



FOOD FOR THOUGHT

THE NEWSLETTER OF THE UNIVERSITY DISTRICT FOOD BANK

SPRING 2017



Carly shows a package of the cookies she sells to raise money for the University District Food Bank and PAWS.

10-year-old bakes up a fundraising plan

Carly, a ten-year-old fourth grader at University Child Development School, has been a baker for as long as she can remember. In October 2016, she took her baking to the next level as a way to raise funds for the food bank's Packs For Kids program and PAWS, a local shelter, by launching her business, Donation Desserts.

When Carly was a Girl Scout she realized the appeal of cookies and the possibility of using them for philanthropy. Later, when she was looking for a way to give to others, baking cookies seemed like the perfect idea. Her love of cats and desire to help kids who don't always have enough to eat, sparked her plan.

Sally Swofford, Carly's mother's longtime friend, is Carly's business mentor and as Carly says, "her second mother." Sally owned Seattle Scone Girl for many years so had both baking and business skills she could teach and share with Carly. They decided to make shortbread cookies their specialty for the simplicity of ingredients and the delicious, buttery, sugary taste. Carly said they tried many recipes before they came up with their tried and true recipe.

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She builds a creative life with food bank's help

Marian Hayes is an appreciative home delivery client of the University District Food Bank. She's a remarkably happy person, always ready with a smile. The weekly grocery deliveries to her



Marian Hayes home benefit her greatly since medical issues prevent her from coming into the food bank store.

She was born in Moberly, Missouri, but spent most of her childhood and youth in Central Washington. Living in Cashmere as a small child, she remembers fondly the original Tiny's food stand and the Aplets and Cotlets confections that were made famous there. By the time she was a teen the family had moved to Peshastin, and she graduated from Peshastin High School. Marian was active "in almost everything," including band (clarinet), model United Nations, math club, pep club and girls' basketball, where she played "stationary guard."

Vegetable gardens were a mainstay for the Hayes family, and Marian remembers how she and her sister took part in

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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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Letter From The Director

Dear Friends:

After five years of a capital campaign, this spring it has been great to take an organizational deep breath. Whew.

Of course, this hasn't meant a pause in our work.

In fact, we are 20 percent busier here in the new space than in the old food bank, seeing over 200 more customers per week. It also hasn't meant a pause in our fundraising, because we now have

a mortgage to pay on top of our day-to-day operating costs since we didn't quite raise all the capital dollars we needed for our new home. Instead, during these past few months, we have reflected on what our new home feels like now that we are moved in and how it can help shape our work in the months and years to come.

Our work is not always easy. Poverty is hard and unjust. While we've created a safe, accessible, and supportive environment for our customers and volunteers, that is often times not enough. Healthy food is paramount to the day-to-day well-being of our customer families, but we know it only ameliorates larger problems. Access to healthy food is not a panacea for affordable child care, for sound physical and mental health, a steady job at a living wage, or a sufficient retirement savings in an increasingly more expensive region. More sustained work by our customers, by ourselves, by our partners and by our community is needed to make more significant progress happen.

Today, a selection of community partners are on site at the food bank's new counseling room to help our customers navigate some personal change, and we will broaden those resources in months to come. We will also amplify the voice of our customers as they seek change. We will become stronger allies of those already doing this advocacy work. And we will hold our elected officials accountable to the community values we hold in common to help remove or dismantle the structural barriers to equal opportunity.

At a Seattle Arts and Lectures event earlier this year, writer Bryan Stevenson said, "The opposite of poverty isn't wealth, it's justice." As we think about the responsibility we have to end poverty in our community, that work begins first by creating justice for everyone. And that work towards justice now has a new home.



In peace,

Joe

Volunteer is friend to all at food bank

Enzo Guarda takes pride in the quality of the food and how it is displayed for University District Food Bank customers. And yet beautiful, nutritious food isn't all that the customers get. Enzo's warm smile is immediately engaging, and as you get to know him better, you realize that he is a friend to all.

"I like people a lot," says Enzo. "If more people would feel this way, the world would be a different place. We need to concentrate on respecting and liking other people, whoever they may be, and we will all become more human."

Enzo began volunteering with the Food Bank about a year ago when it was housed at University Christian Church. He remembers how crowded and dark the store was, and there wasn't much space to move around. With the new space on Roosevelt, Enzo is thrilled with what he has found. The new store has all the facilities to prepare and display the food that a fine grocery would have, and he is grateful to be able to serve the Food Bank's clientele with an eye to quality.

Enzo has been a community volunteer for many years. After retiring in 1997, he and his wife moved to Seattle in 1998 where they bought and thoroughly renovated what is now the family home, much of the skilled work being done by his own hands. Soon after, his daughter volunteered him to work with Habitat for Humanity. Being physically fit, skilled with tools, and fairly courageous, he was the one who would carry the heaviest bags and climb the tallest ladders. The work began in November and continued through a cold, wet, Seattle winter, but like all his volunteering, the results were very satisfying.

The family ethic for volunteering



Enzo Guarda is grateful to be able to serve the food bank's clientele with an eye to quality at our new location.

took another turn shortly after that winter. His daughter recommended him to a Community Supported Agriculture (CSA) group located below the Pike Place Market. There, he carefully packed boxes with fresh fruit and vegetables that were distributed by drivers to families in Seattle. The goal was to get natural, healthy food onto the tables of people who might otherwise not have access to it. Following his CSA work, Enzo took on the care and management of three lots in the Magnussen Park community garden, donating the produce to Lake City Food Bank and to temporary housing residents in the North End. Each growing season he shared four to five thousand pounds of fresh produce with folks in the area, including all variety of fresh greens and vegetables!

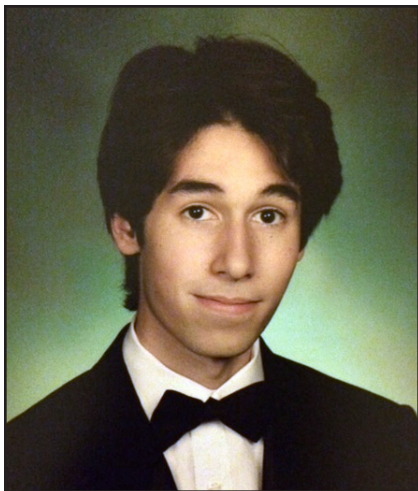
The needs of the family have brought Enzo closer to home in the last few years, and he had to give up the gardens at Magnussen Park. But he continues his passion to get the best whole, natural foods to those in need by volunteering at UDFB two days each week. Enzo particularly enjoys stocking the shelves in an organized way that highlights the attractiveness of the produce. His attention to quality is remarkable. He opens the box of strawberries (picture) to inspect each one, removing any berries that show bruising or

mold.

Enzo comes by his passion for healthy food honestly. Born in Italy, where he completed his schooling, he is a youthful 82. He remembers how his mother grew produce on the balcony and in a small plot below their apartment complex in Verona, herself passionate about fresh, natural produce. Each day, fresh vegetables were obtained from the market or from the vending carts that would roll through the streets.

Now Enzo is the center of the family celebration here in Seattle! Each Sunday his two daughters and three grandchildren come to the family home to share Sunday dinner together. Enzo has become quite a cook in retirement, and his favorite meals highlight fish. But always in the center of the table are at least three different vegetable dishes, prepared with fresh, natural produce.

"Family is everything to me," says Enzo, with a tear in his eye. Their close relationships as a family, built over many decades, is his greatest joy, and theirs. In the same way, the family of the University District Food Bank has become important to him. He finds joy and connection with many of the food bank volunteers and customers. Tuesday and Thursday mornings, that's where you'll usually find him.



Alex Fogg

RHS student helps with Packs for Kids

Alex Fogg has been volunteering with the Packs For Kids program at Roosevelt High School since his sophomore year. Alex and his mother got involved in the program when it started in 2014, working alongside Andrew Moore and his mother. Together, for the last three years, Alex and Andrew have been picking up the Packs for Kids food from the food bank and repacking it at the school each Thursday afternoon to be distributed to students on Friday.

Alex says, "I am not involved in the distribution of the packs because I wish to respect the other students' privacy, but I have seen kids who use them and I know that the packs are always taken every week. I think that it is a small way to make a big difference in your own school and I hope it continues after Andrew and I graduate." Alex will be graduating this year and hopes to attend college on the east coast and study English.

A food bank client's creative life

FROM PAGE 1

the planting each year. While Dad was tilling the soil outside, Mom was preparing the spuds in the kitchen, cutting them down to one "eye" per piece. The girls were called the "runners," and they would take the cut potatoes from Mom and run them out to Dad in the garden. In addition to potatoes they grew corn, string beans, peas, strawberries and peppers to feed the family. Even now, Marian is the president of the Garden Club at her apartment complex, and she looks forward to abatement of the incessant rain that has thwarted many Seattle gardeners this spring.

After high school graduation Marian entered nursing school, first in Yakima and then at Seattle University. She shifted her studies to psychology when she realized that nursing didn't always conform to her gentle nature, and she graduated from Seattle University with a BS in psychology in 1973. But there were no jobs available, so she put her math-club skills to use and tested into a job at Seafirst bank where she worked in the area of securities and trusts for several years. Her jobs then transitioned to include a rich variety of fields, including being a secretary with Family and Child Services.

Marian is a crafts artist, with particular interests in pottery, wood working, knitting, crocheting, latch

hook, quilting and weaving. She is a frequent participant in classes and workshops to expand her skills. Yet her love of arts and crafts takes a close second to her even greater love of animals. In addition to her cat, Marian enjoys companionship with two lovely chinchillas: Mitzy, the mother, and Clara, her daughter. Marian has temporarily dedicated her weaving loom to make a dark and cozy hide-out for her friends with the very soft fur. She says that it makes her furious that these beautiful creatures could be farmed for their coats. In this and other areas she has been an animal rights activist.

Marian is told by friends that she's a great cook. She's thrilled especially with the fresh fruit and vegetables that come weekly with the food bank box, and she's a regular contributor at her community's pot lucks. A recent favorite was her Hawaiian chicken. She puts the chicken in the stew pot, adds pineapple and peaches, and lets it cook all day long. Her spaghetti is also popular. Her homemade sauce includes ground pork and hamburger, canned and fresh chopped tomatoes, fresh onion, and is seasoned with oregano, garlic, and parsley.

The food bank community includes so many interesting and creative folks, and Marian is certainly one. The richness of the life she creates for herself every day is a thing of beauty. Thanks, Marian!



Marian Hayes has made a hide-out for her two chinchillas, Mitzy and her daughter, Clara.



Be a foster farmer for Rooftop Roots today!

Do you have a sunny yard? A green thumb? Or a desire to help but can't commit to a food bank volunteer shift? We invite you to foster a milk crate, lined and filled with soil to start the vegetable growing process outside of the food bank space. Whether you plant tomatoes, carrots, or greens, this is a perfect opportunity to support the food bank in our efforts to provide fresh and healthy food to our customers. Please email hannah@udistrictfoodbank.org for more info!

Cookies with a purpose

FROM PAGE 1

Carly makes the cookie dough after school on weekdays. Depending on the number of orders, she sometimes makes dough three afternoons a week. Carly says she has made so many batches that she can just look at the dough and know it will be another great batch. The dough is frozen until Saturday when she and Sally work together to bake and package the cookies. Carly says her entire family is involved in her

business including her brother Jack who is always available to eat broken cookies.

For Valentine's Day, she called the cookies "Sweetheart Shortbread." The round cookies were stamped with a heart; packaged in a clear plastic bag and tied with a bright pink ribbon. Carly has been involved in every aspect of her business. Last year she learned about design as part of a school project. She used that knowledge to create the distinctive

packaging.

You can learn more about Carly and her business when you visit www.donationdesserts.com. Then place an order and indulge yourself, your family, and your friends. You will be buying a delicious treat while benefitting the Packs For Kids program and PAWS.

Carly is hoping to someday be a contestant on the "Kids Baking Championship." Watch for her to be there and to be the winner!



**Save the
date for
our annual
auction!**

Date: Saturday, October 21, 2017

Location: St. Demetrios Hall, 2100 Boyer Ave. East, Seattle

Time: Doors open 5:30 p.m.

Tickets: Standard ticket: \$85, increases to \$105 after August 21, 2017. Patron ticket: \$125, increases to \$150 after August 21, 2017. Buy tickets at udistrictfoodbank.ejoinme.org/Registration

Item Donation: We need restaurant and hotel gift certificates, local travel stays, fun experiences, and wine. To donate, go to udistrictfoodbank.ejoinme.org/Auction_Item_Donation

Event Sponsorship: Thanks to our early sponsors – Anchor QEA, Carter Subaru, Cooper Jacobs Real Estate, S. Landau Services, Stokes Lawrence, Whole Foods Market and WSECU! Please contact our Development Director, Paul Yunker if you are interested in sponsoring, contact paul@udistrictfoodbank.org, 206-523-7060, extension 701.