

FALL 2023

# FOOD FOR THOUGHT

THE NEWSLETTER OF THE UNIVERSITY DISTRICT FOOD BANK

## Record year for Food Bank auction!



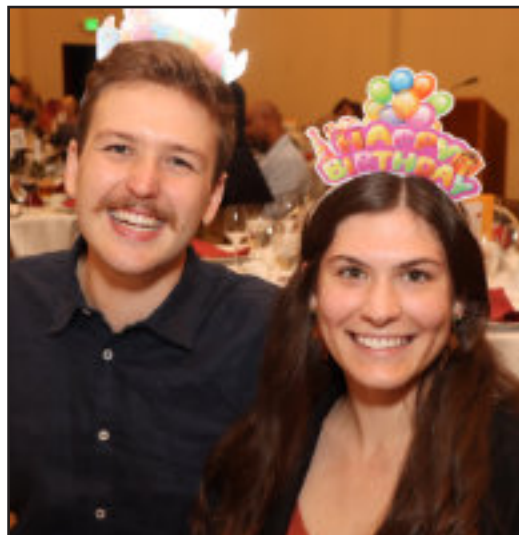
There were lots of great items to bid on in the Silent Auction.

THANK YOU to all of our supporters and volunteers who made the 28th annual “Take a Bite Out of Hunger” benefit auction a record year!

We raised \$406,000 including sponsorships, ticket sales, item sales and Fund-A-Need, which raised \$240,000 towards our \$1.2 million fiscal year food budget.

This is a victory and puts us on a solid path as we look toward our food budget next year. But even with the amount raised it’s all relative to our looming food purchases.

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The auction celebrated the Food Bank’s 40<sup>th</sup> birthday and these folks were in the spirit of the evening.

## Meet our Food Bank founders

As many of you know, the Food Bank has been celebrating 40 years in 2023. We’re so proud to have filled a void in the community and been able to feed our friends and neighbors in Northeast Seattle for four decades. You make it possible day-to-day for us to continue our work.

But we truly would not be here without three very special people who were the engine that made the University District Food Bank possible in 1983:

**Patty Whisler** – co-founder and community organizer

**Dick Cunningham** – co-founder and pastor at University Christian Church

**Trish Twomey** – first executive director

Read on for their reflections about the beginning and how they came to launch the University District Food Bank in 1983! *(Interviews have been edited for length. Full interviews at [www.udistrict-foodbank.org/udfb-blog/](http://www.udistrict-foodbank.org/udfb-blog/).)*

### ► **Patty Whisler** **How did you get involved with the Food Bank?**

The timing was just remarkable. I can’t tell you what a glorious process it was

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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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206-523-7060

# Letter From The Director

Dear Friends,

I'm writing you today to tell you about a significant change in one of our key partnerships.

Northwest Harvest has unilaterally decided to remove us as a food distribution partner by the end of 2024. While we will remain a member of the Northwest Harvest network and will collaborate with them on policy advocacy toward our shared goal of ending hunger, University District Food Bank is one of 30 agencies statewide and one of four in Seattle to be "graduated" from receiving food from them. Northwest Harvest has taken this decision in order to focus their food distribution on partners working "without the traditional resources offered in the food system."

We are deeply disappointed by this decision. To build a hunger free community, we must move beyond a narrative of scarcity. This decision by Northwest Harvest only reinforces that narrative.

2024 will be a year of transition for us with Northwest Harvest. They will reduce their food support by 25% in January and by 50% in July. The loss of this food is significant. The loss of this food will be noticed on our shelves.

Last fiscal year, Northwest Harvest provided us nearly \$400,000 worth of in-kind food donations. (Their share of contributions are indicated by the red area in the adjacent pie chart.) Replacing this will be difficult, but replacing this will be essential. We remain busier than ever at our food pantries, we've seen the closure of the U-District Target (a food donation partner), we've added two schools to our Packs for Kids program, and our grab-and-go café stocked with ready to eat foods will open later this month.

Our commitment to building a hunger free Northeast Seattle remains unchanged. We know that in our community, food justice can seem out of reach for so many. We will continue our work to reduce and eliminate the barriers to food access. We will continue to provide healthy, culturally familiar food daily.

In our current fiscal year, we have doubled our food purchasing. We will spend \$1.25M buying food and hygiene items to supplement our donations. This increase in purchasing realistically only helps us tread water. Through September, we were 47% busier than at this same point last year. We anticipate remaining at least this busy into 2024.

As you consider your end of year giving and make plans for 2024, please include University District Food Bank in your plans. Your investment locally has the biggest impact on the lives of our neighbors. Your investment helps us build a hunger free Northeast Seattle. Your investment in our community matters.

In peace,  
Joe



**2022-23 Donated Pounds by Source**



■ NW Harvest  
■ Food Lifeline  
■ Stores + Businesses



# Founders: Where would they get the food?

CONTINUED FROM PAGE 1

to set up. Everything just fell into place and everyone wanted to help. The U District was filled with people who had no homes, no food, nowhere to go and we all came together to make the food bank happen.

Dick Cunningham was instrumental in getting the churches behind it and it felt like Trish Twomey appeared out of the blue and was so phenomenal, as was the University Christian Church community. Everyone should have an experience like this in their lifetime.

## **What was the biggest challenge to overcome in the beginning?**

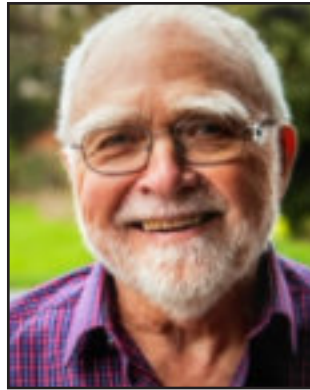
We didn't have any competition in the area, and everybody got right in there and did a wonderful job of helping. But in the beginning, initially, it was hard to get the space donated, but then University Christian Church stepped up and we were all so grateful.

## **What is your fondest memory of your time volunteering Food Bank?**

The food drives that Trish organized. One time in particular, I remember her in the back of the truck putting everything together and surrounded by supplies. She had a huge smile on her face even though it was a lot of work. That is a memory I love.

## **Any other thoughts or memories you'd like our community to know?**

The thing that made it go was that everyone sensed a greater need and the city was so helpful. People learned to trust each other and that was a wonderful thing to see grow as we headed into the next decade of community planning. Residents, businesses, faith community all working together made it far better. It's one thing



Three people who were there at the start of the University District Food Bank are, from left, Patty Whisler, Dick Cunningham and Trish Twomey.

we did that was a big success because we all came together.

This trust grew out of a common goal and it's what we need now to bring everyone together.

### **► Dick Cunningham**

## **How long were you a pastor at University Christian Church?**

Eighteen years. I managed education and social justice, which led to the Food Bank.

## **Was there a certain moment or series of events that lead you to co-found the Food Bank?**

First thing is the dynamic of the members of the church, very progressive, and cared about what they did in the world. The senior pastor and my colleague, James Stockdale, was an advocate for the church being relevant to the broader University District community.

## **What was it like gathering the community together in the early days to donate or volunteer?**

We had a space in the basement that used to be the church boiler room built in the early 1900s, so we said let's use this space. It had an outside entrance and alley access. People were very willing to engage in it and volunteer.

## **What was the biggest challenge to overcome in the beginning?**

Where are we going to get the

food from? The Church Council of Greater Seattle and the Washington Association of Churches operated out of our church. Boeing had had some bad days and people in the church rallied around that and realized in this country how can we let people go hungry? So it was engrained in our community already. Then Trish set up food drives at various churches and grocery stores and at the UW campus.

## **What's your proudest achievement during those years?**

The church responded to the needs of people in the community, and that's my vision of what the church ought to be doing. Our church was concerned about what was happening today and how can we could help it. There was a line around the block at the Food Bank and you couldn't ignore it. The community saw the need and stepped up to help. The hunger issue is one that is very subtle because who wants to admit that they are hungry in a country with so much food?

## **Any other thoughts or memories you'd like our community to know?**

Trish Twomey was the first executive director and was the most

CONTINUED ON PAGE 7

# Thanks for helping us beat our auction goal!

## Auction Sponsors

### Presenting Sponsor

Amerigroup  
Bill & Melinda Gates Foundation  
WSECU  
Shook Hardy & Bacon  
KeyBank

### Premier Sponsor

Seattle Green Earth Cleaning

### Star Sponsor

Corient  
Kilpatrick Townsend & Stockton  
Seattle Children's  
University of Washington

### Supporting Sponsor

Kinetic West  
MollyCartwright Homes

### Patron Sponsor

Pacific Law Group  
Center for Spiritual Living  
University Book Store  
Greenlake Family Dentistry  
Beneficial State Bank  
Garde Capital  
Lovrovich Orthodontics  
Community Health Plan of  
Washington

### Friends

Tom Giardino  
Lisa Youel



## Auction sets record for donations

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ing budget which has almost  
quadrupled in the last 3 years!

Please continue to keep us in mind for donation drives and end of year giving as we head into the holiday season. We can do so much good for the community when we all come together!

### THANK YOU:

**Volunteers** — You made this all possible with your hard work and dedication to set up, run the event, and take down/clean up. We are so grateful!

**Auction Item Donors** — We received 370 donated items valued at \$74,000!

**Sponsors** — We had a record number of sponsors this year. A huge thank you to all of them for supporting our work in the community!

**Dessert Dash** — Thank you to all of the incredible bakers who donated treats to our dessert dash! It was a beautiful table and we couldn't be more appreciative of your sweet talents.

**UW Foster School of Business** — Their student volunteers worked every phase of the event: registration, silent and live auctions, and item check-out. They sold all the Best of Live raffle tickets as well as 60 bottles from our wine grab.

## Auction Volunteers

### Auction Committee

Cathy Petito Boyce,  
Chair  
Christine Bagley  
Terrence King  
Kristina Smith  
Ben Spruch  
Casey White  
Paul Yunker

### Volunteers

Peg Balachowski  
Joe Balachowski  
Leah Ball  
Carol Cabe  
Arra Ebersten  
Molly Deal  
Christina Fitzpatrick  
Kate Fitzpatrick  
Nina Gerber  
Michael Goodheim  
Abby Herrick  
Linda Haba  
Deborah Kay

Erika Kinno  
Cheri Liberty  
Kristina Smith  
Stephanie Stoffer  
Cameron Van Horn  
Betsy Wheeler  
Casey White  
Eric Wirkman

### Foster School of Business

Aditya Amadhan  
Parag Amrutkar  
Deepa Annt  
Aashish Bhandari  
Hannah Cecena  
Saadhika Duaa  
Jennifer Goertz  
Nehal Gujrathi  
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Jaideep Sant  
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Kiran Ravulapalli  
Vineeth  
Ni Zhang

### In-Kind Donors

Cameron Catering  
Ladd & Lass  
Brewing  
Republic of Cider  
Rotie Cellars

### Audio

Jak McKool

### Graphics

Curt Milton

# Thanks to our 2022 auction item donors!

2BAR Spirits	CJ & Erin Hawkinson	Jess and Mary Levine	Pagliacci Pizza	Swansons Nursery
Abdul-Sattar Family	Clive Pursehouse &	JM Cellars	Patty Minzel	Taco Time NW Home
Abeja Winery	Gwynne Junkin	Jonathan & Marissa Cats	Paul Yunker	Office
Acorn Street Shop	Columbia Hospitality	Judi Chapman	PCC Community	Tacoma Art Museum
Act Theatre	Copperworks Distilling	JuneBaby Restaurant	Markets	Ted Hunter
Adamant Cellars	Company	Karen Andersen	Peg Balachowski	Tessa Matthey & Peter
Agua Verde Café &	Coyle's Bakeshop	Karen Ko & Gary	Portage Bay Cafe	Durkee
Paddle Club	Curt Milton	Johnson	Pranee Halvorsen	The Burke Museum of
Alaska Airlines	Daniel's Broiler – Prime	Kathy Krogslund	Queen Anne Book	Natural History and
Alderbrook Resort & Spa	Steaks & Seafood	Kelly and Ruby	Company	Culture
All The Best Pet Care	Darlene & Jared Moses	Grebinsky	Queen Anne Frame &	
Alyssa Grundmeyer Fine	DeLille Cellars	Ken Johnson	Gift	The College Inn Pub
Art & Illustration	Dick's Drive-In	Kevin White Winery	Rachel's Bagels &	The Essential Baking
Anthony's Restaurants	Restaurants, Inc.	Kontos Cellars	Burritos	Company
Aqua by El Gaucho	Dino Haak	Kristina & Kent Smith	Rainglow Airbrush	
Archie McPhee /	Doe Bay Resort &	Kuma Coffee	Tanning & Lashes	The Herbfarm Restaurant
Accoutrements LLC	Retreat	Lanikai Bath and Body	Reininger & Helix Wines	The Pantry
Argosy Cruises	Donald Raymond	Latta Wines	Renaissance Tree Care	The Pastry Project
Arra Ebersten	Gunderson	Laura Collins & Greg	Republic of Cider	The SweetSide
Ashley H Song	Duke's Seafood	Doerge	Residence Inn By	Theo Chocolate
Avennia Winery	Dunham Cellars	Lauren McCaffrey	Marriott Seattle	
B. Fuller's Mortar &	DW Distilling	Leah Ball	University District	Third Place Books –
Pestle	Earshot Jazz	Leonetti Cellar	Richard S. Conway Jr.	Ravenna
Baer Winery	Ellen & Al Yunker	Letterpress Distilling	Rick Steves' Europe	
Bakery Nouveau	Elliott Bay Book	LetThemEatSoap.com	Ridge Pizza	Thomas Dentistry
Ballard Inn	Company	Linda Rethke	Saint Bread	Three Sacks Full
Barbara Roller	: Eltana Wood-Fired Bagel	: Little Water Cantina	Sand Point Country Club	Thurston Wolfe Winery
Beecher's Handmade	Cafe	: Long Chiropractic Center	Saratoga Tea & Honey	Tilth Alliance
Cheese	: Ethan Stowell	: Macrina Bakery & Cafe	Co.	Tom Douglas and
Ben Steele and	: Restaurants	: Madison Kitchen	Saviah Cellars	Company
Melinda Iwen	: Eureka! Seattle's	: Magnuson Athletic Club	Savor Seattle	
Best Western Pioneer	: University Village	: Marination	Seattle Aquarium	Total Wine & More
Square Hotel	: Frank's Oysterhouse &	: Mayflower Park Hotel	Seattle Art Museum	Tracy Wilking
Beverly Hunnicutt Studio	: Champagne Parlor	: McCarthy & Schiering	Seattle Donut Boat	Tranche Estate
Bloomer Estates	: Full Pull Wines	: Wine Merchants, Inc.	Company	Trophy Cupcakes
Blue Star Cafe & Pub	: Georgetown Brewing	: McMenamins Pubs and	Seattle Green Earth	Tropical Flowers &
Book Larder	: Company	: Breweries	Cleaning	Bouquets of Hawaii
Boon Boona Coffee	: Georgetown Liquor	: Mercer Estates Winery	Seattle Interiors	Tutta Bella Neapolitan
Cafe Allegro	: Company	: Mighty-O Donuts	Seattle Mariners	Pizzeria
Cafe Lago	: Ginny Conrow Porcelain	: Mike Gleason	Seattle Rep	University District Food
Cameron Catering	: Studio	: Mioposto Pizzeria	Seattle Seahawks	Bank Board of Directors
Can Can Culinary	Gregg's Cycle	MOHAI	Seattle Seaplane	University of Washington
Cabaret	Guardian Cellars	Mojito Latin American	Seattle Symphony	School of Drama
Cappy's Boxing Gym	Harold's Lighting	Restaurant	Seattle Theatre Group	View Ridge PCC
Carol Cabe	Hawaiian Vanilla	Molly & David Hancock	Seattle Wine Storage	Village Theatre
Cascina Spinasse &	Company	MTN Gear	Serafina	Westland Distillery
Artusi Bar	Henry Art Gallery	Museum of Pop Culture	Shanelle Donaldson	Wing Luke Museum
Cathy Petito Boyce	Holiday Inn Express,	National Nordic Museum	Shirley Towner	Woodland Park Zoo
Charlie Burdell	Prosser	New Roots Organics	Sholdt Jewelry Design	Woodward Canyon
Cheryl & Scott	Holly & Jim Johnson	: Nielsen's Pastries	: Sleight of Hand Cellars	Winery
Washburn	Holly Marklyn	: Night Light Nails Salon	: Starbucks	Zeeks Pizza
Cheryl Marek	Irene Holroyd	: Nina Gerber	: Stoneburner	
Chris (PJ) Pierre-Jerome	: Isenhower Cellars	: Northwest Outdoor	: Suenos de Salsa	
Chris Schenck	Jane & Peter Lamb	: Center	: Suncadia Resort	
Christine & Travis	Jeanne McKinnon	: Pacific Northwest Ballet	: Susan Williams & Dick	
Bagley	: Jeff Sconyers & Deb	Pacific Science Center	Conway	
	Godfrey			



# Staff profile: Abby Herrick, Satellite Pantry Coordinator

Meet Abby, our Satellite Pantry Coordinator! They work tirelessly each week to make sure our North Seattle College and Magnuson Park pantries are stocked and staffed. These pantries are a vital resource to those neighborhoods and expands our reach further in the community.

## All About Abby!

**Hometown:** Albuquerque, NM

**First concert:** New York Philharmonic?

**Coffee or Tea:** Coffee for sure, but I love a good London Fog.

**Favorite Pizza Topping/s:** Can't go wrong with Margherita.

**Favorite Place to take out-of-towners in Seattle:** The Bainbridge Island ferry

## What is your school and work background?

I graduated from undergraduate at Whitman College in 2021 with a degree in music, and have worked with symphonies and music nonprofits in Washington and Albuquerque, New Mexico, as well as canvassing for Environment New Mexico and working at a Walla Walla Valley winery.

## When did you start at University District Food Bank?

I started in October of 2022 through Americorps and recently became hired on as a full-time staff member.

## What is your role within the organization?

I coordinate our two satellite pantries, at North Seattle College and Magnuson Park. These pantries allow us to feed more people in our community and those who can't make it to our U District location.



Abby Herrick likes to travel when she isn't working at the Food Bank.

## What is the most fulfilling aspect of your work?

The most fulfilling aspect of my work is getting to see how people care for their community and being a part of this wonderful community!

## What would you like our community to know about the Food Bank?

Since I started at the food bank

a year ago, the number of people I serve at our satellite pantries has grown markedly, and we need more support than ever. But I also want to take a minute to thank all our volunteers and donors from the bottom of my heart. There is absolutely no way I could do my job without my weekly volunteers at both pantries and at the main food bank, and I am so grateful!



The University District Food Bank is an essential part of the U District, preventing hunger and serving our neighbors. The UW is proud to support this important work.

**W**  
UNIVERSITY of  
WASHINGTON

# Founders: 40 years on, the need remains

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valuable employee that I have ever worked with. She was an excellent person to grasp the concept and move it forward.

Patty is a gem. She was phenomenal at bringing people together and organizing. These are two powerful women who need to be noted for their work in helping other people.

## ► Trish Twomey

### **What years were you Executive Director of the UDFB?**

May of 1983 until summer 1993, about 10 years.

### **How did you get involved?**

I was working at University Christian Church running the congregation meal plan and every month, Patty Whisler, who worked for the City of Seattle, held meetings with all service providers in the neighborhood. The closest food bank at the time was in Fremont and there was a growing need in northeast Seattle. So Patty started looking around at different churches and locations to operate out of. The University Christian Church was so large, they offered their basement space and it just started to grow organically from there.

### **What was it like gathering the community together in the early days to donate or volunteer?**

Patty led this charge. She was a great community leader. She pulled together a board of directors with people from local churches, clubs, the UW and more. It was amazing to see the community come together. We'd get food from Food Lifeline and NW Harvest and were able to start feeding the neighborhood.

### **How many families a week did you serve?**

We were busy right away and

quickly became one of the busier locations in the city. KING5 News was there the first day we opened and we started serving maybe a couple hundred families a week. It grew later to 600 families.

### **What was the biggest challenge to overcome in the beginning?**

The biggest challenge in the early days was getting enough food. I would often drive to NW Harvest to get more food because we were having a hard time keeping up with demand. About a year or two in we received funding from the City of Seattle. We got donations from local businesses in the neighborhood like Safeco Insurance and many others. We had moments of scarcity and then the money or food would appear and always worked out.

We started running a big campus food drive with all departments at UW, which was a huge amount of food. And the more people learned about what we were doing, donors would send in checks, service clubs were sending

money. I don't remember being under-resourced after those first months.

### **How has food insecurity changed in Seattle over the last 40 years?**

It's kind of the same story but in a different time. In the '80s we were seeing a lot of refugees from the former Soviet Union, and we're still seeing this and serving a large refugee population in our state.

There's a lot more attention paid to this issue now and new funding to support it. And, of course, the scale of the food banks now, with all staff members and larger shopping spaces, is much improved.

### **What is your fondest memory of your time as executive director?**

It was always there to help people. I feel like we surprised people and were there to help them. People who came after hours to the church to get food, and I was happy to help them. People were always surprised and happy that we answered the phone, we really wanted to help people, we had resources and lots of food and always did what we could.



We are proud to support the University District Food Bank and the 2023 "Take a Bite Out of Hunger" Benefit Auction.

Grateful for your mission to end hunger in Northeast Seattle.

[www.kilpatricktownsend.com](http://www.kilpatricktownsend.com)

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# Turkey Trot to benefit Food Bank

Join in the fun at the 8th Annual Montlake Community Club 5K Turkey Trot and Kids Run on Thanksgiving Day, Thursday, November 23!

All of proceeds from the event benefit the University District Food Bank. Sign up now to enjoy the incredible community spirit of Montlake's annual tradition to-

gether. Run or walk and invite neighbors, friends, and family to join you.

Register today at [montlake.net](http://montlake.net).

If you're not interested in running or walking but want to help, we're looking for volunteers! Use [raceroster.com/events/2023/76354/montlake-turkey-trot/volunteer](http://raceroster.com/events/2023/76354/montlake-turkey-trot/volunteer) to sign up.



Turkey Trot participants



Tags on the University Village Winter Wishes trees have gift wishes for local kids in need.

## Support Holiday Gifts for Kids of the University District Food Bank

Starting the day after Thanksgiving, on Friday November 24, University Village will display its Winter Wishes trees filled with gift tags for local kids. Each tag corresponds to a local child's holiday gift wish. You can shop for as many tags as you like. Then the U Village team and volunteers will wrap them and distribute to the children through organizations like ours.

Thanks for your generosity this season!

## Volunteer with us this Holiday Season

We're in our busy holiday season and can use your help! Volunteer at the University District Food Bank and enlist a partner or friend to join you.

# WSECU

## Proud to support

### University District Food Bank

in their mission to build a hunger-free Northeast Seattle by providing our neighbors with reliable access to healthy food and life-changing resources.

[wsecu.org](http://wsecu.org)  
800.562.0999

