



WINTER 2017

## Generosity powers annual Take a Bite Out of Hunger Benefit Auction

The headline for the 21st annual Take a Bite Out of Hunger Benefit Auction could have read: “Power Goes Out, Panic Ensues at Take a Bite Out of Hunger Auction.” Instead auction attendees reacted with utter calm as St. Demetrios Hall went dark for over an hour. They had fun. They sat at their tables lit by tea lights; enjoyed a meal prepared by Cameron Catering; and prepared to bid generously.

And generous they were!

The Raise-The-Paddle/Fund-A-Need raised a record \$102,600 for the Food Bank’s food budget. A total of \$19,464 came from Siegfried Kohl. Sig had wanted to come to the auction and raise his bid card during the Fund-A-Need. Unfortunately, after a long battle with cancer, Sig passed



The lights went out for a bit during the annual Take a Bite Out of Hunger Benefit Auction, but that didn’t stop people from enjoying the evening.

**CONTINUED ON BACK PAGE**



Runners gather at the starting line for the Montlake Community Club’s first annual Turkey Trot 5K.

## Neighborhoods give during two Thanksgiving events

Thanksgiving is of course centered around family, but the holiday affords people the opportunity to give back to the community as well. We had two neighborhoods, Montlake and Laurelhurst, hold turkey trot fun runs, raising money and food donations for the Food Bank on Thanksgiving Day.

The first annual Montlake

Community Club Turkey Trot 5K and 1K Kids runs, routed through the Arboretum, attracted over 600 runners. The event exceeded expectations raising \$10,000 for the Food Bank. Sharsti Sandall, Montlake Community Club board member and the primary race organizer, said, “It’s really humbling to see how generous

**CONTINUED ON PAGE 5**

# Letter From The Director

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

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Bill Lowie, Assistant Director

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Julia Fulk, Home Delivery and Packs for Kids Coordinator

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Dear Friends,

I've worked at the Food Bank for more than 13 years now. After never having worked in any job for more than three years, I am remarkably lucky to have settled into such a welcome community here. Now that we've finally settled into our new home, I've thought often about our path to 5017 Roosevelt Way NE.

When I started at the Food Bank, our office was a large closet across from the women's restroom in the basement of University Christian Church. When I arrived on Monday mornings, I met church volunteers cleaning up the overnight shelter for young adults hosted next to our office. The Food Bank handed out prepacked bags of groceries, and we'd send a volunteer around to the nearby bus stops when we were open to collect all the discarded food.

Our first change was to create an assembly line shopping system for food. We eliminated the stockpile of premade bags and let customers choose from some options as they walked past different tables. More volunteers actually got to speak to customers. We stuck with this system for a few years.

When we wanted to hire a part time fundraiser, we convinced the church to rent us a larger room upstairs. It cost \$200 more per month but meant we could have more than one computer, one phone and two desks in it.

In 2007, we tore down an internal Food Bank wall (physically and metaphorically) to implement our grocery store shopping system. We also took over the little church dining room for dry goods storage and installed warehouse pallet racking in it. And we doubled our service hours (and added Mondays) to become more accessible to our community.

In 2009, we had high school students paint us murals both inside and outside the Food Bank to bring art into our daily work.

By 2010 we moved the office again to make room for our home delivery coordinator and even another Food Bank staffer. We also had RW Anderson Homes donate a complete Food Bank remodel where they painted, upgraded the electrical wiring, installed emergency lighting, added a new ceiling, and built us proper customer check-in and check-out desks ... all in a long weekend.

Then, in the summer of 2011, the Board of Directors voted to move forward on a capital campaign.

Finally, in mid-July 2016, we moved into our new home and on December 1st we closed on our building purchase and signed our mortgage note since we have about \$250,000 yet to raise.

Now, when I arrive to work on Monday mornings, the volunteers are ours and they're readying the Food Bank to open, the young adults I see are coming from the supported housing above the Food Bank or arriving next door at Street Bean Coffee for their apprenticeship, and the closet across the hall from our gender neutral bathrooms houses a washer and dryer, not our office.

We've undergone a lot of change during just these past 13 years, but that's only been possible because of your generous faith in and support of our mission and the time and energy of tens of thousands of volunteers who help put our mission into action. Thank you for believing in our work. Thank you for nourishing our community. Thank you for creating this path to our new home.

In peace,  
Joe



# Thanks to our auction donors!

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These vegetables are seen growing on Rooftop Roots, the Food Bank's new rooftop container garden.

## Rooftop garden keeping the Food Bank growing!

Five months after moving into our new home, we are harvesting dozens of pounds of carrots, beets and greens for the Food Bank's grocery distribution hours. Rooftop Roots, our 2,000sq. ft. rooftop container garden, has been growing slowly but with gusto since its inception with weekly produce harvests and consistent vegetable plantings.

Through integration with Youth-Care, collaboration with numerous Seattle agriculture and social outreach organizations, as well as committed volunteers from the Food Bank, we have kept ourselves very busy! Recent endeavors have included a massive soil moving effort, winter preparations and even a fantastic work party with dozens of local Girl Scouts.

As we head into winter, Rooftop Roots will continue to grow and prepare for next year's growing season.

Kale, cabbage, and spinach will be grown during the fall and winter. Our immediate plans are to build a greenhouse structure, solidify our compost system, and prepare for some garden-related programs that will premier in the spring (hint: think story time with the Seattle Public Library and cooking classes!).

By next summer, we intend to support a consistent flow of fresh produce to the Food Bank with upwards of 10,000 pounds of veggies grown and distributed. We are excited to diversify our supply, adding to the staple crops we have now and look forward to sharing the onions, broccoli, garlic, beans, herbs, peppers, turnips, strawberries and so much more that will be growing atop the Food Bank!

If you are interested in volunteering with Rooftop Roots, please email [hannah@udistrictfoodbank.org](mailto:hannah@udistrictfoodbank.org).

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The Langham sisters, annual swag volunteers, show off a wreath for a Home Delivery customer.

## Holiday swag event marks 12th year

The University District Farmers Market in partnership with University Heights hosted the 12th annual U-District Swag event. Led by former University District Food Bank board member and current Department of Neighborhoods District Coordinator, Karen Ko, volunteers made holiday decorations and wreaths for the 110 customers of the Food Bank's Home Delivery program.



Rosalie Gronka with her holiday swag.

# Foster parent found Food Bank was there with a helping hand

There are 1,200 families who visit the Food Bank every week. Each has their own story. One of our customers, Paulette Simpson, a business management student at North Central College who has a family of seven, took time out of her busy schedule to talk about her experiences at the Food Bank.

“We first found out about the Food Bank when we were trying to make ends meet. It was a choice between paying the bills, getting heat cut off, or getting food. After doing further research we found out about the University District Food Bank, which has been a great help to our family.”

Born and raised in Seattle, Paulette is the foster parent of four boys. Her daughter and infant granddaughter live with Paulette too. “The Food Bank has helped us keep good meals on the table for the children and us. It usually has a great selection of fruits and vegetables.”

There are times in your life when you need a helping hand. “We’ve been coming to the Food Bank for the last seven years. With the big change in the economy the Food Bank has been a great resource for our family, allowing us to make ends meet.

“I’d like to thank the people that support the Food Bank. If it wasn’t for them it would be huge setback for our family. We know that we are going to have enough food on the table.”



*“The Food Bank has helped us keep good meals on the table for the children and us. It usually has a great selection of fruits and vegetables.”*

– PAULETTE SIMPSON,  
FOOD BANK CUSTOMER

## Thanksgiving events help the Food Bank

### FROM PAGE 1

the community is.” Race sponsors and food drive businesses included Café Lago, Coven Salon, Fuel Coffee, Glam and Tonics AVEDA Salon, Jay’s Dry Cleaners, Montlake Boulevard Market, Mr. Johnson’s Antiques, Pub Montlake, Timothy Burkart of KHBB Law, and Windermere Realtor Darcy LaBelle.

The 4th annual Laurelhurst Turkey Trot 5K, organized by Brian and Katie Larson, collected over 300 pounds of food and \$400 in donations. Nearly two hundred runners participated in the non-entry fee race. The course zigzagged through Laurelhurst including its hills. Metropolitan Market donated Thanksgiving pies for the race raffle.

Clockwise from below:  
Dressed to fit this year's  
homecoming theme;  
bidding during the "Fund  
A Need" item; auctioneer  
Shawn Hamilton; bidding  
in the silent auction.



## Fund-A-Need hits record at auction

### FROM PAGE 1

away in April. He bequeathed a portion of his estate, \$19,464, to the Food Bank.

The event will top \$215,000 once we receive charitable donation matches. That number includes the Fund-A-Need (\$102,600!), item sales (\$68,400), ticket sales (\$26,000), and sponsorship (\$18,000). The top selling items included 12-day

Holland America Cruise (\$3,750) and a Rooftop Roots garden class for 40 with Ciscoe Morris (\$3,450).

Please take the time to look at auction item donors and sponsors listed on the third page. Please frequent their business or thank them if you can. They along with generous attendees are the reason the event continues to be a success.