



WINTER 2016

## Trip to Oz proves to be a big success at auction



Even volunteers have fun at the auction! Standout volunteers, from left, Barton Sharp, Olga Tanczos, and Drew Thomas took a break from volunteer duties to visit the Wizard of Oz themed photo booth.

The theme for the 20th annual “Take a Bite Out of Hunger” benefit auction, “There’s No Place Like Home,” resonated with attendees. There were plenty of Dorotheas, Glinda the Good Witches and even a Tin Man or two in attendance. That said, event themes come and go. The one thing that stays constant for our main fundraising event is the generosity of our guests.

The Brettler Family Foundation, University District Kiwanis, Chris

and Heather Mefford, and an anonymous donor got the night started by pledging a combined \$70,000 1:1 match for the Fund-A-Need, with the match directed to our Fight Hunger, Build Hope Capital Campaign.

Spurred on by the match, the evening’s Fund-A-Need, designated to our annual \$185,000 food budget, garnered a record amount — \$71,650! We will use this money across all of our programs: Walk-In

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## Volunteer profile of the month: Santiago

Santiago lights up the room when he walks into the food bank. Tall and athletic, he emanates a peaceful calm and exudes passion when he speaks. Passion for health, for life and for food. He often takes time to mull over unusual produce donations with other customers, and is always willing to share a recipe or story.

Santiago first used the food bank when he lost his job teaching Japanese at Seattle Art Institute. Unable to keep up with the rising cost of living, he had no choice but to seek out other options for nutritious food. An athlete and dancer, he

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Santiago

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).

#### STAFF

Joe Gruber, Executive Director

Bill Lowie, Assistant Director

Paul Yunker, Development Director

Robyn Greenfield, Development Assistant

Julia Fulk, Home Delivery and Packs for Kids Coordinator

Ron Post, Weekend Food Recovery Specialist

Dave Reuter, Food Bank Coordinator

Hannah Duffany, Operations Assistant

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# Letter From The Director

Dear Friends,

I am excited to share with you that less than \$500,000 remains before we reach our capital campaign goal for our new food bank home. While we are by no means done fundraising – half a million dollars is still a lot of money – there is something quite special about reaching that milestone.

Our end goal finally seems achievable.

As a small non-profit, we knew when we started on our capital campaign four years ago that it would take a tremendous amount of work and a tremendous amount of community support in order to be successful. And it has been a great effort to get here.

Many folks have come together so far to lift us up to this point. Their time, their energy and their resources have helped us raise more than \$3.1 million for the capital campaign, all the while continuing to support 1,100 families a week through our walk-in food bank and growing our home delivery and Packs for Kids programs. They have stretched themselves to help us invest in our community's future while remaining equally concerned about our community today.

Early next year, we will ask you to help us stretch to meet our campaign goal. We know many of you already make generous annual gifts to ensure that our day-to-day work continues and that our shelves remain full of healthy food options. We need you to continue that support. However, we also need you to make a one-time stretch in your giving to help us build for our future.

Your stretch might be large or it might be small. It is most important that you are able to make that stretch because ultimately your one-time investment in our future makes your annual gifts in the future even more effective. Your one-time investment in our new home means you help us work in a facility that is purpose built to meet the needs of our community for decades to come.

Today, I ask that you share in our excitement of being so near our capital campaign goal. However, I hope you will also think about how you can help us stretch to reach it.

In peace,

Joe



## Free health screenings at the food bank

King County Public Health conducts free health screening and referral service the first Monday of the month in the food bank. We temporarily moved the bread rack to give nurse practitioner, Gail Rossi, the needed room to administer tests.

# Thanks to our auction donors!

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Adamant Cellars  
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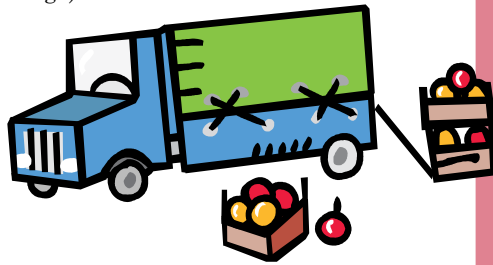
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Suzy Streater  
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Syncline Winery  
Tac Phoenix  
Teatro ZinZanni  
Ted Brown Music  
Tennis Center Sand Point  
Tertulia Cellars  
The Burke Museum of Natural  
History and Culture  
The Comedy Underground  
The Fairmont Olympic Hotel  
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# Thanks to our food donors

We use our refrigerated Sprinter Van to pick up food donations seven days a week in our community. A big thanks to our food donation partners:

Bartell Drugs (Roosevelt Square)  
 Bethany Lutheran Church  
 Christ Episcopal Church  
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 Grateful Bread Bakery and Café  
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 New Roots Organics  
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 QFC (University Village)  
 Ravenna P-Patch  
 Roosevelt P-Patch  
 Safeway (University District, Wedgwood)  
 Sand Point Community Church  
 Shiga's Garden  
 Starbucks (Greenlake, Olive Way, University Village, Wallingford)  
 Tall Grass Bakery  
 Trader Joe's (University District)  
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 University District P-Patch  
 University Heights P-Patch  
 University Presbyterian Church  
 Wedgwood Community Church  
 Whole Foods (Roosevelt Square)  
 Eastlake P-Patch  
 University of Washington Farm  
 University Lutheran Church



# Thanks to our auction sponsors

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Dan and Cari Wall  
 Susan Jones  
 Seattle Children's Hospital

# More thanks to our auction donors!

## FROM PAGE 3

The Westin Seattle  
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 Trophy Cupcakes  
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 Wing Luke Museum  
 Woodland Park Zoo  
 Yippie-Pie-Yay

# Driving force behind Home Delivery? Volunteers!

Our Home Delivery program delivers food to 85 homebound adults once a week. The program, coordinated by Julia Fulk, our newest staff member from the Mennonite Volunteer Services, is volunteer driven – literally. Volunteer drivers and co-drivers (John Anthes, Garrett Rocks, Dick Moxon, Wendy Rogerson, Elizabeth Graham, Jan and Bill Corrison, Alyssa Rovner, Deb Godfrey, Laura Souyoutzis, Mary and Bruce Davis, and Ashley Fowler) deliver food each and every Wednesday. The program is a prime example of the importance of volunteers in doing the work that we do.

## Will Ambrose

Will Ambrose has been on Home Delivery for three years. Will lives in low-income housing and has a limited budget to spend on food, in addition to medical problems that make it difficult for him to access a grocery store or food bank.

“The food I receive through Home Delivery has been really helpful in rounding out my weekly groceries, and has made a big difference in my diet.” He’s particularly noticed the increase of fresh,



Randy Hollenberg

organic vegetables in his box these past few months, since the food bank started purchasing from Puget Sound Food Hub. “The extra produce has made me get creative with my cooking. Now I make a lot of soups and stews, and started putting greens in my smoothies.”

When I asked him how University District Food Bank has affected his life, he responded, “Home Delivery makes Wednesdays important. I focus on prepping and storing the food I receive, and then planning out how I’ll use items

throughout the week.” Like many of our customers, Will is resourceful in finding recipes for some of the less glamorous vegetables. When he received kohlrabi in his box, he researched recipes and found simple, versatile ways to prepare it. “Having food delivered has been a godsend,” he says.

## Randy Hollenberg

Randy Hollenberg has been on Home Delivery for about a year. Randy is a disabled veteran who moved to Seattle from New Orleans five years ago. Randy stays true to his Cajun heritage through his love of cooking. As a participant in Cooking Matters classes through Solid Ground, Randy taught his peers how to make seafood jambalaya and gumbo.

“The food bank has been a real blessing, not just for me, but for all of us receiving boxes,” he says. Randy especially enjoys the fresh fruits and vegetables we are able to provide him with each week, and added that the choices are always improving. “Being on Home Delivery has been a positive experience. I really appreciate the work the food bank has done.”



## Meet Hannah, new Operations Assistant

Hannah Duffany is thrilled to have joined the University District Food Bank this winter as an operations assistant. Originally from Massachusetts, she feels right at home amongst the vibrant community and food, of course! Outside of driving the big van, Hannah is actively engaged in Seattle farmers markets, community agriculture projects and teaching children to garden.

She is excited about continuing on her West Coast adventure as the UDFB transitions into its new space!

# New Home Delivery, Packs For Kids coordinator

Hello supporters and volunteers! My name is Julia Fulk and I have been working at the University District Food Bank for the last three months. I grew up on the East Coast in New Hampshire and went to college in the Midwest at Bluffton University in small town Bluffton, Ohio. After graduating this past May with a degree in Nutrition and Dietetics I thought I would give the Northwest a try so I moved out here to Seattle. I am working at the food bank through an organization called Mennonite Voluntary Service, which places volunteers in cities across the U.S. to live and work in their community. So far I love Seattle and have been enjoying the beautiful mountain views along with getting to know the city by taking bike rides and walking to parks on the sunny days.



Julia Fulk

Working at the food bank, I have been coordinating the Home Delivery and Packs For Kids programs. It has been great to see how the food bank supports these two programs and I am excited to be a part of it this year! I have particularly enjoyed being able to meet and get to know some of the Home Delivery clients while riding along on the deliveries. I have also enjoyed being able to work with all the wonderful volunteers here at the food bank. I am especially grateful for the volunteers that help deliver food for Home Delivery each week and for the parent and school volunteers who pickup food each week for Packs For Kids. Nothing the food bank does would be possible without the energy and willingness of all the staff and volunteers and I am happy to have this experience and work with such wonderful people!

## Volunteer: Always a teacher

FROM PAGE 1

expressed that this was a difficult time for him to maintain a healthy weight. A friend noticed the weight loss and suggested visiting the Food Bank. Since then, he has had success maintaining a healthy weight and the fresh produce at the food bank allows him to keep up his healthy, active lifestyle.

Originally, from the Midwest, Santiago came to the Pacific Northwest from Arizona where he was majoring in Japanese Studies. Following the invitation of a friend to come up to “God’s Country,” for summer break, Santiago fell for Seattle’s mild temperatures and the possibility of year round running outdoors. Santiago returned for a second summer and worked for FIUTS as a tour guide and liaison for University of Washington Japanese international students. Although some of the students wanted to speak in English, he found it was easier to communicate in Japanese.

His adventurous spirit and knack for language and teaching led Santiago to work and study in the Dominican Republic, Taiwan, Singapore, Japan, Jamaica, Korea, Puerto Rico, Brazil,

Mexico, Canada and the Philippines.

Truly a jack of all trades, Santiago recently made his debut in acting, performing as Demeter with Sound Theatre Company in “Jesus Moonwalks the Mississippi.” Food Bank staff and front desk volunteer, Brenda, had the opportunity to go. Santiago was fabulous in his role!

Santiago’s true love however is teaching and practicing Capoeira, a Martial Art that travelled to Brazil from South Africa through the slave trade. Traditionally, Santiago explained, when boys were 12 or 13 they had a dance off, or contest of movement, which translated as “the zebra dance.” The winner of this dance had his choice of a bride. The dance later became Capoeira (tall grass). He was taught that the enslaved Africans would set traps in the tall grass and use their movements and wiles to escape. There is deep history, physicality and spirituality to Capoeira which resonate deeply with Santiago.

Thank you, Santiago, for sharing your story with us. You are truly a gift to our community.

## Records fall at annual auction

FROM PAGE 1

Food Bank, Packs For Kids, and Home Delivery. You can view the Fund-A-Need video on our website, [udistrictfoodbank.org](http://udistrictfoodbank.org). Click the News & Event tab and then Videos to see the six minute film about the Food bank and the work that we do.

Auction chair Paula Skarr and her team did a great job of procuring a variety of auction items, ranging from a ceramic birdbath to theater tickets to “If/Then” with Idina Menzel. Top selling items included a Holland America 10-day cruise for \$4750 and Delta Air Lines first class tickets plus a Kona condo stay for \$4,600. The auction donors and sponsors are listed. Please thank them for their support of the Food bank by frequenting their businesses.