

UNIVERSITY DISTRICT SERVICE LEAGUE
UNIVERSITY DISTRICT FOOD BANK
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SAVE THE DATE! The 10th Annual
September 24, 2005 UNIVERSITY DISTRICT
at the Scottish Rite Temple **FOOD BANK**
on Seattle's Capitol Hill **Benefit Auction**

Visit our website at www.udistrictfoodbank.org or call 206.523.7060 for more information.

Food for Thought

The Newsletter of the University District Food Bank

SPRING 2005

The mission of the University District Food Bank is to alleviate hunger by providing food for families and individuals through a community of volunteers and resources.

The University District Food Bank assists low-income individuals residing within zip codes 98102, 98103, 98105, 98112, 98115 and 98125.

Food for Thought is published quarterly by the University District Food Bank for our volunteers, donors, and the public at large.

The University District Food Bank is a program of the University District Service League, a registered 501(c)(3).

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Call with any questions or to volunteer!



Pass this on to a friend when
you have finished reading it!

Individuals who care drive generous business giving by Leah Kohlenberg

Joshua Pronesti works in the produce section of the Safeway on Brooklyn and 47th Street in the University District. Terry and Karen Hofman run the Madison Park Bakery. Though one is a large corporation and the other a small family owned business, they've got one thing in common. Thanks to the efforts of Pronesti and the Hofmans, they exemplify the companies that make up a substantial source of food each month for the University District Food Bank.

In fact, while a sizeable amount of food is collected by schools, churches and other food drives, the bulk of donations comes from companies in the food industry. In April, for example, out of the 24,915 pound of food collected, more than 21,000 pounds came from local businesses.

How much a business donates ranges widely, depending largely on whether the owner or employee puts out the extra effort to save the food. Pronesti says that before he came to work at the U-District Safeway, a lot of produce was thrown away.

"It seemed like such a waste," says the 24-year-old, gesturing at a neat stack of apples he'll need to take down after two days. "People weren't in the habit of saving it. So I began setting up banana boxes, and storing food in them."

If the boxes overflowed before one of the food banks twice-weekly pick-ups, Pronesti says he'd load his truck up and drive it up the food bank himself. While the store didn't have an official policy for saving perishable food items like produce, Pronesti says now other employees are starting to catch on. It shows in the store's monthly donations to the food bank, which have jumped from 3,500 pounds last April up to nearly 6,500 pounds in April 2005.

Like Pronesti, Terry Hofman deals mostly with perishable food items. His bakery pulls some items off the shelf daily, which go right into the hands of one of our committed pick-up volunteers who make the daily trip to Madison Park Bakery to pick up about 800 pounds of food per month.

"It doesn't do any good for me to throw it away," says Hofman. "All of our costs have gone into the labor already. Someone might as well eat it and enjoy it."

Hofman says it's important for him to make sure the food bank gets as many donations as possible. "My son went to high school with a kid, a nice kid, who dropped out and disappeared," he says. "He ran away and was found on the streets in the U-District. It could be anybody out there. They should have enough to eat."

Other A-list businesses who donate to the food bank: A La Francaise; Essential Bakery (Madison Valley); Grateful Bread; Great Harvest; Pasta & Co.; PCC View Ridge; Peet's Coffee (Green Lake); QFC Roosevelt; QFC University Village; QFC Wedgwood; Safeway Wedgwood; Starbucks University Village; Star Life on the Oasis Cafe; Stumbling Goat Bistro; Trader Joe's; Tully's University Village; and UW Cafes and Coffee Shops (2 Convenient, Burke Cafe, Design Cafe, ETC).

Letter from the Director

Dear Friends,

I hope with this issue of Food for Thought you'll be able to read about a few of the many businesses in the community that support our work. While their motivations for donating may be different from yours, their interest in helping us is very real.

You may not know that *ninety-five percent of the food we distribute is donated*. That fact is truly amazing when you realize that this year we'll spend over \$100,000 buying food for our clients. While donations from two large nonprofit food distributors (Food Lifeline and Northwest Harvest) accounted for almost 650,000 pounds of donations last year, we still received several hundred thousand pounds in donations from private businesses, church and school groups, and individuals.

UW's Burke Museum Cafe is one of our new regular, but smaller, business donors. They called one day because they wanted to do something more with their day-old pastries than throw them out. Now, several times a week we drop by (or their faithful cafe manager Mercy comes to us) for their donation. Today's donation was just six pounds, but I know the 10 prepared deli sandwiches they donated will be a big hit in tomorrow's "no-cook" bags.

We're honored that so many people choose us to be stewards of their community giving, whether it is with their money or their food donations. But I also hope that in the months to come that I'll be able to let you know about the many other new donors we have working with us to alleviate hunger in Northeast Seattle.

In peace,
Joe

Volunteer Spotlight



Nancy Westmore



Who says New Year resolutions don't last? Though resolutions are fleeting for many, Nancy Westmore is still committed to one she made after reading an advertisement in the PCC newsletter for a volunteer to pick up food bank donations at the View Ridge store. By answering that ad and serving as pick-up volunteer for six years, Nancy has become a model of persistence, dedication and responsibility.

A native of Omaha, Nebraska, Nancy moved west fifteen years ago to attend the University of Washington. After completing her degree in anthropology and technical writing and editing, she decided to stay in the Seattle area. Since her graduation, Nancy has been an accomplished freelance editor.



Pt. Robinson Lighthouse

When not volunteering with the food bank, Nancy is active in the Vashon Island community. Currently, Nancy is the Point Robinson Light House caretaker. She also volunteers with Vashon Island Pet Protector and the YMCA. Apparently she not only keeps her resolutions, she expands on them!

For relaxation, Nancy enjoys reading, hiking, yoga, and crazy quilt.

When asked what she believes in relation to hunger: "Each of us has to have our hunger and safety needs met before we can expect to work toward physical and mental health, education, and employment. We need to work hard at not passing judgment upon either ourselves or upon others."

Always timely, ever constant, her devotion to bridge the gap between donor and food bank assures clients a weekly bounty of quality food from PCC. Thank you seems inadequate for all you do, Nancy, but for lack of better words: THANK YOU!

Auction 2005, our best ever?

Auction 2005 stands to be our best yet. The committee is hard at work and lots of great items have already been procured. Plus, we've made many changes to improve your auction experience. These include:

- **A new night.** This years auction will be held on Saturday, September 24th. Stay late bidding then sleep in on Sunday morning.
- **A larger site.** The Scottish Rite Temple on Capitol Hill is spacious. And they have onsite parking too!
- **A seated dinner.** No more buffet lines! Food brought to you at your table.
- **Online event registration.** Buy your tickets securely online and get immediate confirmation.
- **Faster checkout.** Computerized, express checkout means you pickup your items and leave without standing in a checkout line.

Thank you and Goodbye

Every spring, the food bank board of directors goes through membership changes as terms come to an end. This spring is no different, so we are forced to say goodbye to three very involved board members.

Pete Spalding hangs up his apron after six years of board service, most of those spent on the Executive Committee. John Clark-Mahoney and Jerry Neufeld-Kaiser also leave us after many years of service.

Thank you Pete, John and Jerry. The food bank is a better place because of your dedication to our mission. We will miss you all.

Friday Volunteer Earns Fulbright

Congratulations to University of Washington doctoral student, Friday food bank volunteer and fellow MSU Spartan Mike Strausz. Mike was selected from a field of many as the latest recipient of a Fulbright Fellowship. With this award, Mike will spend a year studying at Tsukuba University near Tokyo. We're proud of your tremendous accomplishment Mike, even if it means you will miss a few shifts at the food bank.

Pick-up Volunteers Needed

Sorry, this is not a new dating service. The food bank needs you to help us collect donated foods from area businesses. Many more businesses donate to us than we have time available to pick-up the food ourselves. Hence the need to have volunteers help us out. Please call us at the food bank (206-523-7060) if you are interested.

Listed below are the available pick-up locations by day with their approximate pick-up time in parentheses. *Note: All QFC pick-ups require a food handler's permit and a training class at Food Lifeline. This class and permit examination can be completed in 2-3 hours.*

Tuesdays:

UW Cafes - 2 Convenient, Design Cafe, Burke, ETC (8-10 am),
QFC Wedgwood (10-11 am),
QFC Roosevelt (10-11 am)

Wednesday:

University Village Starbucks, A La Francaise & Tully's (6-8am)
UW Cafes - 2 Convenient, Design Cafe, Burke, ETC (8-10 am)

Thursday:

QFC Wedgwood (10-11 am),
QFC Roosevelt (10-11 am)

Friday:

UW Cafes - 2 Convenient, Design Cafe, Burke, ETC (8-10 am),
Essential Bakery in Madison Valley (7-9 am),
QFC Wedgwood (10-11 am),
QFC Roosevelt (10-11 am)

Saturday:

University District Farmers Market (1:30-3:30pm)

T-Shirt Sales Benefit UDFB

Chocolati, the chocolate cafe with stores in Greenwood and at the northend of Green Lake, will donate \$3 of every t-shirt they sell to the food bank. Location information can be found at www.chocolati.com.