



FOOD FOR THOUGHT

THE NEWSLETTER OF THE UNIVERSITY DISTRICT FOOD BANK

Annual auction is a big success!



ADAM BROWN PHOTOS

Checking items in the auction catalog, top. Raising a bid card during the live auction, bottom.

Thanks to many stars in our community, the 24th annual "Take a Bite Out of Hunger" benefit auction raised a near-record \$237,000 in support of food bank programs. The total includes ticket sales (\$25,000), event sponsorship (\$17,500), item sales (\$96,500), and Fund-A-Need (\$98,000). The money raised from Fund-A-Need is designated for our \$272,000 annual food budget. These are funds that we can use to supplement food donations across our main programs: walk-in food bank, Home Delivery, Packs For Kids, and North Seattle College

CONTINUED ON PAGE 3

Customer took a long journey to our door

It's a long way from Novosibirsk in Siberia to Seattle. And if you follow that path as Rita Levitskaya did during her rich and eventful lifetime, it can be a journey of many decades.

Rita is a University District Food Bank customer and friend who lives now in an apartment just off Lake City Way in North Seattle. Every Wednesday morning Food Bank volunteers deliver a box of fresh food to her door, for which she is deeply grateful, because she can no longer manage the trip to the food bank store on Roosevelt. What she does with those vegetables and grains is simply magical, drawing from her Russian cooking heritage.

CONTINUED ON PAGE 6



Rita Levitskaya

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

Anya Atkins, Packs For Kids and Home Delivery Coordinator

Chris Cirillo, Food Recovery Manager and Operations Specialist

Hannah Duffany, Volunteer Coordinator and Rooftop Farmer

Joe Gruber, Executive Director

Bill Lowie, Assistant Director

Ron Post, Weekend Donation Pickup Specialist

Sarah Rowley, Pantry Program Service Coordinator

Liliya Shtikel, Community Connector

Eric Wirkman, Food Recovery Specialist

Paul Yunker, Development Director

BOARD

Leah Ball, President

Joseph Smith, Vice-President

Eliza Dornbush, Secretary

Michael Goodheim, Treasurer

Cathy Petito Boyce

Kate Delavan

Elizabeth Kennedy

Emily Kim

Kye Young Lee

Chris Mefford

Joy Mooney

David Ollee

Nausheen Sadiq

Ben Spruch

ADDRESS:

5017 Roosevelt Way N.E.
Seattle WA 98105

Website:

www.udistrictfoodbank.org

Email:

udfb@udistrictfoodbank.org

Phone: 206-523-7060

Letter From The Director

Dear Friends,

It has been a little more than three years since we've moved into our new home on Roosevelt. Not a day goes by when I don't think about the amazing potential that has been made possible by our new food bank. The potential to include more customers in our work, the potential to find new food donors, the potential to bring new partners on site to help support our customers' needs, and even the potential to grow some of our own food on our rooftop farm. This potential has helped us continue down a path that builds a hunger free Northeast Seattle.

Enormous potential has also been created by working in a purpose built facility and not the warren of basement rooms we had at the church. With less time and energy dedicated to the basic mechanics of food bank operations, we've used this extra time to develop new programs. These programs provide food to communities that cannot easily visit our main location. As of this summer, we now operate two offsite pantries that reach customers where they are, at North Seattle College and at Magnuson Park.

Our pantry at North Seattle College began modestly with the start of the Fall Quarter 2018. By Winter Quarter, we were consistently reaching 250 customer families every week. More than 80% of these customers were students of whom 50% reported regularly running out of food during the month yet 90% of these same customers were not already accessing a food bank, ours or any other. We were an important new resource in a safe space. And this year, our pantry has expanded to a bigger room on campus and expanded to include a permanent presence for United Way's Benefits Hub, a program designed to help reduce the financial barriers of college.

With healthy food and other critical supports now in reach, the potential created by a college degree becomes more real for so many students.

Our pantry at Magnuson Park began only a few months ago with the opening of new housing provided at the park by Mercy Housing Northwest. We had already been working with the City of Seattle and other community partners on the issue of food security for the many residents at the park and with the opening of the new Mercy Housing Northwest housing we finally had everything we needed to make a pantry happen. So, in collaboration with the University Family YMCA, Mercy Housing Northwest, and Solid Ground, and some very dedicated new volunteers, we have opened a pantry that every week provides the residents on campus access to healthy food.

The potential created by reliable access to healthy food means improved learning for youth and better health for everyone.

The potential created by these off site pantries for our customers is truly immeasurable. The potential to complete a college degree successfully. The potential to go to school on Monday ready to learn. The potential for food to promote not destroy health. The potential of more time to spend as a family.

Your investment in our work helps ensure that the potential we have in our food bank is potential that is shared across our entire community.



In peace,
Joe

Auction: A big thanks to everyone who helped

FROM PAGE 1

and Magnuson Park Community Food pantries. The final event total should top \$245,000 once we receive employee matching donations.

Like the work of the food bank, the auction requires many people working together in order to run smoothly. Thanks to our auction committee, Brooke Anderson, Leah Ball, Cathy Petito Boyce, and Joy Mooney, who showcased their creativity and work ethic to make the event a success.

Thanks to our event partners Cameron Catering, Stokes Auction Group, St. Demetrios Hall, Tenakee Films, and emcee Frank Harlan who all played a vital role on the night.

Special thanks to the auction item donors and sponsors listed on page 4 and 5. Please frequent their business or thank them if you can. They along with generous attendees are the reason the auction continues to be a success.



ADAM BROWN PHOTOS

Picking up something tasty in the Dessert Dash, top. Checking out the Silent Auction, left.



We'll miss Montlake Market, a key partner

Montlake Boulevard Market, one of our grocery rescue partners, is closing their doors due to 520 expansion at the end of December. It will be missed. Annually the store donates 16,000+ pounds of groceries to the food bank, mainly dairy, prepared foods, and fresh produce.

A supermarket has been located on the Montlake property since 1936. Lynn Greunke, whose family has owned the current market since 1979, values the partnership with the Food Bank.

“The relationship that we’ve established with the Food Bank over the last several years has been a benefit to both us and the community,” she says. “It’s been a great experience.”

Lynn took over managing the market from her father four years ago. She saw firsthand hunger in the

community and wanted to help. She reached out to the food bank and we started picking up groceries twice a week, Tuesdays and Fridays.

Montlake Boulevard Market donations, especially premade sandwiches and salads from the deli, are valued by our customers. On any given week 10 to 20% of food bank customers don’t have regular access to a kitchen. Additionally, the market consistently donates milk and yogurt, dairy items that we typically buy to supplement donations.

Lynn doesn’t know what the future holds. Her family is trying to find another location in Montlake, but is open to starting a new business. It will be a success whatever the endeavor because Lynn knows how to run a business well and treats customers, vendors, and donation partners the same, with respect and a smile.

Thanks to all of our auction donors!

203 Degree Fahrenheit Coffee	Darlene and Jared Moses	Jet City Improv	Pair	Silver Cloud Inns & Hotels
2Bar Spirits	David and Millicent Ollee	Jim and Holly Johnson	Panera Bread	Smith Brothers Farms
A la Mode	David and Debra Cabe	John Howie Restaurants	Pasta Casalinga	Stanley
Adamant Cellars	David Ollee	John Norden	Pat Bluemel	Starbucks
Aesthetic Laser Center of Seattle	DeLaurenti	John Petito	Paul Yunker	Steelhead Diner
Alaska Airlines	Dick's Drive-In Restaurants, Inc.	John Zupa	Pike Brewing Company	Steven Landau
Allegretto Vineyard Resort	Dino Haak	Joseph & Julie Smith	Pike Place Fish Market	STG & Broadway At The Paramount
Alma Rosa Winery & Vineyards	Dogwood Play Park	Joy and Sean Mooney	Puzzle Break	Stoneway Hardware
Ambre Blends	Dunham Cellars	Judith Bushnell	QFC Bakery	Street Bean Coffee Roasters
Analemma Winery	Eat Local	Jujubeet	Queen Anne Frame & Gift	Structure Cellars
Anthony's Restaurants	Eat Seattle	JuneBaby Restaurant	Rachel's Ginger Beer	StudioLife
Antonio Salon	Ed & Judy Dougherty	Kay Barksdale	Randy Silvey	Sun Liquor Distillery
Archer & Olive	Eileen Dornbush	Koku Cafe + Market	Ravenna Brewing	Susan Williams and Dick Conway
Argosy Cruises	Eileen Dornbush	Kontos Cellars	Reign FC	Swanson's Nursery
Ba Bar	Elements Massage Green Lake	Kuma Coffee	Reininger Winery	Syncline Winery
Baer Winery	Elizabeth Kennedy	Kye Young Lee	Renaissance Tree Care	Tacoma Art Museum
Barbara Roller	Elizabeth Lowell	Lagana Foods	Republic of Cider	Taproot Theatre
Bavarian Meats	Elm Coffee Roasters	Leah Ball	Residence Inn By Marriott Seattle University District	Target
Beecher's Handmade Cheese	Ember Goods	Letterpress Distilling	Rick Steves' Europe	Ted Hunter
Beehive Salon	Emily Kim	Licketty's Barbecue	River + Roots	Tennis Center Sand Point
Bendistillery	Emily Leveque	Liliya Shtikel	Robby & Kelly Whorton	Tesla Inc.
Betsy and Doug Wheeler	Emily Seeley	Linda Rethke	Robert Adams	The Bard and Banker
Beyondski.com Snowsports Academy	Erin McKinny from Bakery Nouveau	Madison Park Bakery	Rona Zevin	The Harvest Vine
BioWilly's Beans	Escape Scene	Mary and Bruce Davis	Roosevelt Chiropractic: Mark Jyringi DC, PS, Jeremiah Tibbitts, DC, and Brian Stuck, DC	The London Plane
Bloomer Estates	Ethan Stowell Restaurants	Mary Pat & Bryan Smith	Rotie Cellars	The Lyle Hotel
Book Larder	Eureka! Seattle's University Village	Matt's in the Market	Ryan and Brooke Anderson	The Mountaineers
Brittany Kelly	University Village	McMenamins Pubs and Breweries	Salare Restaurant	The Museum of Flight
Burgermaster Restaurants	Eyes on Fremont	Meany Center for the Performing Arts	Salty's Seafood Grills	The Pacific Jazz Institute
Buty Winery	Finnriver Farm & Cidery	Mercer Estates Winery	Sand Point Country Club	The Riveter
Cappy's Boxing Gym	Flatstick Pub	Mercer Park Dentistry	Sarah C.B. Guthrie, Professional Artist and Artist Coach	The Summit at Snoqualmie
Carol Cabe	Frank's Oyster House & Champagne Parlor	Mi Sun Chun	Sarah Washburn and Ben Spruch	The Sweetside
Caspar Babypants	Frank's Oyster House & Champagne Parlor	Michael Goodheim	Saviah Cellars	Theo Chocolate
Catherine Englehart, DC, PS	Fran's Chocolates	Mike Gleason	Scratch Distillery	Thurston Wolfe Winery
Cathy Petito Boyce	Full Pull Wines	Mioposto	Sea Creatures	Tilth Alliance
CeCe Sullivan	Fusion Hot Yoga	Molly Moon's Homemade Ice Cream	Sea Wolf	Tipsy Canyon Winery
Charlie Burdell and Ryan Durkan	Georgetown Brewing Company	Montlake Community Club	Seapine Brewing	Tom Douglas Restaurants
Chateau Ste. Michelle	Greg Doerge	Mount Rainier Guest Services	Seattle Aquarium	Tombow USA
Chico Hot Springs	Guardian Cellars	MoveMend	Seattle Cookie Counter	Top Pot Doughnuts
Chuck's Hop Shop	Heartwood Provisions	Nancy and Tony Nugent	Seattle Fire Department	Tropical Flowers & Bouquets of Hawaii
Cityeyeworks	Heavy Restaurant Group	Nancy Anderson	Seattle Gilbert & Sullivan Society	Tyler Hill
Claudia Sandler and Bill Levin	Henry Wedelstaedt and Buzz McCollough	Nausean Sadiq	Seattle Green Earth Cleaning	University Book Store
Clipper Vacations	Heritage Distilling Company	Neal Sofian	Seattle Mariners	University District Farmers Market
Clive Pursehouse and Gwynne Junkin	High Class Brass	Neighborhood Grills	Seattle Piano Academy	University District Food Bank Board of Directors
College Inn Pub	Holland America	New Deal Distillery	Seattle Shakespeare Company	University Family YMCA
Copperworks Distilling Company	Holly Marklyn	New Roots Organics	Seattle Sounders FC	University of Washington School of Drama
Coral Shaffer	Honest Biscuits	New Seasons Market	Seattle Storm	University Village
CorePower Yoga Greenwood	Hyatt at Olive 8	Nielsen's Pastries	Seattle Symphony	Urban Float
Curt Milton	Impact Bioenergy	Night Light Nails Salon	Seattle Theatre Group	Vacation Internationale
D&E	Irene Holroyd and Patrick Perkins	Nordic Museum	Semiahmoo Resort	View Ridge PCC
Dan & Siobhan Whalen	Isenhower Cellars	Northshore YMCA	Shannon and Dan Jost	Whim W'Hum
Daniels Broiler - Prime Steaks & Seafood	Ivar's and Kidd Valley Restaurants	Novelty Hill - Januik Winery	Shirley Towner	Wing Luke Museum of the Asian Pacific American Experience
	Jackie Patterson	Oiselle	Shultzzy's Bar & Grill	
	Jane Lowell	OOLA Distillery		
	Jeff Sconyers and Deb Godfrey	Optimism Brewing Company		
	Jess and Mary Levine	Pacific Science Center		
		Pagliacci Pizza		
		Paint the Town		

Thanks to our auction sponsors

PREMIER

WSECU
Center for Spiritual Living
Seattle Children's

STAR

Amerigroup
Stokes Lawrence

SUPPORTING

S. Landau Services
Cooper Jacobs Real Estate
Brooks Applied Labs

PATRON

Pacifica Law Group
University Book Store
Cameron Catering
University of Washington Office
of External Affairs
Ivar's

FRIEND

Ballard Printing
Bedrooms & More

Meet out new Pantries coordinator

Hi, food bank Community!

My name is Sarah Rowley. I recently joined University District Food Bank this October as the new Program Coordinator for the off-site Food Pantries at Magnuson Park Mercy housing and North Seattle College.

I am originally from Missoula, Montana, and currently live in Shoreline while I serve the next year as an Americorps member. I come here from working at the Missoula Food Bank supporting their nutrition programs, farmer's market rescue and walk in-store.

Back home I was involved in a lot of different community organizations, from getting young people registered to vote across the state, to community nutrition and land access. I love going to theater, to garden and bike.



Sarah Rowley

My favorite thing to grow this year has been garlic, which I learned for the first time to tie into braids with herbs and flowers. I look forward to learning more about Seattle and finding some favorite things.

It'll be a plus to have a winter that is a bit warmer this year! It's a different experience being so near the ocean. If you know any good trail bike riding suggestions, or a new recipe you loving, let me know!

I think nutrition access and food security is so important to our health and mental well-being, and our ability to reach for better things in our lives, and that sharing food can be one of the strongest building blocks to any community. I look forward to working alongside you to help alleviate hunger and build a strong community in the North Seattle area.

New volunteer found a calling during her time in college

My name is Anya Atkins. I am a recent graduated from Gonzaga University with a Bachelors of Arts in sociology and psychology.



Anya Atkins

During my time attending Gonzaga University, I became involved in the community by volunteering at a couple of non-profit organizations in Spokane, Washington that helped vulnerable populations find food, housing and other resources they might be interested in. I enjoyed my volunteer experiences and wanted to continue working with non-profit organizations thus leading me to University District Food Bank.

I grew up in Seattle and I am excited to return after attending school in Spokane. I love living in a city that is nearby the ocean and mountains that are easily accessible.

Since I grew up in Seattle I love music and the music scene that Seattle has to offer. I am always interested in the various shows that come through the city and will try to catch a concert when I can! Other interests include animals, especially dogs and cats, as well as movies, and traveling.

Customer: From Russia to Seattle with love

FROM PAGE 1

Today she has prepared a rich vegetable soup and spinach pirogies for her three granddaughters who are visiting for the afternoon, and she invites her interviewers to join them—which they gladly do! From mixed berries, there is juice of her own making, and Rita raises her glass to offer a traditional Russian toast: “Ne imei sto rublei, a imei sto druzei!” For her new Food Bank friends, she graciously translates, “Better to have 100 friends than 100 dollars!”

Rita shares a radiant smile and friendly manner with everyone. Though she lives alone in her small apartment, her daughter and three granddaughters live near enough to visit her often, and Friday evening dinner together has become a regular family tradition.

Life has not always been easy for Rita, but you would hardly guess it from her pleasant manner and warm hospitality. She was born in western Ukraine in 1938, one year before the beginning of the Second World War. By the time she was three the war had come dangerously close to their home near the German border, and her mother fled with Rita and her older brother 2000 miles to their new home in Siberia. They traveled in open train cars, and the severe wind and weather was a hardship to them all. Her father had to stay in the Ukraine for the duration of the war, finally joining them in Siberia in 1945.

For the duration of the war Rita lived with her mother and brother about 15 miles outside of Novosibirsk. When the war was over in 1945, father returned to them, and Rita enjoyed a happy, healthy childhood. It was during this time that Rita’s “Mama” taught her the

art of traditional Russian cooking.

When Rita’s older brother, Eosef, finished secondary school, he moved to Kazan, about 500 miles southeast of Moscow, to study engineering, finally specializing in aviation. When Rita was old enough to enter the university, Eosef invited her to join him. She also became an engineer in Kazan, with specialization in Radio and Television, and for many years she lived and worked in a broadcasting center there. Soon she met the love of her life in Kazan, a brilliant and gentle man named Yefim Levitski who was both a mathematician and an economist. Together they worked and raised their family of two daughters in Kazan.

In 1991 Rita’s elder daughter moved to Tucson, Arizona, and on February 9, 1992, Rita and Yefim joined them there. As with many who immigrate into the US, she could no longer continue her profession as an engineer, and she began studying English at PIMA college in Tucson. As her English improved, and with assistance from Yefim, she began to help older people nearby with their cleaning, shopping and other assistance.

Compared to life in Russia, Tucson was an exciting change. By February there were already ripe lemons and oranges on the trees, and by June the temperatures rose into the 100’s, chasing everyone indoors to their air conditioners. Rita and Yefim enjoyed seventeen years in Tucson, and they provided love and support to their daughter and four grandchildren.

Eight years ago the path took another turn. Her younger daughter, living in Seattle, faced a crisis, suddenly finding herself a single working mother of three girls.

Rita and Yefim stepped up to provide much needed support, and they moved without question to Seattle. Their arrival here was especially fortunate for Rita’s three Seattle granddaughters, Berta, Liza and Sofya, who had never spent much time with “Grandma.” Soon, Rita became a constant and loving mentor to them all, and their teacher in the traditions of Russian cooking!

Only two years after arriving in Seattle, Rita’s husband Yefim died. She is tearful when she talks of his passing, but numerous pictures of this loving man adorn Rita’s apartment. Though he is not physically there, his presence in Rita’s life is palpable.

Rita stays active. She loves to exercise, and five times a week she either works out in her apartment complex or at a local gym. Her favorite is the aerobic dance to music. Every two weeks or so she goes to the nearby library to get books and to keep practicing her English. Rita also participates in a WWII veterans’ association, traveling with them on short trips to explore the Northwest.

Rita’s life is worthy of a book, and in fact she has a regular practice of writing down her life experiences. In her native Russian she writes out the narrative, from Ukraine to Siberia, from Kazan to Tucson, and now to Seattle, and her eldest Seattle granddaughter, Berta, translates Rita’s work into English. Their partnership is progressing well and they look forward to completing what should prove to be a riveting memoir.

Rita feels that she has had an exciting and fulfilling life, if not always an easy one. How fortunate we are to have her with us in our food bank family!