



WINTER 2010

Mural Brightens Food Bank



The U-District Food Bank got a fresh, new look last summer thanks to artist Alexis Huseby, who painted a beautiful mural called “Unity.”

Taking a peek at the painter behind this stirring work, viewers might be surprised to learn the artist was just 14 when she completed the impressive piece. It was her first large scale painting.

“I heard about the food bank from my friend Coco Harlan, whose dad (Frank Harlan) is a volunteer there,” said Alexis, a sophomore at The Bush School, who goes by Alex. “They were looking for a way to brighten up the place.”

When she saw the space, the ideas started flowing.

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Community Gives Tremendous Support

The University District Food Bank is a community supported non-profit. What does that mean exactly? Below are a few examples on how our resourceful, generous community supports the Food Bank.

KEXP Benefit Raises Food Bank Awareness

KEXP 90.3, Seattle’s innovative listener supported music station, partnered with the University District Food Bank for the month of December. Audioasis, KEXP’s longest running music program, conducted a live remote broadcast and benefit concert at the Sunset Tavern on Jan. 2 for the Food Bank. Local bands – Constant Lovers, Dog Shredder, the Keeper, Vultures 2012, and Android Hero – rocked the house raising nearly \$1,000 for the food bank.

Trader Joe’s Mariner Home Run Contest Nets \$18,000

One of our primary store partners, Trader Joe’s, donated \$250 for every home Mariner Four Bagger during the 2009 major league baseball season. The final tally was \$18,000, essentially 15% of our food buying budget for the year! We thank Trader Joe’s for their amazing support!

Neighborhood Grills Benefit Dinner Raises \$5,690

Wednesday, Feb. 3 marked the eighth annual Neighborhood Grills benefit dinner for the Food Bank. Eastlake Bar & Grill, Greenlake Bar & Grill, Lake Forest Bar & Grill and Southlake Grill donated 50 percent of their money from the night, 66 percent if customers ordered off a special menu. The dinner garnered \$5,690 for the Food Bank!

Eckstein Middle School’s 8th Grade Art Project

For the third consecutive year, Ms. Wellehan’s 8th grade art class at Eckstein Middle School raised money for the University District Food Bank. Not only did the students learn about hunger and its effect on the community, they created pieces of art which they sold at their annual open house. The sale proceeds, \$922, were donated to the Food Bank. Over three years Eckstein Middle School has contributed \$2,569!

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Letter From The Director

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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Auction Table Captain Informational Meeting, Tuesday, March 30

The Kangaroo & Kiwi Pub will be the site of our first Auction Table Captain Preparation meeting. It will take place Tuesday, March 30, at 5:30 p.m. We encourage anyone interested in hosting a table at our annual auction or in joining our auction committee to contact Development Director Paul Yunker at paul@usdistrictfoodbank.org.

Dear Friends:

I have a very good job, and for that, I am most fortunate. As the food bank director, I am a steward for your investment in ending hunger in our community. Let me assure you, we live in a very thoughtful community.



When we first noticed a rise in our service levels in late 2007, then saw that growth continue throughout 2008 and 2009, we were concerned about our ability to meet that increase adequately. We always knew we'd have food to offer everyone but would we have enough?

Our small facility notwithstanding, we've worked hard to provide three days of healthy food to each of our customer families every week we are open. And our community has responded in kind to ensure that we are successful at this.

New businesses donors have reached out to us. Grocery stores have created opportunities for their customers to donate also. School groups have completed class projects to raise food and funds. Some of these students have then donated their allowance or piggy bank savings to help us out too. And, of course, many individuals have stepped up to help.

Sure, the size of the average donation is down – that's understandable – but more of you are giving than ever before. As I'd want for my community, when confronting a challenge, more people have been drawn to action – to donate and to volunteer.

Certainly we are not through the tough economic times yet, but I feel optimistic that we will remain an effective resource for our hungry neighbors in 2010 and beyond. And you are an important reason for that.

Thank you.

In peace,
Joe

BENEFIT AUCTION OCTOBER 23, 2010

New Mural

FROM PAGE 1

“I get a surge of creative energy when I get excited about a project,” said Alex, who started her first business selling art when she was just 9. “I started scribbling sketches on note cards and napkins. Gradually, I moved up in scale to a sketchbook, then a large sketchbook.”

She started brainstorming last spring and, by July, the wall had a fresh coat of paint to act as a background and Alex got to work with the help of friends and family.

“I’m so lucky I had help from friends who have done large paintings before,” she said. “And my mom kept me organized.”

The finished piece was so inspiring, it prompted reporters from KING and KIRO to do stories on it, interviewing the artist.

“That was one of the most nerve-wracking experiences of my life,” she recalled.

But those stories also helped her reconnect with people she hadn’t heard from in a while.

One of the most rewarding parts of the project, she said, was having the chance to meet and work with the food bank staff and volunteers.

“The people at the food bank made it such a wonderful experience,” she said. “They were so excited about it. It’s such a wonderful community.”

Community Support

FROM PAGE 1

26th Annual UW Food Drive

For the 26th consecutive year the University of Washington ran a food drive in support of the Food Bank from mid-November until mid-December. The annual drive brought in \$ 6,500 and 5,000 pounds of food in 2009! Amazing!

We thank our entire community for their tremendous support. It’s needed and truly appreciated by the staff, volunteers, and, most importantly, by our customers. Go to our website (udistrictfoodbank.org) to see other examples of assistance provided by our community.

Volunteer spotlight: Harlan-Cartwright Family

My name is Frank Harlan. I’m a professional entertainer and special event producer. When I turned 50 last year I decided it was time to find a place to donate some of my time and energy...



...some place in my neighborhood so there would be no need to drive a car or pay for parking. For me that place turned out to be the University District Food Bank. I’ve been volunteering weekly since April and in the process have found ways to bring other family members on board. I began volunteering on Thursday mornings unloading trucks and receiving inventory for the week. When school got out for the summer, my oldest daughter, Carlotta started volunteering one day a week and so did my wife, Molly. As a family, we discovered that a little volunteer time goes a long way.

The experience I shared with my daughter made for one of the most memorable summers ever! It was nice to observe her work ethic and see that she could be empathetic to the needs of people she knew nothing about.

I must admit that I am always impressed when I see other parents bringing their kids to the Food Bank to volunteer. They can often be found sorting donations, bulk packing dry goods and even stocking shelves. Personally, I would encourage any parent to find a way to spend a couple hours, once or twice a month, volunteering with their children at a non-profit organization or food bank in their own neighborhood. However, if you’re interested, there are always lots of ways to help out at the U-District Food Bank, just ask.

Many of the clients that visit the University District Food Bank on Monday know me as the “produce guy”. And you can still find me hanging out with other committed volunteers, unloading the trucks every Thursday.

UNIVERSITY DISTRICT SERVICE LEAGUE
 UNIVERSITY DISTRICT FOOD BANK
 4731 15th Avenue NE
 Seattle, WA 98105-4404

Non-Profit Org.
 U.S. Postage
 PAID
 Seattle, WA
 Permit No. 5995

YEAR-OVER-YEAR SERVICE LEVELS	2008	2009
Customer Visits	46,471	52,945
Pounds of Food Distributed	1,825,869	2,106,760
Volunteer Hours	14,601	17,115

HOUSEHOLD VISITS TO UNIVERSITY DISTRICT FOOD BANK

