



# FOOD FOR THOUGHT

THE NEWSLETTER OF THE UNIVERSITY DISTRICT FOOD BANK

## Meet Nora Morsch: Our Home Delivery manager and AmeriCorps team member

The University District Food Bank is excited to welcome three new team members through our partnership with AmeriCorps! One of them is



Nora Morsch

update on where it's at now.

Nora Morsch, who joined us in September to manage our Home Delivery program. Read on to learn why she loves this program and get an

**Hometown:** Chicago, Il

**Where did you move from?**

New York City, I recently graduated from NYU with a double major in Environmental Studies and Creative Writing.

**What is your impression of Seattle so far?**

Seattle feels very connected and close. Very chill compared to

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Nathan Ehrlichman performing on the piano.

## 11-year-old Nathan's concert is a winner for Food Bank

We'd like to thank 11-year-old Nathan Ehrlichman for raising \$7,478 for the Food Bank this Fall! After the success of his first livestreamed home concert in 2020, Nathan set up a second fundraiser in November where he entertained friends and family over Zoom and collected donations via GoFundMe.

**What inspired you organize the fundraiser for a second time?**

As soon as I did the concert last fall, I knew I wanted to do it again. It was just so

exciting. It felt good to do something to help others and I had a lot of fun playing too.

**Which 4 songs did you perform during the concert?**

This year I performed "The Final Countdown" (Europe), "Say Something" (A Great Big World), "Canon in D" (Pachelbel), and "Let it Be" (The Beatles). Our family friend Rob Magnusson sang and played "Desperado" (The Eagles) and "Rave On" (Buddy

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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 University District Food Bank for our volunteers, donors, and public at large.

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

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# Letter From The Director

Dear Friends,

Like so many other families, we very much love fruit at my house. Our fruit bowl right now is overflowing with several varieties of apples and pears (we all have our personal favorites), bananas (these would be my “if stranded on a desert island” food pick so I try not to run out), the last of our hardy kiwis, lots of persimmons, some early season citrus, and a pineapple we saw on mark down so of course we had to get it. We also have a modest supply of fresh fruit in the refrigerator. In our family, we want to have fruit to enjoy whatever our mood and time of day. To maintain this abundance, I know it takes a lot of time and money.

At the Food Bank, it takes even more effort and money to create abundance for our customers. Our grocery store partners donate the fruit that they cannot sell but is still good to eat. Our nonprofit distributors at Food Lifeline and Northwest Harvest arrange large donations from the agricultural industry of excess fruit or fruit with modest blemishes or of the wrong size. Community organizations like City Fruit, local farms and home gardeners donate fruit from orchards, backyard trees and garden plots. We even grow fruit on the roof (though mostly we grow vegetables and herbs).

All these efforts aren’t enough though to provide the choice and abundance we need for all our programming. So, we spend some money every week buying fruit. Whether it is buying mandarins to include in our weekly backpack program, fresh berries from the farmers in training at Viva Farms when they have a bumper crop, or shopping the daily Charlie’s Produce sale sheet to find the right bargains, we use your cash donations to build choice in our produce aisle.

Now extend that need for purchasing across to the vegetable aisle, the dairy case, and for our canned and dry good supplies. We will spend in excess of \$500,000 buying food for our programming. Donated food is important but cash donations help us round out the empty shelves with healthy options. Your ongoing support ensures that our supplies meet the significant and changing needs in our community.

I think of how important choice and variety are at home in my fruit bowl and in my own pantry. That choice brings me joy when I eat, or at least it satisfies me more than just fills me up. I want to thank you for giving this holiday season so that all our neighbors can find the choice and variety they need when they come to visit the Food Bank each week so they can have the abundance they need in their own fruit bowls and pantries.

In peace,  
Joe

P.S.: If you haven’t had a chance to watch our recent auction video then I encourage you to visit our website ([www.udistrictfoodbank.org](http://www.udistrictfoodbank.org)) to do so. In this video, you will see just how we provide fruit (and other food) choice despite the challenges of the pandemic. Your support really makes this possible.



# National Guard helped keep us moving

The Food Bank is only able to function because of community support.

Nearly 300 weekly volunteers across our programs, Walk-Up Food Bank, Home Delivery, Packs For Kids, Rooftop Roots Farm, and Satellite Pantries, enable us to feed our community. March 2020, the start of the pandemic, challenged that support. COVID forced us to replace 70% of our volunteer base, mainly due to volunteers being part of a high-risk group.

Fortunately, on the directive of Governor Inslee, the Washington National Guard stepped up to fill the volunteer gap. From April 2020 through July 2021, 2-4 Guardsman worked 20 hours a week, assisting with back of the house and front of the house Food Bank operations. They essentially played a role in every job we do.

Assistant Director Bill Lowie said, "I am extreme grateful for the service provided by the National Guard. The depth of their service often went undetected, but their impact allowed other volunteers and staff to benefit from their thoughtful and pragmatic efficiency. The Guard, reliable and indispensable, were there to see the job through."

## Josh Valerio

### What are your responsibilities with the National Guard?

As a National Guard member, we hold the benefits of two very different lifestyles. As both a citizen and as a part of the Armed Forces, we must be able to balance the two for the duration of our service. That entails being a great parent, a reliable employee, and a studious student all while



CURT MILTON PHOTOS

National Guardsman Roty Kpa loads food in the Food Bank's garage.



Josh Valerio

upholding the National Guard decorum. Guardsmen are required to be in shape and to remain knowledgeable in their designated field. As 25S, also known as a Satellite Operator/Maintainer, I am tasked with establishing internet connectivity in order for

others to work. Although the name may sound fancy, I am just a glorified internet provider.

### What are your main jobs at the Food Bank?

At the Food Bank it is clear that we, the National Guard, have a bit more leeway when it comes to responsibilities. We are able to do any of the work asked of us in regards to the front and back of the house. During a normal day, we mainly handle the stocking of shelves and moving pallets to and from various locations. On a busy day, you can find us eating various meals cooked by our resident chef Anthony.

### What have you liked about your experience working at the Food Bank?

Something that I enjoyed during my year-long stay at the Food Bank was learning to communicate. Prior to this, the

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# Thanks for helping us beat auction goal!

A big THANK YOU to everyone who donated, worked, or volunteered to make our 2021 Take a Bite Out of Hunger virtual auction a success! The event grossed \$250,554 and exceeded our virtual event goal!

This is truly a team effort, and we appreciate the community coming together so that we may continue supporting Northeast Seattle families and residents.

We raised \$250,554 across four categories:

- Admission: \$8,040
- Sponsorship: \$23,250
- Auction item sales: \$56,823
- Fund-A-Need: \$162,441

Fund-A-Need raised money towards our \$500,000 annual food budget and surpassed our goal of \$125,000! The funds can be used for Walk-Up Food Bank, Home Delivery, Packs For Kids and Satellite pantries (North Seattle College & Magnuson Park).

Our top selling auction items:

- Washington Wine Trip (Prosser, Walla Walla, and Lyle) sold for \$2,200
- Multi Night Stay at Bloomer Mansion sold for \$2,050

Thank you to the following auction businesses, partners and volunteers:

**Auction Committee:** Joy Mooney (auction chair), Leah Ball, Cathy Petito Boyce, and Paul Yunker.



**Key Volunteers:** Laura Wirkman and Carol Cabe (thank you for your excellent auction item procurement!).

**Dessert Dash:** Cathy Petito Boyce. We made the effort to have a “virtual” dessert dash. We auctioned 28 desserts and delivered them to winners the day of the auction.

**Dinner and Dessert Deliveries:** Liliya Shtikel. Coordinated volunteers for Cameron Catering dinner and dessert deliveries.

**Catering:** Cameron Catering, our auction caterer for 15 years.

**Auctioneers:** Stokes Auction Group, Mark and Kelly Schenfeld.

**Graphics:** Curt Milton

**Videography and Story Telling:** Tideway Creative, Greg Westhoff, director and founder.

Be sure to join us October 2022 for our annual auction! Date will be set in the coming weeks so please look out for that coming your way soon!

## Auction Sponsors

### Presenting sponsor

Amerigroup

### Premier Sponsors

University Kiwanis

WSECU

### Star Sponsors

Columbia Pacific Wealth Management

Kilpatrick Townsend & Stockton

Seattle Interiors

Shook Hardy & Bacon

### Supporting Sponsors

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Cooper Cartwright Real Estate

Davis Wright Tremaine LLP

Sound Transit

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### Patron

Beneficial State Bank

Jackson Main Architecture

Pacifica Law Group

University Book Store

### Friend

Ballard Printing

Robert Hartman

## Nathan's online concert tops last year's donation amount

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Holly). My little brother and sister started dancing on Zoom during “The Final Countdown” and lots of people were dancing while Rob played “Rave On.”

How did you spread the word for

your fundraiser?

I invited my classmates, teachers, neighbors, and family. I emailed everyone to save the date for the concert and then sent updates and reminders as it got closer.

How many families joined in this time to donate?

Eighty-eight families/individuals donated this year! My goal was to raise \$6,000 and we beat it! We raised \$7,478 (or – I did the math – almost 36,000 eggs from UDFB!) which is so awesome.

A big thank you to Nathan, and his parents Alison and Matt, for their efforts and generosity!!

# Thanks to our 2021 auction donors!

2BAR Spirits	Dan & Siobhan Whalen	Jack & Barbara Milton	Pagliacci Pizza	Stoup Brewing
A La Mode Pies	Daniel's Broiler - Prime Steaks & Seafood	Joanne Ort	Panera Bread	Sun Liquor Distillery
Adamant Cellars	Darlene & Jared Moses	Joe Gruber	Paul Yunker	Susan Williams and Dick Conway
Alaska Airlines	David & Millicent Ollee	Jon & Cathy Petito Boyce	Performance Kitchen	Swansons Nursery
All The Best Pet Care	David Wolf, LMP	Jonathan & Marissa Cats	Portage Bay Cafe	Syncline Winery
Allen McCall	DeLille Cellars	Joseph & Julie Smith	Positive Spin Pole Dance Fitness	Target
Woodworks	Dick's Drive-In Restaurants, Inc.	Joy Mooney	Queen Anne Book Company	Ted Hunter
Amy Stephson & Brian Rapalee	Din Tai Fung	Judith Hance	Queen Anne Frame & Gift	Tennis Center Sand Point
Anthony's Restaurants	Dino Haak	Karen Ko & Gary Johnson	Randy Silvey	The Burke Museum of Natural History and Culture
Aqua by El Gaucho	Domaine Pouillon	Kate Delavan & Will Lowell	Reininger & Helix Wines	The Essential Baking Company
Avennia Winery	Donut Factory	Ken Johnson & Laura Lozott	Renaissance Tree Care	The Herbfarm Restaurant
Baer Winery	Duke's Seafood	Kontos Cellars	Rick Steves' Europe	The Historic Mercer
Bakery Nouveau	Dunham Cellars	Kuma Coffee	Rotie Cellars	The Lyle Hotel
Barbara Roller	DW Distilling	Laura Wirkman	Sand Point Country Club, Jim and Holly Johnson	The Museum of Flight
Benton County Museum	Earshot Jazz	Leah Ball	Santo Coffee Co	The Pastry Project
Betsy and Doug Wheeler	Edward Melillo	Letterpress Distilling	Sarah Washburn & Ben Spruch	The SweetSide
Beyondski.com	Ellen & Al Yunker	Linda Rethke	Saviah Cellars	The Weaving Works
Snowsports Academy	Erika Kinno	Madison Park Bakery	Savor Seattle	Theo Chocolate
Bloomer Estates	Family Donut Shop	Mary Pat & Bryan Smith	School of Acrobatics and New Circus Arts	Thurston Wolfe Winery
Book Larder	Fireworks Gallery	Mayflower Park Hotel	School of Rock	Tilth Alliance
Broadway at the Paramount	Flatstick Pub	Mazama Store & Bakery	Sea Creatures Restaurants	Tony's Coffee
Burbs Burgers	Flying Apron	Merced Estates Winery	Sea Wolf	Triple R Brewing
Buty Winery	Fresh Flours Bakery & Cafe	Merced Park Dentistry	Sean & Joy Mooney	Tropical Flowers & Bouquets of Hawaii
Cafe Allegro	Full Pull Wines	Mike Gleason	Seapine Brewing	Tutta Bella Neapolitan Pizzeria
Cameron Catering	Gelatiamo	Molly & David Hancock	Seattle Aquarium	University District Farmers Market
Canlis Restaurant	General Porpoise Doughnuts	Molly Moon's Homemade Ice Cream	Seattle Biscuit Company	University District Food Bank Board of Directors
Canoe Ridge Vineyard	Georgetown Brewing Company	Mud Bay - Corporate	Seattle Donut Boat Company	Urban Earth Nursery
Carol Cabe	Georgetown Liquor Company	Musang	Seattle Mariners	Uwajimaya, Inc.
Caspar Babypants	Grateful Bread Bakery & Cafe	Museum of Pop Culture	Seattle Seahawks	Velocity Dance Center
Cedar Grove	Greg Doerge	Nancy Nugent	Seattle Seaplane	Victoria Martinsen
Charlie Burdell and Ryan Durkan	Gregg's Cycle	Nathaniel Banse	Shirley Towner	Vincent & Carolyn Wirkman
Cheryl & Scott Washburn	Guardian Cellars	Neal Sofian & Cheri McCoubrey	Sleight of Hand Cellars	Werelion Wand
Chris Schenck & Sarah Martin	Hedges Family Estate	Neighborhood Grills	Smith Brothers Farms	Wild Heart Healing
Cindy Le	Hell's Backbone Grill & Farm	Nerka Sea-Frozen Salmon	Sofie's Scoops	Wing Luke Museum of the Asian Pacific
Cityeyeworks	Hiawatha D	New Roots Organics	Starbucks	American Experience
Cloud City Coffee	Holly Marklyn	Nielsen's Pastries	Staypineapple	YMCA of Greater Seattle
Copperworks Distilling Company	Irene Holroyd	Night Light Nails Salon	Ste. Michelle Wine Estates	Zylberschtein's
Coral Shaffer	Isenhower Cellars	Nordic Museum	Stephanie Bender	Delicatessen & Bakery
Costco	Ivar's and Kidd Valley Restaurants	Northshore YMCA	Steven Landau	
Counterbalance Brewing	J. Kenji Lopez-Alt	Nuflours		
Coyle's Bakeshop		Oly Float & The Soul Space		
Curt Milton		PacWesty		
Dahlia Bakery				

# U Village gift drive to benefit Food Bank

University Village is hosting a holiday gift drive for families of the University District Food Bank this season! From November 26 through December 17 visit U Village to choose a tag, purchase a gift and drop it off, to make a local child's holiday wishes come true.

How to participate:

1. Choose a tag from the winter wishes tree located in center court of University Village (between Ben Bridge Jewelers and Sole Food).
2. Purchase the gift for the child on the tag.
3. Attach the tag to the UNWRAPPED gift



and drop the gift down the chimney of the winter wish house located in center court of University Village.

All gifts are due by Friday, December 17. Thank you for participating!

## Delivery manager loves her Food Bank connections

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the other cities I've lived and easy to get around.

### Any favorite local restaurants you've discovered?

The Alley Korean restaurant in the U-District, Kamakura in Fremont for sushi and Zouave in Ravenna.

### You started at the Food Bank in September, what has it been like for you?

It's amazing how much human connection you can make at this job. Every day I meet someone new and connect with them in a different way from talking to visitors to working with our dedicated Home Delivery team of volunteers. It's been incredible. It's also very different having a "social" job right now when so many people are working from home and more isolated. I personally love seeing people, so this has been great for me. I feel I have the best position here!

### Tell us about your role managing the Home Delivery program?

What I love about Home Delivery is how full circle it is. I get to see the entire program through and help someone from start to finish. People send in an application and I'll find a spot for them, add them to the schedule, help pack their delivery with volunteer shoppers and work with the volunteers who deliver it to their home. I feel involved in every step. The Food Bank team has also been incredible, they set me up with all the tools but trust me to make decisions about how it's run, and I feel very close to it and very trusted.

I'm also touched by how committed the volunteers are to their customers – many of our drivers come in early to make sure everything is just right for their delivery, and ensure they are going to get the things they want and need.

### Where is the Home Delivery Program at now?

The program grew out of the COVID-19 pandemic when many of our shoppers could not safely make it to the Food Bank. Due to its high demand, it's becoming a

permanent program and one that we are continuing to grow to meet the needs of our community. It's been helpful to so many people and we want to continue offering this service.

### Are you looking for Home Delivery volunteers?

Yes! We see a spike in applications for the Winter months when people have a harder time getting here due to weather and transportation issues. Anyone interested in being a shopper or driver for the program please email me at [nora@udistrictfoodbank.org](mailto:nora@udistrictfoodbank.org). We are so grateful for our volunteers. People giving their time is so important to the livelihood of our Food Bank!

I also want to give a big thank you to the Pedaling Relief Project, a group of local cyclists who deliver groceries and supplies to 50 of our households each week and also pick up goods from various grocery stores during the week. Their efforts are invaluable to this program! Check them out to get involved through their website: [pedalingrelief.org](http://pedalingrelief.org).



# National Guard stocked shelves ... and cooked!

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most I spoke was in my head. My responses would either be a "yes" or a "no." I never had much to say, as I would usually be lost in space. Working here has taught me the importance of clear communication. While being a yes man does seem interesting, one can only get so far with three letter responses. This will be something that I will keep in mind as we move forward past the pandemic.

## Is there anything you found out about the Food Bank that surprised you?

There were many things that surprised me while working at the Food Bank. One of the many surprises that opened my eyes was the large amount of food being donated throughout the city. People and stores constantly supplied the Food Bank with a large amount of goods. Although some of the food provided may be questionable, I appreciate what they do. Whatever amount people donate, they can be assured that it is all going to a good cause.

## What do you do outside of the Guard/Food Bank for work and/or fun?

As expected for someone my age wearing glasses, my hobbies are mainly computer centric. When I am not studying, I mainly play video games and practice writing code. On days when I deem the weather favorable, you can expect me to be walking my two old dogs.

### Jaci Goo

What are your responsibilities with the State Guard?



Jacqueline Goo

I am assigned to J-4, which is Logistics. My other duties are with (RTO), Radio Telephone Operator.

## What are your main jobs at the Food Bank?

Re-stocking the shelves, freezer, walk-in cooler and unloading the Food Bank van. I organize the pet supply area and baby cupboard area in the warehouse.

SST Wright and I, SGT Goo, take pleasure in cooking lunch for everyone who is working at the Food Bank.

## What have you liked about your experience working at the Food Bank?

Working with everyone, volunteers and staff. It's an awesome and amazing place to work. I look forward to coming into work.

## Was there anything you found out about the Food Bank that surprised you?

YES... I was totally amazed

with how much food that came in from donations and all the wonderful people who helped out by volunteering their time to help out any way they could. I was also amazed how the Food Bank was able or is able to cater to the needs of special diets of the patrons who utilize their services.

## What do you do outside of the Guard/Food Bank for work and/or fun?

I'm retired. I like to spend time volunteering when I can, spending time with family, and being outdoors.

## Anything else you want to share?

I would just like to say ... Thank you to Food Bank for this wonderful experience that they have given me. I will cherish it always.

### Roty Kpa

## What are your responsibilities with the National Guard?

My job in the Army National Guard is a Unit Supply Specialist. And my responsibility is supervising and maintaining all Army supplies and equipment. Some of these responsibilities includes inventory, inspect, and safely secure and control weapons and ammunition in security areas.

## What are your main jobs at the Food Bank?

As a member of the Army national Guard, our main job is to support the Food Bank in the best way that we can. One way that we do this is by working together to make things go smoother for the volunteers and staff. Some duties include, using the pallet jack in order to move the pallets

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# Guard found there's never a dull moment here

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around to the appropriate locations. Also, lifting heavy objects such as boxes of meat, produce, dry goods and frozen meals.

## What have you liked about your experience working at the Food Bank?

After working at this Food Bank for one year, I can say that there was never a dull moment. Rain or shine, the staff and volunteers are great. We shared laughs and stories with another. Everyone that comes in to volunteer has a great heart.

## Was there anything you found out about the Food Bank that surprised you?

Yes, the quality and quantity of food surprised me most about the Food Bank. Growing up I had never been to a food bank. My perception of them were the ones shown on the news. However, this Food Bank does not look like a food bank. It feels more like a grocery store!

And that is a great experience to have when getting food from there. The staff did a good job of making it feel like a normal grocery store that you get your food at when you need help.

## What do you do outside of the Guard/Food Bank for work and/or fun?

Outside of the Army National



Roty Kpa

Guard I work at Wells Fargo. Currently what I do for fun is I am pursuing a private pilot license out of Snohomish Flying Services. And with that license I hope to explore the beautiful PNW and the world one day.

## Anthony Wright

### What are your responsibilities with the National Guard?

Dining facility  
culinary safety  
NCOIC.

### What are your main jobs at the Food Bank?

Site NCOIC  
for three soldiers;  
mainly  
administrative  
liaison from the  
task force

"Cascadia" (former Steelhead) to the service members on site. Training lead for military courses and site information board. An example is sharing matrix information of the task force



Anthony Wright

operations as a whole and our contribution to support Washingtonians.

## What have you liked about your experience working at the Food Bank?

Community effort to help those in need, the volunteers and staff at the site. Definitely made some good memories here.

## Was there anything you found out about the Food Bank that surprised you?

The quantity and quality of food; I didn't expect this food bank to have such a variety. This place looks and operates like your typical grocery store.

## What do you do outside of the Guard/Food Bank for work and/or fun?

I just finished my BAS degree in Cyber Security and Digital Forensics. I had a hard time looking for a right fit and then heard of this humanitarian mission; so, I volunteered.

*"The Guard, reliable and indispensable, were there to see the job through."*

## Bill Lowie

Food Bank Assistant Director