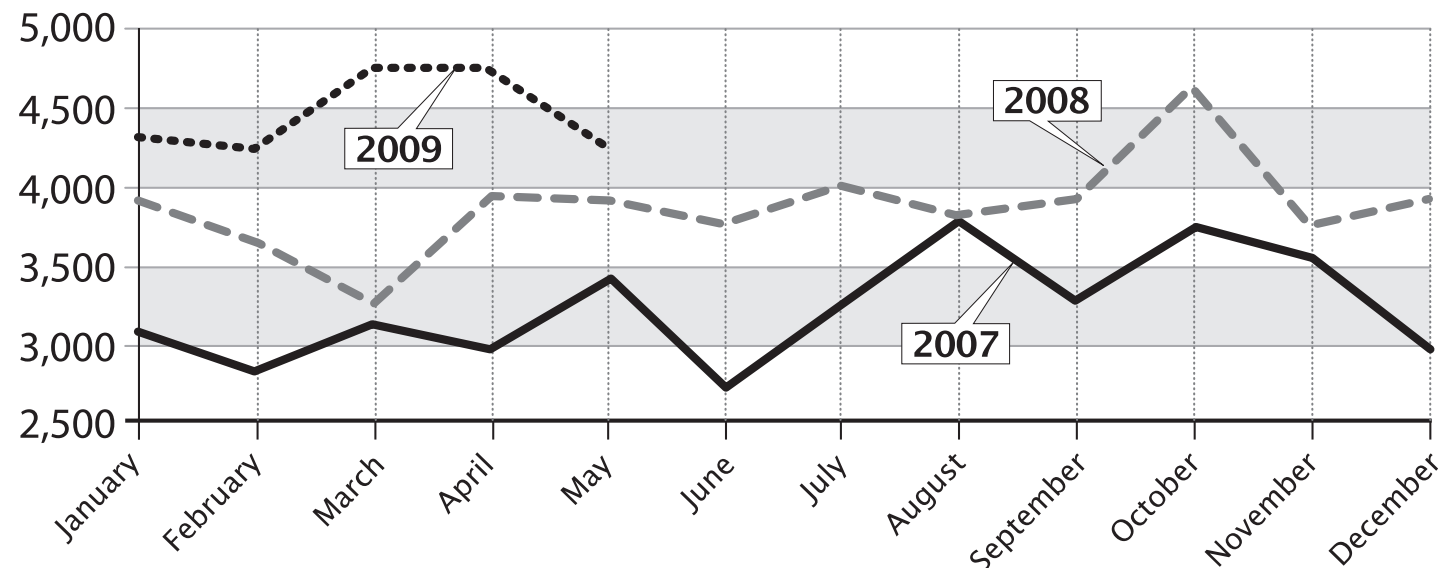




SUMMER 2009

During the first quarter of 2009 we saw approximately a 25% increase in Food Bank customers compared to the same period in 2008. Historically, 850 families have visited us each week and over the last year and a half that number has consistently climbed to over 1000. At this rate we will distribute over 2 million pounds of food this year. On behalf of the staff, volunteers, and customers we thank our donors for helping us meet the increased demand for our services.

HOUSEHOLD VISITS TO UNIVERSITY DISTRICT FOOD BANK



Bright Idea



You might say a light bulb went off for seventh grader Galen Weld after he heard a speaker talk about climate change at a National Geographic Live series last year.

“I got inspired. I came home and talked to my parents about what I could do to help stop climate change,” said Galen, who attends Evergreen School in Shoreline.

He launched a project he dubbed “Partners in Light” and began selling wristbands with those words on them.

His bright idea was to use the money raised to buy compact fluorescent light bulbs and donate the energy-saving CFLs to the University District Food Bank, which would distribute them to their clients.

CONTINUED ON PAGE 3

Trader Joe’s Goes the Distance

Trader Joe’s on Roosevelt, one of our strongest neighborhood partners in fighting hunger in northeast Seattle, is helping the Food Bank even more during the Seattle Mariners baseball season. Every time the Mariners hit a home run at Safeco field, Trader Joe’s will donate \$250 to the University District Food Bank.

Roughly one third of the way through the season, the Mariners have already hit 38 home runs at Safeco. If the Mariners keep hitting the long ball at this pace Trader Joe’s will donate over \$20,000 to the Food Bank in October!

We are grateful for Trader Joe’s assistance. The next time you are shopping at Trader Joe’s please let them know you appreciate their support of the community too.

Food Bank Teams With Farmers Market for Iron Chef Competition

Rachel Yang chef/owner of Joule in Wallingford and Juli Guillemette, Sous Chef at BOKA Kitchen+Bar will compete in this year’s Ready, Set, Go...Cook competition Aug. 15 at the University District Farmer’s Market. This Iron Chef-style event will have a delicious new twist this year. The chefs will source some of their ingredients from our Food Bank.

The competition challenges chefs to create menus on the spot, the day of the event, and will be a welcome opportunity to show off the versatility of the approach we take to make the shopping experience much like that at a grocery store.

“When we first started, we would hand people a bag of food, and there would be many items that they couldn’t use,” said Bill Lowie, Assistant Director. “It kind of defeated the purpose.”

In addition to showcasing our ground breaking approach to distributing food, the collaboration with the Neighborhood Farmers Market Alliance offers the chance to spotlight the connection between the two organizations. Food Bank customers often receive vouchers to redeem for the locally grown products at the popular Saturday market. Says Joe Gruber, director of the Food Bank, “The support we’ve received from the

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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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Join our Online Community

Become a fan of the Food Bank on Facebook: <http://www.facebook.com/pages/Seattle-WA/University-District-Food-Bank/47523824407>

Catch the latest Food Bank happenings on Twitter: [@udistfoodbank](https://twitter.com/udistfoodbank)

Letter From The Director

Dear Friends:

Together we are slowly building the will to reduce hunger in our community. Can we eliminate it entirely? I can't say for certain, but after reflecting on the work done in the past year, I think we are moving in the right direction. And, most importantly, we are gaining momentum.



Last summer, United Way of King County convened a forum for funders and emergency food providers to discuss local problems and some of the possibilities for improving how we do business. Following that, this spring United Way sponsored Hunger Action Week and released a 60-page report that identified changes and investments needed for a hunger free King County.

Last fall and again this spring, the Governor, the Mayor and legislators at the city and state protected emergency food funding in their biennial budgets. In fact, they both found new money to help us acquire food so we could meet rising demand and new money to help us link our customers with the benefits (like Food Stamps) they deserve.

More locally, our neighbors have rallied in very generous ways. For instance, University of Washington employees have organized two extra food drives this spring to help add food to our shelves. Students at several nearby schools have organized food and fund drives and have come in to help out directly in the food bank (in fact, our volunteer ranks have swollen to record numbers). And individuals have donated at record levels too.

Sure, there is much systemic change that is still needed in order to create a community where nobody is hungry and everyone has access to healthy food. However, public awareness is high and the will to make change growing.

Thank you for doing your part. I hope we can continue to count on you as an ally as we work to make larger changes.

In peace,
Joe

Bright Idea

FROM PAGE 3

So far, he has sold about 50 wristbands, approaching friends and family and strangers who looked friendly. With each wristband, which he sells for \$3, he includes a fact sheet on climate change that he wrote. Often, customers give more than the asking price when they hear about his commitment.

At his birthday party this year, he asked guests to bring him compact florescent light bulbs in lieu of presents. And, in February, he delivered more than 230 CFLs to the U-District Food Bank.

His enthusiasm has spread to friends, who are planning to set up a table at the University Village QFC and sell more wristbands. He also plans on making time to come into the Food Bank to help distribute the light bulbs as the project continues.

"I went in there when I first thought about doing it and Joe was on board right away, he thought it was a great idea," said Galen, who spends his spare time playing Ultimate Frisbee and writing computer programs. This bright 13-year-old said he hopes to follow in his father Dan's footsteps as a computer programmer.

Mr. Weld, who works at the UW, said his son has taken on a few philanthropic projects before, but never anything of this scope.

"The issue of climate change really hit home for him," Mr. Weld said.

To purchase a "Partners in Light" wristband or to donate to Galen Weld's ongoing fundraising efforts, contact the Food Bank.

Iron Chef

FROM PAGE 3

U-District Farmers Market staff and farmers has been tremendous and I'm glad we can celebrate it publicly." The dishes each chef creates in this timed competition should be especially intriguing as the economy has forced many to tighten their belts. Come early to root for your favorite chef. The competition begins at 10 a.m.

Volunteer spotlight: Anthony Cooper

I have been volunteering for about 3 years at the University District Food Bank. I'm not sure why I started other than maybe boredom. I am sure why I continue to volunteer.



First of all there are few things in today's world I can do that I know for sure really do make a difference. I know that the effort I put in along with many others actually help other people.

I've gotten to know some of the students, working families and senior citizens who come through the lines because they really need a helping hand right now. They are the same people who I won't see for a few months and then they will come back with a check or a bag of food and tell us how they are working now and how much the help they received meant to them.

Surprisingly it's also fun and rewarding to discover how easily a group of volunteers who don't know each other can decide to pool their talents and skills and run a miniature "grocery store" smoothly for 5 hours and have a good time doing it.

Lastly in these times of economic uncertainty it's nice to know that there is a place that if you donate your time and or your money both will be used exactly as intended. By the way I've learned by experience that the Food Bank can buy twice as much food with my money than I can so I've substituted my monthly bag of food with a check.

After three years this is more of a social event for me than a responsibility. The students give me the gift of youth and a new perspective. And volunteering gives me the sense of doing some just cause as the right thing to do.