



Food for Thought

3518 SW Genesee Street, Seattle, WA 98126

Summer 2003

(206) 932-9023

From the Director

One of our most basic needs is the ability to obtain enough food to allow for an active, healthy life. Hunger is especially cruel to children and the elderly. Childhood hunger can have many long term effects at a price this community cannot afford to pay. For many people in West Seattle, it is a daily struggle to acquire enough food to keep their family free from hunger.

The face of hunger here presents itself in many ways. A family of eight just arrived from Afghanistan without any food. A single mother, laid off from her job, struggles to provide an adequate diet for her family and is too embarrassed to admit to her son's teacher that she cannot afford to purchase snacks for the class. An elderly woman in frail health cannot afford to pay for medications, utilities, and food, much less purchase the Ensure which she needs to maintain a healthy weight.

Strong support from our community has allowed us to provide food for the family fleeing from a war torn country and struggling to resettle. Donations from local retail stores allowed a mother to provide snacks for her son's third grade class and provide a healthy selection of food for her family. Community donations of special products mean that volunteers can deliver a bag of food to the homebound elder that includes Ensure. Everyday our services significantly improve the health of the whole community.

The mission of the West Seattle Food Bank to end hunger in our area is an enormous task, no matter what the state of the economy. We sincerely appreciate your generous support for neighbors assisting neighbors – working towards a healthier future.

Community Spotlight

One example of how this community works together to assist our neighbors is the many groups that come together to assure our clients get access to quality produce from local farmers. Last year the West Seattle Food Bank received over 10,000 pounds of fresh organic produce from The West Seattle Farmer's Market. They are back at it this year. Extra produce at the end of the day is brought back to WSFB with the help of many volunteers and groups. This year we have Peace Lutheran Youth Group, Kiwanis Club and many other dedicated volunteers delivering the produce to the WSFB refrigerator on Sunday afternoons.

In addition to the donations from the farmers, the West Seattle Rotary donated \$700.00 last year to be used as vouchers so our clients can purchase their own produce. We have money left over so this summer our clients will again be able to pick out their own organic produce from the Market, thanks to this donation from the Rotary Club.

There are also many individuals who drop food off that has been grown in their yard or in a local pea-patch. For our clients who enjoy growing their own food there are community partners to help. The Lettuce Link, a program of the Fremont Public Association, brings seeds so clients can get the resources and information to grow their own produce. Last week a few community members dropped off dozens of tomato starts.

The variety of food products we are able to offer our clients makes a significant difference in a family's ability to choose a healthy diet. The support of our many partners to end hunger in this community is what makes this possible.



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.

Leftovers

Please join us at the **West Seattle Street Fair** and buy **raffle tickets!** We have many wonderful prizes, including two round trip airline tickets to anywhere in the 48 contiguous U.S. and an espresso machine, both donated by Starbucks. We would like to thank all our community supporters who participated in the **Feinstein Challenge**. We received almost \$20,000 in cash and food donations from community members as a result of this challenge. This will assist our fundraising efforts significantly this year. **PCC's Cash for the Hungry** program has resulted in several thousand pounds of food donated to WSFB. If you are interested in joining this volunteer group please contact us. They meet every other month on a Monday from 7:00 pm to 9:00 pm. **Holy Rosary's annual Christmas Tree sale** resulted in a \$2,200 donation for the WSFB! **Remember to bring us those grocery receipts!** **PCC, West Seattle Thriftway, and Admiral Thriftway** (now Metropolitan Market) all donate 1% of the total of the receipts we collect to WSFB. From January through May, dedicated volunteers donated 4,265 hours to provide 10,984 boxes of food to families in this area.



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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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