



Food for Thought

3518 SW Genesee Street, Seattle, WA 98126

Summer 2006

(206) 932-9023

Message From the Director

The other day I had the privilege of filling in for a volunteer to deliver bags of groceries to seniors or individuals with disabilities unable to get in to the food bank. We have been delivering 25 bags of groceries each week to this apartment building. One man that I delivered to had just learned of our services. He had epilepsy and diabetes and had not eaten in two days. Another woman gave me a big hug and said thank you several times. As I delivered the bags throughout the building everyone gave me a very heartfelt thank you. All of the individuals delivered to that day were physically challenged in some way and many had very significant disabilities. It was very apparent to me that these individuals truly need the services of the West Seattle Food Bank. I want to pass on the gratitude I received to those that have so generously supported our mission.

In working to fulfill our mission to end hunger in this area there are many areas where we know we have a long way to go. Getting food to every individual that has a physical condition that makes it difficult or impossible to come in to the food bank is one area where we still find there is tremendous need. We have been fortunate to have the resources to deliver to 75 -85 individuals or families each week but we know there are others with very minimal financial resources and very significant physical challenges that desperately need this service.

In May the West Seattle Food Bank was granted an

additional \$10,000 by the City of Seattle to increase our home delivery program. There are 5 buildings in West Seattle owned by the Seattle Housing Authority and any one living in these buildings needing a bag of groceries delivered to them because of age or disability will receive a bag of food delivered each week. The \$10,000 will allow us to increase food purchases for our home deliveries when we need to supplement the many donations we receive. West Seattle Food Bank is now delivering to almost 100 homes each week.



Pictured above is one of our hard working volunteers, Bob Westler, loading up his vehicle with bags of groceries to be delivered to clients unable to get in to the food bank. If you would like to know how you can help deliver food to homebound seniors or disabled please give us a call at (206) 932-9023.



Ali Buri, our current Operations Manager, is leaving us to go to Emory University in Atlanta, Georgia. She plans on becoming a Nurse Practitioner/Midwife. Ali will be sorely missed. Her incredible enthusiasm, energy and good humor has kept our volunteers smiling and our clients knowing they are well cared for. Pictured at left is Ali with volunteer Dean Bryant.

Community Support

The very generous support of this community is how we are able to assist 500 families every week with food and other supplies. We would like to acknowledge some of our very generous supporters.

The National Association of Letter Carriers Food Drive in May was a huge success again this year. This is the largest food drive in the nation and will result in over 300,000 pounds of food for food banks in this area. This is an amazing amount of work for the Letter Carriers and we truly appreciate their hard work.

Holy Rosary School donated over \$3,000 from sales at their Christmas tree lot!

The **Boy Scouts** and **Cub Scouts** in West Seattle collected over 3,700 pounds of food to help neighbors put food on the table.

Metropolitan Market has donated over \$1,300 and **West Seattle Thriftway** over \$1,160 through the 1% program so far this year. Keep those receipts coming. These very

generous donations make a significant difference!

A grant from **Drugstore.com** for \$1,000 will allow us to purchase basic supplies like diapers and hygiene items for families in need.

There's another way you can support the West Seattle Food Bank. Buy a \$5.00 raffle ticket for a chance to win a pearl necklace from **Menashe & Sons Jewelers** or a DVD player. Each ticket is also good for 10% off one meal at **Elliott Bay Brewery**, **Coyotes on Alki** and **Cristos on Alki**. Stop by our booth at the Junction Festival July 14th - 16th or contact us to find out how you can purchase a ticket. The drawing will be August 7th. You are a sure winner with 10% off at these wonderful restaurants!

The 4th annual Crop Walk will be happening Sunday October 1st on Alki. Three quarters of the proceeds from this event will go to support international hunger relief efforts and one quarter of the proceeds will go to the West Seattle Food Bank, White Center Food Bank, and

COMMUNITY SUPPORT continued on page 3.

Thank you for supporting us through 25 years of service

In 1981, The Emergency Food Assistance Program (TEFAP) was initiated to distribute surplus commodities in government storage. In 1981 the economy of Seattle was also in trouble and many hard working families found themselves without a job. This is the year that a group of dedicated community members began the Junction Community Food Bank so that these federal commodities could be distributed to families in need. The agency had a rocky start and had to move many times in the first few years of service. However, the agency continued to grow because neighbors realized that while in this community have significant means, there are also many that do not have the means to feed their families and a unified community effort to end hunger in this area was the way to solve this problem. In 1990 the Junction Community Food Bank changed its name to the West Seattle Food Bank to better reflect the area it served. This community can be proud of the support that has been provided to help end hunger in this area, however, we still have a ways to go.

In a better world, our services would not be necessary. Until then, WE ASK FOR YOUR SUPPORT. Please JOIN US by contributing to the 25th Anniversary campaign.

The new home of the West Seattle Food Bank and Community Resource Center is under construction and scheduled to open in March or April of 2007. The food bank is raising money for operations to help with the ramp up of the new facility. Your donations will not only help us feed hungry families but help get at the route of poverty by helping families with the skills they will need to be more financially secure.

Through a donation of \$250 to the 25th Anniversary Tile Drive, an engraved tile will be on permanent display at the new West Seattle Food Bank and Community Resource Center. Every tile will be engraved as requested by the donor, making tiles excellent birthday and holiday gifts as well as a meaningful way to honor a member of your family or a friend.

To learn more, please visit our website www.westseattlefoodbank.org or contact Allison Peake, WSFB Fundraising & Public Relations Committee

Phone: 206-932-4229 E-mail: arpeake@yahoo.com





In January of this year we began construction on the new West Seattle Food Bank and Community Resource Center! Despite a bit of snow early on in the construction (pictured left) MarPac Construction is right on schedule. We anticipate the building will be completed in March of 2007. We are truly looking forward to increased space to expand our services to the clients we serve.

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Northwest Harvest. Walkers will gather sponsors to help raise funds and then participate in the 5 K walk along beautiful Alki Beach. This year there are churches from throughout Seattle that are participating. If you would like to learn more about how you can participate contact Ed Hausken at ed_hausken@hotmail.com or Richard

Rayos at richardrayos@hotmail.com for more information.

Printing of this newsletter is supported by **Nucor Steel**.

Thank you all so very much for your generous support!!!

The West Seattle Food Bank has been very lucky to have a core of dedicated, long time volunteers. I would like to pay tribute to a few of these individuals who, although no longer regulars at our distribution, have made a significant mark on this agency and the service we provide.



Ruth Lantz has been a volunteer helping with our Baby Corner since 1992. Her kind and gentle manner made so many clients feel welcome and cared for when they received baby supplies. Ruth ended her volunteer tenure for health reasons last winter after serving this community for over 12 years. Staff, volunteers and clients all miss Ruth but we continue in traditions that she started to serve families with infants and young children.

Dominic Budnik came to our agency in 1991 and we immediately knew he was a hard worker, willing to do any task we requested. His many anecdotes and his unfailing good humor kept all amused as he picked up food donations and cleaned at the food bank. Dominick has battled cancer many times in his life and he is again fighting. Still, every time I see him he states he will be back volunteering soon.

Gene Fazio has been volunteering at the food bank longer than anyone remembers. Every Thursday he was here to help us prepare for distribution, offer fresh produce to our clients and help prepare home delivery bags. Gene has now moved to out of the area and we all miss his hard work, caring and humor.

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.

Wish List

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

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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