this holiday season, filled with joy and happiness, please remember your less fortunate neighbors by including the West Seattle Food Bank in your charitable giving.

This can include a simple one-time donation of money or food, a continuing monthly monetary donation or you could set up a payroll deduction with your employer to send a donation to the West Seattle Food Bank. For those of you that are doing long range financial planning or estate planning please consider adding the West Seattle Food Bank as a recipient of all or a portion of your estate. You can rest assured that no matter how you choose to support the West Seattle Food Bank that our staff, volunteers and the Board of Directors are good stewards of the money and donations that you entrust to us to support the work that we do.

Community Support

Support from businesses, community groups and individuals are critical to helping us meet the needs of the thousands of clients we serve. On behalf of those clients, we give special thanks to those who supported our efforts during the last few months.

Boeing – Our thanks to the Employees Community Fund of Boeing Puget Sound awarded us a generous, unrestricted grant. The goal of the grant is to help at a time of year when “food bank shelves are low on supplies.”

The Kenney – The picnic that The Kenney hosted for residents and their guests in August included a food drive and encouraged individual donations for the West Seattle Food Bank. We thank everyone who participated.

WS Wine Fest – Christopher Chan and Christine Willmsen held the 2nd Annual West Seattle Wine Fest with donations benefiting the West Seattle Food Bank. Many thanks for helping us.

Mayor's End Hunger Food Drive – Our sincere thanks to Mayor Greg Nickels for bringing attention to the need for public contributions to keep Food Bank shelves full. And our thanks too to Metropolitan Market for hosting this important event each September for the West Seattle Food Bank.

Friends and Company – Customers of this Junction craft and gift store are encouraged to bring groceries to drop in the Food Bank bin the store hosts each year September through the end of December. Our thanks to all the friends of “Friends.”

Heinrich & Masson wedding – Katie Heinrich and Jim Masson suggested that their friends and relatives celebrate their nuptials by making a donation to the West Seattle Food Bank. We thank them for their generosity.



Many Ways to Give

Grocery store receipts – The generous folks at **Metropolitan Market** and **West Seattle Thriftway** donate 1% of the value of receipts we send to them. So mail or bring your receipts to us...and we'll do the rest.

Honor/Memorial gifts – We are delighted to receive donations that you designate in honor of a special person or event, or in memory of someone. Gifts of \$50 or more will be recognized in an upcoming newsletter, and we will happily send acknowledgement to the person you are honoring. Use the envelope in this newsletter to make an Honor or Memorial donation.

Birthdays, Weddings & other celebrations – In lieu of presents, you can ask friends and relatives to make donations of cash or food to the West Seattle Food Bank. We will let you know who took your suggestion to heart and we'll also send them a thank you letter for their generosity.

Food Drives – Holding a food drive is a great way to support the West Seattle Food Bank. We've got a brochure with a list of items that are most needed and helpful hints to help make your food drive a success. We will be happy to send you a brochure. Just call us at **206-932-9023**.

Food Donations – Not able to visit the Food Bank? There are food collection bins for canned and non-perishable, packaged foods at Metropolitan Market, West Seattle Thriftway, and PCC. If you donate a few items each time you shop, it would make a huge difference in the lives of the people in need that we serve.

Online donations – You can donate online through a safe, secure site managed by Network for Good. Visit www.westseattlefoodbank.org and hit "DONATE NOW" near the bottom of the screen.

Employees Help Feed People in Need

Thank you, in advance, to all the wonderful employees throughout our community who will be signing up for charitable payroll deductions at their workplace. This is a very important source of support for the Food Bank. You can donate to us directly by designating the West Seattle Food Bank on your payroll deduction form, or help us and several other Seattle organizations by selecting the Food Resource Network Federation for your designated gifts.

Make a Holiday Meal Happen

Our neighbors in need greatly appreciate anything that can bring cheer to their holidays. You can make a holiday meal possible by donating as many of these items as you can:

- Frozen turkeys
- Hams
- Stuffing mix
- Mixed salad greens
- Canned cranberries (whole or sauce)
- Canned gravy
- Yams or sweet potatoes (fresh or canned)
- White potatoes
- Pumpkin or apple pies
- Dinner rolls (frozen or packaged)

Your donation can help the most people by bringing Thanksgiving food donations to us by **November 17th** and Christmas food donations to us by **December 17th**. Thank you.



Mission Statement

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

We do this by:

1. Securing and distributing quality nutritious 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.

A Fond Farewell

In the last few months the West Seattle Food Bank lost two dedicated volunteers. We mourn the passing of Ed Chilcutt and Ruth Lantz. Ed and Ruth served this organization and the community for many years and they will be remembered for their kindness, selflessness and good cheer.

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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