

Packs for Kids: How it helps hungry kids learn

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along with other staples in order to provide breakfast and lunch for 15 families who may otherwise have a hard time preparing nutritious food for the whole family over the week-end.

Packs For Kids Q&A

One in five kids in Washington state lives in a household that struggles to put food on the table. The importance of proper nutrition for a growing child is well documented. Hungry kids have decreased attention spans, increased behavioral problems, and more school absences due to sickness. Simply put, hungry kids can't learn as well, and when they fall behind academically as young children, it is very hard to ever catch up. Packs For Kids provides students who qualify for free-and-reduced lunch with meals and snacks on the weekends when they are most at risk of going hungry.

Packs For Kids started in 2011 when staff and parent volunteers at Eckstein Middle School noticed that some students were too hungry to focus on their studies, and worked with the food bank to establish the program. Since then, the program has expanded to 10 other Seattle K-12 schools, serving nearly 500 students.

Because each of our partner schools uses Packs For Kids a bit differently, we spoke with staff and volunteers from a few schools (Eckstein Middle School, Hazel Wolf K-8, Jane

Addams Middle School, and Sand Point Elementary), to hear their take on the program.

Q: How has the program changed over time?

A. *Laura Leigh Young, volunteer coordinator at Eckstein*

As free-and-reduced school lunch information is confidential, it was initially a challenge to identify students who needed the packs. But now that the program is well-established, students generally approach staff to sign up. There's a strong volunteer base and word-of-mouth among students.

A. *Kara Dowidar, PTSA board member at Hazel Wolf*

The school has explored additional ways to offer food to students at school. We also hope to offer extra packs available for staff to distribute as needed when a situation arises, such as students becoming newly homeless or a parent losing a job.

A. *Megan Riber, assistant secretary at Jane Addams*

Since we started the program new when we opened our school last year, it took a while to get the word out to students and their families. Now in our second year, we've worked through some of the issues and have a pretty established routine that the students know. We've also been lucky to have an awesome group of volunteers who are flexible and willing to make sure the program is working well for

our school. One of our counselors told me about a mother who has six kids and asked for any help with food that we could give. For families like this, packs for the weekend and over breaks are a big help.

Q: What are any barriers to students or their families accessing PFK?

A. *Kara Dowidar, PTSA board member at Hazel Wolf*

Language is a barrier. We've enlisted the support of ELL (English as a second language) teachers to help with translating materials and signing up students as needed. We try to be as flexible as we can. This also applies when students are uncomfortable receiving the packs in their classroom. They can pick them up in the office.

A. *Megan Riber, assistant secretary at Jane Addams*

Another challenge is that with each new school year, we get a whole new class of students to get to know, so it takes time to get them plugged in with the program. To help with this, I have reached out to our feeder elementary schools with some success, although they don't all have similar programs in place. We also make sure to get flyers for our program out to all families in our first day packets along with informing all of our students that the packs are available in their Advisory classes.

You can read the complete Packs For Kids Q&A in the food bank blog - <http://www.udistrictfoodbank.org/>

Board member put his business expertise to work for UDFB

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fully made a small difference. As a board member, I've attended monthly board and committee meetings, hosted PCC repack nights, staffed the University Street Fair booth, and helped prepare for the annual auction. I've also applied my business education to successfully running this wonderful enterprise. I helped create the financial model used to assess if we could build and operate at a new location. I was directly involved in lengthy and meaningful contract discussions with our partner at the Roosevelt location as well

as crunching numbers to determine how much money we could successfully borrow to kick start construction.

In addition to the experience I've had, there are numerous other ways for a board member to contribute at the Food Bank. The annual auction is always a large task; we are also actively preparing for the move over to Roosevelt Avenue and thinking about what new services we might provide there. If this sounds exciting to you, please send an email to udfb@udistrictfoodbank.org, attention Joe. We are always in need of good people on the board.

SPRING 2016

Packs for Kids adds two schools

The Packs for Kids program is now in its fifth year and in addition to providing weekend food packs to students at eight Seattle city schools, it has also begun a partnership with Middle College High School and The Haring Center to provide food for students in a different way.

Middle College High School is an alternative high school that has three unique locations: Seattle University, University of Washington and the Northgate Mall. After noticing that the students at MCHS did not have enough food to stay fueled throughout the day, the dedicated teachers began buying extra food to bring in and share. They reached out to the Packs for Kids program, and the food bank now provides extra lunch and snack items for the students to have during the school day so that they can stay focused and ready to learn.



Volunteers making packs at Eckstein Middle School

The Haring Center, located at the University of Washington, is dedicated to improving the lives of children with developmental disabilities and other special needs as well as their families. In conjunction with this goal the food bank is partnering

with the school to provide food for the students and their families over the weekend. These food packs are different from the traditional, single student, easy to prepare foods. They include fresh fruit and vegetables

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UDFB Board member Andy Dutton

Board profile: Andy Dutton

Growing up under the shadow of the Pennsylvania State University, where my dad was a professor, I believed strongly that anyone who applied himself would find opportunities and success. With this mindset, I left to attend the University of Chicago, which is located on the tough south side of that city. During my four years on campus I came to realize that the opportunities afforded me in idyllic Stage College were far different than those of a boy growing up around the Chicago campus.

Sometimes, people just need help. Twenty years later, after finishing the UW MBA program, I wanted to do more than just donate money to important charities. I joined the University District food bank board of directors so that I could be directly involved in helping people that needed a little help.

During my six years on the board, I've learned tremendously, worked with many great people, and hoping

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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,

Our winter has been wet ... real wet, 13 inches wetter than average wet. Wettest winter on record wet. And while it’s something we know how to live with around here, we don our raincoats and galoshes, it doesn’t make standing around outside in the rain any more fun.

Fortunately, our customers won’t have to stand out in the rain for much longer. Sure, it will be spring soon enough and we hopefully won’t see nearly as much rain. But mostly I mean that pretty soon we will be offering them something drier...an inside place to sit and wait before shopping.

Fight Hunger Build Hope, our capital campaign for a new food bank home is nearing an end. We’ve raised almost 90% of our \$3.6 million goal and construction proceeds in earnest. But we need your help to ensure that we can build that last shelf, paint that last wall, and open this summer.

Your support through the years has ensured that everyone in our community reaches their full potential, that everyone in our community has the opportunity to contribute the best they can. Our shelves, filled with healthy and fresh options through your generosity, provide the foundation on which food bank families weather the varied storms of life.

Today, your investment in our new home is an investment in a strong foundation for the future, a foundation that is strong enough to support all our community for years to come.

Please make an extra gift this year to our capital campaign. Help us fight hunger and build hope.

In peace,
Joe



Diaper and feminine hygiene drive

There are many ways to help the food bank. Olga Tanczos, manager of a business on the Ave, organized a Diaper & Sanitary Pad drive to benefit food bank customers.

Inspired by a YouTube video that detailed the high cost and lack of accessibility of feminine hygiene products to low-income women, Olga worked with coworkers and community partners to collect diapers and hygiene supplies on Valentine’s Day. Through their efforts they gathered 1,332 sanitary pads, 1,404 diaper wipes, 894 diapers, 228

tampons, 199 panty liners, 168 hygienic wipes, and 15 pairs of underwear!

The quote from the video that stuck a cord with Olga – just because you are homeless or low-income doesn’t mean you stop getting your period.

Interested in doing a hygiene drive for the food bank? These are the items that we need – toiletries and hygiene supplies like soap, toilet paper, toothpaste, and feminine hygiene products all help food bank customers meet more of their basic needs.

Go out for dinner on March 31 and you’ll benefit the Food Bank

Neighborhood Grills, Eastlake Bar & Grill, Greenlake Bar & Grill, and Lake Forest Bar & Grill, are hosting their 14th annual benefit dinner for the food bank on Thursday, March 31. Order anything off the menu from 5 p.m. to 10 p.m. and 50 percent of your meal cost will be donated!

The event is important to owner John Schmidt. “Giving back to the community is an essential part of Neighborhood Grills work culture,” he says. “The entire staff is excited about helping out the food bank. And it is beneficial for us as we gain new customers, too.”

The Neighborhood Grills benefit dinner is our largest non-auction fundraiser, raising nearly \$55,000 over 14 years. Our fundraising goal this year is \$8,000. The event comes at a perfect time as donations, food and money, typically slow during the end of winter.

We hope to see you on the 31st! If you are booked, please consider making a \$30 donation in lieu of attending. Your support allows us to help our neighbors in need.

Find out how planned giving can aid the Food Bank

Join Ben Spruch and Jennifer King from Somers Tambllyn King Isenhour Bleck for a presentation Thursday, April 14, at the University Christian Church (4731 15th Ave NE) from noon to 1 p.m. on the benefits and strategies of planned giving.

Planned giving to charitable organizations can be an important part of your estate plan, as giving not only allows you to remember charities that are important to you, but can also reduce the tax burden to your estate. At this presentation, Jennifer and Ben will discuss various giving strategies and tools you can employ during your lifetime and through your estate plan to maximize the effectiveness of your charitable gifts.

Topics for discussion include:

- The potential tax benefits of giving during your lifetime and through your estate

- Basic charitable giving strategies during your lifetime, including how to make gifts of cash or property and how to ensure an entity’s status as a recognized charitable organization

- How to maximize the tax benefits of lifetime giving through the use of retirement accounts

- An overview of more sophisticated lifetime giving strategies, such as establishing a donor advised fund, charitable trust, or charitable gift annuity

- A discussion of various estate planning methods and how they can be used to benefit charities, including how to include bequests in your will or revocable trust, the benefits of gifting from retirement plans, and a discussion of more sophisticated planned gifting vehicles such as the establishment of a private foundation or charitable trusts

Benjamin M. Spruch

Starting his legal career at a “Big Four” accounting firm just after receiving his Master of Laws degree (LL.M) in tax, Ben’s practice is currently focused on estate planning, probate, trust administration, and assisting small businesses. Ben enjoys identifying and overcoming obstacles for his clients in the most effective and efficient manner.

Jennifer L. King

For over 23 years Jennifer has focused on estate planning, probate and trust administration matters. She possesses the right mix of technical expertise, practical knowledge, and a down-to-earth personality to guide clients of all wealth levels, and with many different personal situations.

RSVP to Paul, paul@udistrictfoodbank.org, if you can attend the presentation.



SLAM DUNK HUNGER!

14th Annual Benefit Dinner
Thursday March 31st • 5pm -10pm

50% of proceeds
will be donated!

Greenlake Bar & Grill
7200 E Greenlake Dr N
206.729.6179

Eastlake Bar & Grill
2947 Eastlake Ave E
206.957.7777

Lake Forest Bar & Grill
17535 Ballinger Way NE
206.364.1261



Thank you for your support!
neighborhoodgrills.com

Food Drive All of March!

Drop off canned fruit, chicken, tuna, salmon, soups, peanut butter, cereal, cooking oil or baby formula at Greenlake, Eastlake or Lake Forest Bar & Grill!