

Food for Thought

The Newsletter of the University District Food Bank

WINTER 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, 98115 and 98125.

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

STAFF:

Joe Gruber, Executive Director
Bill Lowie, Assistant Director
Carl Ostrom, Operations Manager

BOARD OF DIRECTORS:

Jerry Neufeld-Kaiser, President
John Clark-Mahoney, Vice-President
Carol Cabe, Secretary
Marilyn Gregory, Treasurer
Annemarie Colino
Ivy Cunningham
Cary Eckert
Anna Golden
Holly Henry
Kelly Malone
Pete Spalding
Rosanna Stephens
Sean Tufts, EXCEED Intern
Alka Wahi

Website:

<http://www.udistrictfoodbank.org>

Email:

Food Bank - udfb@udistrictfoodbank.org
Joe - joe@udistrictfoodbank.org
Bill - bill@udistrictfoodbank.org

Phone: 206-523-7060

Fax: 206-527-1990

Call with any questions or to volunteer!



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

Benefit Dinner - Another Delicious Success



We would like to thank everyone who came out in December for our annual benefit dinner at Greenlake Bar & Grill. Once again John Schmidt and his crew put on a tremendous affair with many delicious food choices. And when all the plates were cleared, \$2,050 was raised for the food bank. Thank you!

In another great tradition for the evening, the Telecom Pioneers North Star Council gifted the food bank \$2,000 in support of the work that we do. Wow! Thanks to Karen Krantz and her many colleagues for their tremendous generosity.

THANK YOU ALL! We look forward to seeing everyone there in 2005!

PCC Donates Wellness Baskets

In December, PCC Natural Markets dropped off "Wellness Baskets" at their many food bank partners, including the University District Food Bank. Concerned that food bank staff were at great risk for illness but excluded from getting flu shots, PCC created baskets of natural foods and homeopathic remedies to help our staff boost their immune system and speed recovery from illness. Thank you PCC for your thoughtfulness.

Think and act globally AND locally

Dear Friends of the Food Bank:

Thank you so much for being involved in helping to alleviate hunger. Because of your generosity, many families received much needed help at the University District Food Bank this holiday season. Now that the New Year is upon us and the slow season begins for the food bank, I am reminded that hunger does not come and go with the holiday season. There is still much work to be done.

As the tsunami struck unsuspecting individuals on the other side of the globe, it is wonderful to see the good in people as they rush to lend a helping hand in whatever capacity they are able. As a country, we have been able to contribute phenomenally to the relief efforts. While it is important for us to come together to lend a hand, it is also important to remember our efforts at home. We can be no good to others if we are not strong ourselves.

Within the past few weeks we have heard about other food banks in our community experiencing financial difficulty. It has been serious enough that they have been in danger of closing their doors and leaving a gap for people that depend on the vital service provided by those agencies. It is in light of this reality that I am compelled to ask you to remember those in need here at home.

Thank you for your past, present, and future support of the University District Food Bank. The work you do to makes our community stronger, a better place to live, and is something to feel good about.

Sincerely,
Anna Golden
Board Member

Letter from the Director

Dear Friends,

Thank you for the many donations that you send us every year. Your continued generosity helps make our work possible. Individual contributions provide the majority of our funding, and I could never begin to thank you enough for entrusting your donations with us.

As you make your donations, many of you have asked what else you can do to help make a difference in the lives of the people we work with at the food bank. The legislative session has begun in Olympia and there are always bills being considered that can make a difference for our clients or for other low-income families across the state.

The Anti-Hunger and Nutrition Coalition is once again organizing **Hunger Action Day** in Olympia. This year, the event is scheduled for **Wednesday, March 2nd**, and the day will include a briefing and rally in the morning then offer time for visits to your legislators in the afternoon. If you'd like to participate, feel free to give me a call. We can work out how to meet up at the rally or even share a ride to the capital.

But what if you can't make it to Hunger Action Day? You can still call your legislators and let them know your thoughts.

First, you'll want to know what to talk about. The Civic Engagement Project at UW <<http://depts.washington.edu/sswwweb/policyw/>> has a weekly bulletin describing the goings-on in Olympia. And, The Children's Alliance <<http://www.childrensalliance.org/actnow/childrensaction.htm>> offers an email alert so you'll know when there are decisions being made that affect Washington's children. Together, these services will give you the basic information you'll need to feel comfortable when contacting your legislators.

Now leaving a message for your legislators is very easy. The legislative hotline is **1-800-562-6000**. The operator who answers will be able to help you identify your legislators and make sure that they get your message. You just need to know what you want to say so that your message is concise and that it provides direction about how you'd like your legislator to act. The first call is always the hardest. Best of luck!

In peace,
Joe

VOLUNTEER SPOTLIGHT



Cary Eckert



Cary Eckert joined the Food Bank's board of directors in November. Cary grew up in Kent where she was very active in her local community and volunteered for everything from Special Olympics to the community Halloween party. At Kentridge High School, she was that annoying girl who ended up in the year book ten million times due to all the extra curricular activities she was in.

After high school, Cary left the beautiful Pacific Northwest to attend Northwestern University just outside of Chicago. She felt quite at home there with a bunch of similarly obnoxious over-achievers like herself. She continued to participate in a number of volunteer activities and along the way earned a degree in Economics.

Lonely for the mountains, Cary returned to Seattle after college and put her degree to work. She landed a fast-paced job with Washington Mutual Bank and settled into the working world.

When the pace of her job settled down, Cary found herself with a lot of free time. Knowing that left to her own devices she would watch entirely too much TV, Cary decided to search for volunteer opportunities, preferably focusing her efforts on fighting poverty. Her good friend Alka had been volunteering at the food bank for three years and had been made a member of the board. Alka raved about the great people on the board and the unbelievably caring staff at the food bank. Cary decided to enquire about a board position, was interviewed, and is now a member. When asked about her experience joining the board Cary said, "the board members and staff were very open and welcoming. They have gone out of their way to teach me about the board and the duties of the food bank." Cary also pointed out that joining the board is a good alternative to handing out food at the food bank. "Volunteering at the food bank during operating hours is a bit hard for me, since it's usually open while I'm at work. The board meets in the evenings, so I'm able to donate my time without missing work."

As a board member Cary has joined the finance, resource development and program development committees. She is very interested in helping the food bank raise capital and increase it's visibility in the community. She thinks her duties as a board member will have a positive effect in many areas of her life. "The skills and techniques I'm learning on the board about finance, marketing and capital-raising are really furthering my education. I'm contributing to the community, while learning A LOT about business" states Cary.

Welcome Cary! And thank you for all that you do!

Looking for a great (free) way to support the food bank?

The 2005 Auction Committee needs your help!

We are in the early stages of planning for our annual "Take a Bite Out of Hunger" auction. Volunteers are needed to procure auction items, work on the planning committee, and to secure underwriting for auction expenses.

Please call Rosanna Stephens, auction co-chair, at 206-522-5885 to volunteer your time or to contribute to the auction.

PCC Receipts Program Ends

The PCC receipts program ended on December 31, 2004. PCC will have contributed over \$300 to UDFB when all of the receipts are tallied. This means that you submitted \$30,000 in receipts to us! Thank you to all who participated in the program. Stay tuned to future newsletters for exciting and unique ways to help support our work.

Donor "Honor Roll" Coming

We are ALWAYS so grateful for monetary and in-kind donations made to the food bank. In future newsletters, we will be listing the names of our many recent donors.

If you do not want to be acknowledged publicly in the newsletter, please let us know by checking the appropriate box on your donation envelope or by mailing us a separate letter requesting your anonymity.

As always, know that even if we publish your name in our donor honor roll, we will not make your personal information available to others.

Alan Feinstein Offers Another \$1 Million Challenge To Help Fight Hunger

My name is Alan Shawn Feinstein. For the past 7 years, I have been giving away \$1 million a year to anti hunger agencies throughout the country. This year, I am doing it again...

DURING MARCH AND APRIL, WHATEVER MONEY YOU DONATE TO THE FOOD BANK, I WILL ADD SOME OF MY MONEY TO YOURS. THE MORE OF A DONATION YOU MAKE, THE MORE OF MY \$1 MILLION THEY'LL GET—ALL THANKS TO YOU!

Why am I doing this? Because we were each put here on earth to do what we can to help those in need. You got this letter because someone knows that is important to you, as it is to me.

My million dollars is the spur for this national drive— but it is YOU who will help decide how many needy people in your city or town will be fed this year. I'm only here to help, and to remind you of something I know you hold dear: All that will matter to us someday is what we did while we were here to help those who needed us.

Please give generously to this appeal and I will gladly add some of my money to yours. My \$1 million will be divided proportionately among all agencies receiving donations toward my challenge.

This has become the greatest grass roots campaign to fight hunger our country has ever seen. And your donation makes you a partner in it with us!

Thank you for sharing my heart, and the hope that—someday—no one will ever go hungry.

Sincerely Yours,
Alan Shawn Feinstein

P.S. Last year I donated \$480 to the Food Bank. Can you help them get even more of my money in 2005?

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

Change Service Requested

Organize a food drive at a store near you and help fill our shelves with healthy food. Call for details.

2004 Stats at a Glance...

Here are some basic facts and figures about our work last year at the food bank. These numbers are certainly not the only or best way of describing what we do in the community, but they are one way of understanding the magnitude of the problem of hunger in Northeast Seattle and the generosity of our many donors.

Client visits: 39,615 households, 8% more than in 2003

Client demographics: 2% infants, 20% children, 69% adults, and 9% seniors

Pounds of food distributed: 1.3 million, 22% more than in 2003

Largest in-kind donors:

Food Lifeline

Northwest Harvest

University Trader Joe's

University Safeway

Wedgewood Safeway

University Farmers Market

Madison Park Bakery

View Ridge PCC

A La Francaise

Volunteer hours: 10,838 hours