

1940-2018

In Memory of Brenda Humphrey



Brenda Humphrey passed away in April, following cardiac surgery. Brenda is remembered as a dedicated, friendly, and tireless volunteer at the University District Food Bank. She worked at the food bank for 12 years and during most of that time she volunteered five days a week.

Brenda was proud of the fact that both her parents were born in Seattle. She grew up in the Wedgewood neighborhood and attended Lincoln High School, graduating with the class of 1958. After retirement from the University of Washington in 2006, Brenda began volunteering full time. In addition to working at the food bank, she

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Sea Breeze Farm joins with the food bank to promote sustainable growing

When you stop at George Page and Rose Allred's farm stand at Farmer's Markets in Seattle, the first thing you notice is that they are two of the friendliest, down-home people you are likely to meet that day. Saturdays find them at the University District Farmers Market and Sundays in Ballard. Add to that little Roman, in a snuggly while his

Mom is dealing with customers, who will steal your heart away with only a glance.

Sea Breeze Farm on north Vashon Island is home to this family of three and a wide range of livestock animals. For eighteen years, George has raised farm animals: chickens, ducks, beef cattle,



CONTINUED ON PAGE 4 Rose Allred and Roman

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,

Did you know that we recover food from our community food donors seven days a week? That's right, every morning our refrigerated Sprinter is on the road visiting our neighborhood grocery stores and businesses to collect their healthy food donations so that we can pass them along to our neighbors when they come to the food bank. Some days there are only a few stores to visit and the van is back in our garage by lunch. However, on most days, the van is busy on into the afternoon. And these grocery donations are significant in amount. Collectively, donations from our 15 grocery store partners exceed the support we receive from either Food Lifeline or Northwest Harvest directly. However, these donations require a large deal of processing before they are ready for distribution. And that's where our community's generosity is on display again.

Every day, volunteers join food bank staff in readying the donations and our food bank for our customers. Spoiled and damaged food is composted. Shelves and coolers are organized and loaded with plenty of healthy and delicious options. Back stock is made ready for future use. Some days it feels like the staff role is to just open up the place (but I definitely know that's not the case), since our experienced volunteers work the magic. And new volunteers are welcomed and mentored to develop their involvement in all the tasks that need to be done.

When we finally open our doors to our customers, a new team of volunteers will help operate our market. They will greet shoppers, restock the shop floor, assist with finding items, and bag up groceries. Before the food bank doors close for the day, these market volunteers will be replaced once or twice more with other volunteers willing to help make sure all our neighbors have access to adequate food and nutrition. During a busy week, we might have more than 500 hours of volunteer help.

And yet, even with all this coordination, energy, and collective effort that provides more than 30,000 meals each week, we still could never replace the enormous number of meals that are provided by SNAP (aka food stamps). For every one meal we offer, food stamps will provide a dozen to families across our community. And food stamps provide this support through shopping at conventional businesses like farmers markets, fruit stands, grocery stores, and other shops in our neighborhood.

So, as you support our work, I hope you will broaden your support to include some essential but simple advocacy to amplify your impact. Food stamps are under attack and we, as a food bank, can't scale up to replace what is being considered for cuts. Implore your Congresspeople to make no cuts to SNAP. If you live in Seattle you can thank them for protecting this highly effective anti-poverty program; if you live elsewhere please check to see how they view SNAP and urge them to support it fully if they don't already. Finally, ask your friends and family across the city, state, and country to do the same. SNAP helps ensure that we can all reach our fullest potential, but our lawmakers need to be reminded of this. And they need to be reminded by many... and soon.

In peace,

Joe





Welcome Liliya Shtikel, our new Community Connector

Hello everyone, I am thrilled to join the team at the University District Food Bank. My name is Liliya Shtikel and I started working at the food bank in late December as a Community Connector.

I was born in Moscow, Russia and moved to the U.S with my family in 1991. I grew up in Seattle and just recently graduated from the University of Washington with a Masters in Social Work. One of my biggest passions is working to end homelessness and I strongly feel that working towards food justice is an important part of that process. Prior to working at the food bank I worked at ROOTS Young Adult Shelter as a Program Manager. In addition to ROOTS, I have worked at Jewish Family Service and Forefront Suicide Prevention. I love working in social services and am grateful to have the opportunity to continue that work here.

The Community Connector Program is a pilot program through the City of Seattle Human Services Department. My hope for this position is to help connect food bank customers to resources and sup-

port that they might need outside of food. My role so far has included assisting food bank clients by assessing their needs, referring them to resources, and helping them complete applications into benefit programs. I have thoroughly enjoyed getting to know the food bank community and supporting folks around their different needs. I have worked with clients on a short-term basis by assisting them with applications or a referrals and have also worked with folks on a longer term basis, supporting them through the process of finding housing, employment, and education. In addition to working with people one-on-one, I have also worked on building and strengthening relationships with community partners and bringing in other resources to the food bank.

I hope that adding this position to the food bank will enhance people's experience at the food bank in addition to contributing to increasing the self-sufficiency of the community. I am grateful for the opportunity to work with the wonderful staff and volunteers at the food bank.

Sea Breeze turns scraps into new food

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sheep and pigs. At this point, there are 35 pigs at the farm, soon to be closer to 50 when the litter of piglets is born.

Not only do they raise the mostly grass-fed animals, they also sell artisan meats and eggs to a devoted Seattle clientele twelve months of the year. Their popularity is measured by the fact that they sell out of their wares almost every time. Though it took some years to build up the business, George says that the farm has become a personal and financial success. Rose acknowledges that their's is a very busy life, taking care of the farm animals, minding the home, crafting delectable food-stuffs, preparing for the market, handling the customers at the booth, and parenting an eight-month-old boy — yes, a busy life, and a happy one!

George recently linked up with the food bank in a project that brings great benefit to both parties. The food bank always ends up with leftover food that its clients can't use, like stale bread and fruits and vegetables that are past their prime. The food bank's commitment is to serve only the freshest, healthiest food to their customers. The way a typical grocery store would deal with this kind of overage would be to dispose of it in the garbage and compost it. Composting is more in line with the food bank's mission of creating sustainable food systems because the food waste converts to soil to grow new crops, but comes with its own set of challenges. Time, space and odor are three factors that make this conversion challenging for a food distributor. A promising emerging technology called bio compacting may be



George, Rose and Roman, top; pigs at their Vashon Island farm, below.



able to convert this food waste to electricity quickly and without the noxious odors, but is not currently viable for a variety of reasons. While it is an exciting possibility for the food bank to explore, the food bank was looking for another way to reduce the amount of compostable waste it produced in the short term. George proposed another possibility to utilize our compostable waste productively. George realized that the Food Bank left-overs would be ideal fodder for his pigs, who will eat almost anything. And Rose points out that the greater diversity of diet improves the taste and texture quality of the pork cuts, the ham, the bacon and the sausage that are

now so popular at their two farmer's market gigs each week. Most of the left-overs are devoured by the pigs just as they are. George and Rose soften the hard bread with whey and water, and the pigs love it. Think of it as a porcine version of Cajun bread pudding!

George says he's been "farming and fooding" on Vashon Island for almost two decades. Rose adds her own skills as "cheesemaker, winemaker, farmhand, charcutier, and truck driver" to the enterprise. She points out five gourmet pork sausages that she has made in their market cooler: Toulouse, Chorizo, Campagne, Breakfast sausage and Lyonnaise. Serve with fresh, home-made pasta, and a red wine of their own making.

George and Rose's use of Food Bank leftovers shows their commitment to a sustainable food system, turning food waste into feed that supports further food production. When the bananas are just too soft or the bread too hard, Seabreeze Farm's creative use of left-over food demonstrates just how interdependent elements of the food system can become.

Even Stevens partners with food bank

We are delighted to welcome Even Stevens located in the University Village as a Food Bank Partner.

Our Food Bank was chosen along with three other non-profits in the area by this new restaurant to benefit from their success. With the idea of “eat to give,” a portion of the monthly sales of their delicious sandwiches (and a few other items) is given to their partners in the form of nutritious sandwich ingredients. The recipients (like us) receive the donation through a special account set up with Sysco Foods. We are able to order from a variety of options – food, cooking aids and even operational supplies. The order is filled and delivered by Sysco which saves us both time and energy.

Founded in 2014 in Salt Lake City, Even Stevens has donated more than 3 million sandwiches to over 80 community partners in 20 locations. The University Village store is the first in the Seattle area and in Washington State. Seattle was chosen because it fit the model and mission of the company with its vibe and community orientation. Katherine Dupree, a spokesperson from Even Stevens,



The crew at Even Stevens in University Village

said that the Food Bank was an easy choice because of its proximity to the restaurant so that people buying sandwiches would be supporting a cause close to their home. Another reason was the strong community feeling about the Food Bank. This was evident from social media, news stories and reviews such as YELP. The company knows that contributing to large organizations like the Food Bank means that everything that is donated will be welcomed and used.

The more sandwiches they sell, the bigger the benefits are for us. Drop by and try one of their special sandwiches, salads, bites or breakfast. You can eat in or take your food to go. Catering is also available. Check them out at evenstevens.com. They have sold more than 39,000 sandwiches at the University Village location. You can help them raise that total and help us too while enjoying a delicious sandwich!

Take a Bite Out of Hunger auction set for October

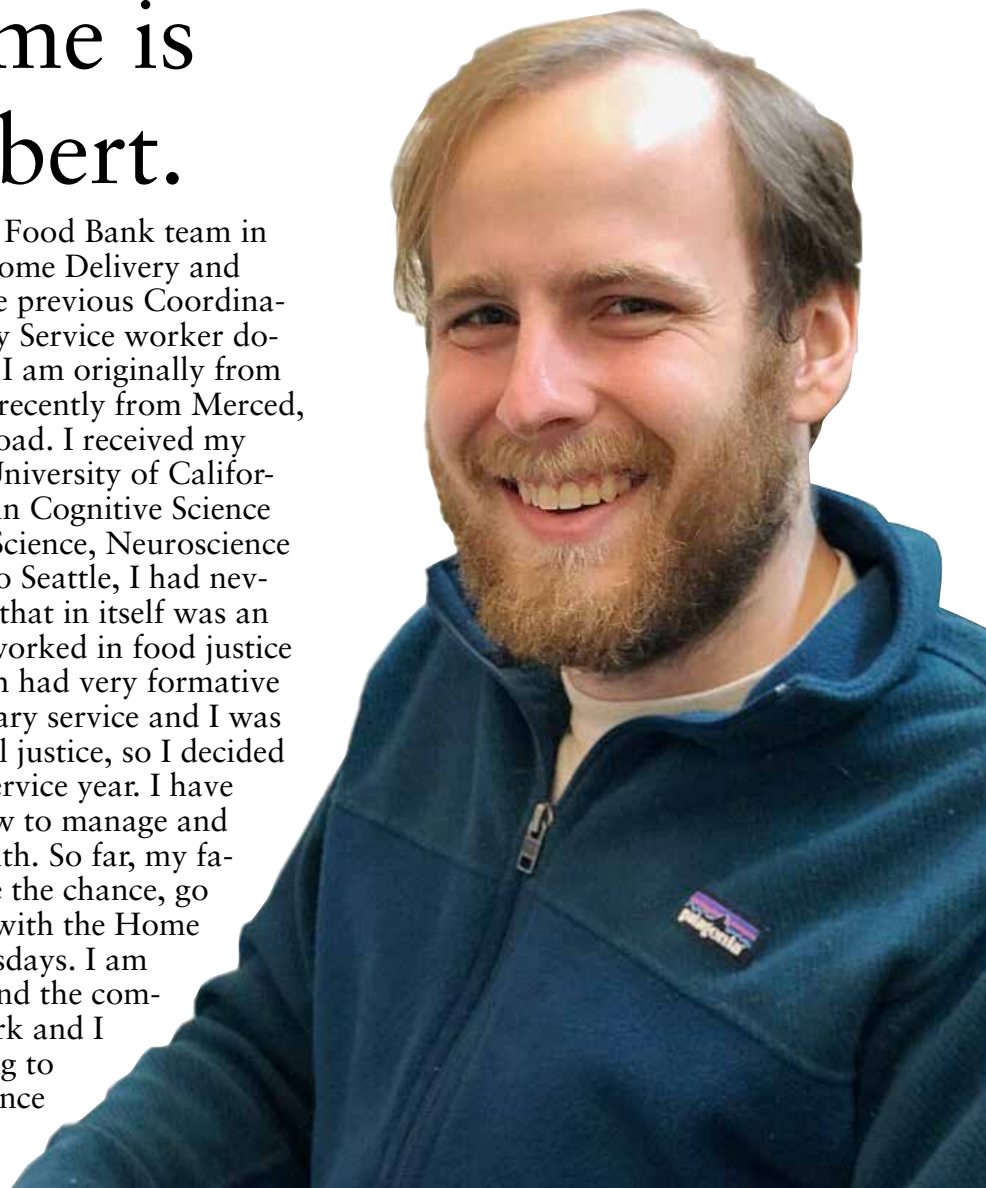
The 23rd Annual Take a Bite Out of Hunger auction to benefit the University District Food Bank will be at St. Demetrios Hall in Montlake on Saturday, Oct. 27. Tickets are available now at our website: <https://udistrictfoodbank.ejoinme.org/Registration>.

We hope you can join us for this wonderful event and help us keep the food on the shelves at the food bank.



Hi! My name is Daniel Hiebert.

I joined the University District Food Bank team in September of 2017 as the new Home Delivery and Packs For Kids Coordinator. Like previous Coordinators, I am a Mennonite Voluntary Service worker doing a service year here in Seattle. I am originally from Fresno, California, though most recently from Merced, California, which is just up the road. I received my undergraduate degree from the University of California, Merced, in the Fall of 2016 in Cognitive Science with an emphasis on Computer Science, Neuroscience and Psychology. Before coming to Seattle, I had never lived outside of California, so that in itself was an adventure, but also I had never worked in food justice or social justice. My siblings both had very formative learning experiences with voluntary service and I was interested in both food and social justice, so I decided to make those a priority of my service year. I have been enjoying learning about how to manage and lead the programs that I work with. So far, my favorite thing to do is, when I have the chance, go out on deliveries as a ride along with the Home Delivery route drivers on Wednesdays. I am very thankful to the food bank and the community for letting me do this work and I am looking forward to continuing to learn and grow from this experience as well as serve this community.



Remembering volunteer Brenda Humphrey

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ushered at ACT and the 5th Avenue Theater. She also volunteered at the Cloud 9 Thrift Store until it closed in 2012.

Brenda's astrological sign was Leo, which led her to begin collecting lions many years ago. Her home is filled with lion memorabilia. She was a fan of UW Husky football and had season tickets every year since 1987.

Her son Neil Humphrey, two grandsons, a sister and brother survive Brenda. As she requested, her ashes were scattered at the Seattle waterfront near

the Big Wheel and at the Olympic Sculpture Park.

Volunteers, staff and customers at the Food Bank miss Brenda and still feel her presence. We will always remember Brenda. Her spirit lives on.

"Brenda was quick to laugh," said Paul Yunker, food bank development director. "And quick to smile. She was essentially another staff person, able to mentor new people and be a sounding board for more seasoned volunteers. It sounds cliché, but Brenda had the ability to work well with everyone. And she loved to joke about Bill's coffee making skills, always a good thing."