

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](http://www.udistrictfoodbank.org) or call 206.523.7060 for more information.

# Food for Thought

The Newsletter of the University District Food Bank

## SUMMER 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).

#### STAFF:

Susan Clifford-Jamroski, Development Director  
Joe Gruber, Executive Director  
Bill Lowie, Assistant Director  
Carl Ostrom, Operations Manager

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Call with any questions or to volunteer!



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

## Pet food bank keeps "family" together

For anyone with a pet, you know that it doesn't take long for that pet to become a much loved member of the family. Imagine now that you don't have the money to pay your rent and utilities, to cover your prescription drug costs, and have enough leftover to buy food for yourself and your pets. Just what do you do? We met a new client last month struggling with just this situation.

Betty (not her real name) called one day and asked how to go about using the food bank. This is a common request, so we gave her the basics about our distribution hours and made sure she could find us. When Betty came in the next day, she was very sad and near tears. After only a few kind words from Bill, she revealed to him her dilemma.

Betty was 77 years old and widowed. She worked her whole life as a nurse. She made good money and could always provide for herself. Betty had never before thought of using a food bank (or really even knew that they existed). Now, living alone on a limited fixed monthly income, she found it hard to make ends meet. And, most distressing for Betty, was the real fear of giving up her cats because she could no longer afford to keep them. Betty relied on these cats to keep her company. They were family. The idea of not having them by her side was impossible to imagine.

Bill walked Betty through the food bank to show her how it worked, found another social service provider to help a little with rent assistance, and signed her up for our monthly senior pet food bank.

For our senior pet food bank, we collect pet food donations from the Humane Society in Bellevue and distribute them to needy seniors in our community. Seniors get a month's worth of canned or dry pet food for each one of their pets. And sometimes they even get dog treats or kitty litter as a bonus. With pet food covered, more of their money can now be spent on their own living expenses.

Not knowing about this service before, Betty struggled to find enough money to keep her two cats fed, sometimes choosing to go a little hungry to make sure they had food.

When Betty left us that day, she really was in tears. But these were tears of joy. She knew that she didn't have to give up the family she loved so much.

## Letter from the Director

Dear Friends,

With only twenty-five food banks in the entire city of Seattle, you'd be correct in assuming that there's a tight community between the local food bank directors. And with monthly meetings to attend, we definitely spend much time together talking about the problem of hunger in Seattle.

Still, every August, we forgo the monthly meeting in order to spend the day visiting a handful of food banks to see in person just how things are done. You'd think that with a common problem to address and many shared resources that we'd see similar approaches and nothing would be new. This just isn't the case. Each food bank has a very unique space to work in, very different volunteers to help distribute food, and its own approach to serving clients.

I enjoy the time this day provides to meet with fellow food bank directors. However, I really appreciate the chance to observe and learn from the systems in place elsewhere and to see how we can make the University District Food Bank a better place.

Sure, we've been a food bank for 22+ years now, but that doesn't mean we've figured everything out. There are still things that we can do better to increase our clients' access to the freshest, healthiest and most relevant foods. And improve the ease with which they access this food.

Maybe there aren't revolutionary changes to be made in how we run the food bank each day, but it's the incremental improvements that we'll make as a result of this food bank tour that will help make it easier for us to accomplish our overall mission.

In peace,  
Joe

# Volunteer Spotlight



## Susan Cook



Highly energetic; friendly; compassionate; a hard worker – these are just a few of the adjectives that people use to describe Susan Cook.

She came our way over four years ago, and the Food Bank's clients are better served now than ever, thanks to her dedication and kindness. A native of Iowa, she moved to Seattle, believe it or not, for the better weather. That could seem odd, unless you'd spent an extremely hot and humid summer or a painfully cold winter in the Great Plains. Once settled into a more temperate climate, Susan's desire to help others brought her to our Food Bank.



Susan (l) chats with Letty at the volunteer picnic

Susan's enthusiasm for and commitment to others goes beyond the Friday afternoons she works at the Food Bank. She is a regular helper at the University Hygiene Center, where, it is safe to say, she bolsters their success with the same upbeat dedication to quality customer service that she exhibits here every week.

Susan's persistent commitment toward the betterment of all people even extends to her social life. An avid bargain shopper, she is always on the lookout for the special deal, and is always willing to share the benefits of educated spending. Further, I was not surprised to learn that she enjoys good food surrounded by the company and conversation of good friends. Susan is extremely curious about the world and never tires of learning new things.

When asked about her take on hunger, she said, "I believe in sharing with everyone else, because we are all equal - sharing with each other because we all have different needs and different things to share. People are more important than [material] things, and we all should do everything to make sure no one goes hungry."

Susan, a big **THANK YOU** for all you do.

## We have a new staff person

We're very excited to introduce you to Susan Clifford-Jamroski, our new part-time Development Director. After a broad search for the right person to fill the position, it turns out we didn't have to look very far at all. Susan joins us after having worked two years as Development Director for Sojourner Place, a women's shelter just down the road from us in the University District. Susan brings with her a strong background in nonprofit fundraising and years of experience working within the human services community. With Susan's help, we hope to better plan our fundraising efforts for the year, expand our individual giving program, and improve giving from the business community.

**Welcome Susan!** We're glad to have you join us.

## Thanks to our summer intern

If you've been by the food bank at all this summer, you probably met our hard working intern Chris Filipovic. Chris is from Shoreline, but these days she's a student at George Washington University. She received a scholarship to work at a nonprofit for the summer and lucky for us, she decided to spend her summer vacation here. Chris has done a great job helping out in the food bank, procuring items for our auction, and researching methods on how we can improve the ways we distribute food. Sadly, we couldn't convince her to transfer to UW, so she'll be headed back to DC very soon. **Thank you for all your hard work Chris. You've been a tremendous help, and we'll miss you.**

## No Apple Cup pin sales this year

Since 1995, the start of the college football season also signaled the sale of Apple Cup pins to benefit the food bank. This year, we decided to dedicate our fundraising energies elsewhere. With increased competition outside the stadium gates, it became increasingly difficult to sell a profitable number of pins. Thank you to those who have purchased pins in past years. I hope you will continue to support the food bank in other ways.

## Auction Update

Maybe you've heard...we're having a benefit auction on September 24th. This is our tenth auction and from the sounds of it, this will be the most fun. Be sure not to miss it.

Auction items are pouring into the office and the Auction Committee is busy working out the final details. Here's what I can tell you now.

### You can buy your tickets online now.

Visit our web site at [www.udistrictfoodbank.org](http://www.udistrictfoodbank.org) and check out the auction link from our home page. There you'll find information about the event, a map to get you there, a list of some items we've gathered, and a link to buy your tickets online using a major credit card. If you'd rather pay by check, complete the form below and mail it back to us.

### Your dinner choice is Moroccan chicken or vegetarian lasagna rosettes.

You should make your dinner choice when you buy your tickets. If you need a vegan option, give us a call in office and we'll arrange it.

### Many auction favorites are back...along with plenty of new ones too.

You'll have a chance to bid on a week's stay in Palm Springs, a Holland America cruise, UW football tickets, restaurant gift certificates, landscaping, wine tasting, theatre tickets, a fire station tour, and of course, LOTS of delicious desserts.

### Yes, I'll be there!

Name & phone number: \_\_\_\_\_

I'd like \_\_\_\_\_ tickets at \$40 each.

(call about reserving tables or sponsorship)

I'd like \_\_\_\_\_ chicken dinners

I'd like \_\_\_\_\_ vegetarian pasta dinners

Attendee name(s): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I can't make it. Here's my donation instead.