



Food for Thought

3518 SW Genesee Street, Seattle, WA 98126

Summer 2001

(206) 932-9023

Message from the Director

Greetings. This is the first of what we hope will be a quarterly newsletter to keep you updated on the West Seattle Food Bank. We have 60 volunteers who give their time to help the 2000 families we serve each month. In this edition you will see a profile of one of those volunteers, Chris Hansen. You will also find out about some of our exciting summer events, and ways in which you can help the food bank. In future editions we will be highlighting some of our other wonderful volunteers and donors.

In the midst of all this excitement, I have news of change. After five years at the West Seattle Food Bank I will be stepping down in June. My time here has been a wonderful experience. I have been a part of a true community effort, watching neighbors helping neighbors: from children holding food drives, to volunteers giving an hour (or ten) a week, to businesses and churches sharing their gifts to feed the hungry. At the food bank we see people during some of their worst times. I have also seen people who were helped by the food bank return once they were back on their feet. Some want to volunteer or donate money in thanks for what they received. Others just come by to say 'thank you'. When I hear a former client talk about how much the food bank helped her, I am reminded again what an important organization this is.

I am pleased to announce the arrival of our new Executive Director, Frances Yeatts. Frances has worked in social services for many years, most recently at Highline West Seattle Mental Health Center. With Frances coming in I leave knowing the West Seattle Food Bank is in good hands. I am confident she will maintain and improve the quality of services the food bank provides to this community.

Clients, volunteers, staff, board members, donors: together we make the West Seattle Food Bank the effective and essential organization it is. I thank you for your support.

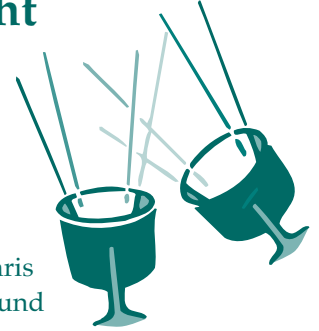
Katie Heinrich

Katie Heinrich
Executive Director

Volunteer Spotlight

How many of us can claim to have been up to our ankles in whipped cream?

Not many, probably. But Chris Hansen, our "Volunteer in the Spotlight", knows all about it. Chris drives our Food Bank van all around West Seattle, making thirteen stops a day picking up food donations from Thriftway, Safeway, Alki Market, PCC and other businesses that support us. (After the February earthquake, PCC donated everything usable that had been knocked to the floor.) On one trip he was transporting 40 cases of whipped cream, the kind that comes in a pressurized can. Unfortunately, none of the cans had the little protective cap on top. As Chris turned corners, cases kept falling over, discharging whipped cream all over the van. By the time he could safely pull over and stop, he was, literally, up to his ankles in the stuff!



Fortunately, most of Chris's trips are far less eventful than that one. He estimates he travels 25 miles a day, three days a week, picking up food for our clients, and he's been doing this since 1990. (For the math-minded among you, that's over 30,000 miles!)

Chris is a Seattle native who put in thirty years with the Teamsters before retiring. He started volunteering with the old High Point Food Bank back in 1988 and came to what was then called the Junction Community Food Bank two years later, in 1990. Earlier this year Chris was one of two volunteers in Seattle to win the Mayor's "End Hunger" award.

We depend heavily on people like Chris and our other 50-plus volunteers to keep the food rolling out the door to people in our community who most need it. A tip of the hat to Chris and all the rest!



Wish List

- ◆ Diapers
- ◆ Baby formula
- ◆ Paper & plastic bags
- ◆ Protein items
- ◆ Ensure
- ◆ Pet food
- ◆ Soap & toiletry items
- ◆ Copier paper
- ◆ Printing of quarterly newsletter

Mission Statement

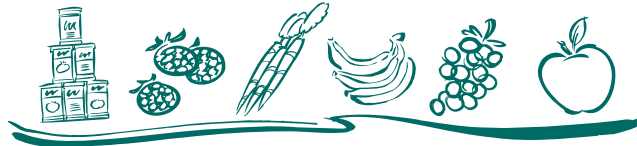
West Seattle Food Bank is committed to eliminating hunger in our area.

We do this by:

1. Securing and distributing quality nutritional food to clients
2. Educating clients about good nutrition
3. Increasing public awareness of hunger in our community
4. Coordinating community services for clients
5. Assuring continuity of services to clients through a convenient, accessible location.

Leftovers

For the month of April your West Seattle Food Bank served 1,915 households (6557 individuals). This includes first timers and those using the Food Bank more than once during the month. . . Total pounds of food distributed 54,492... A **RAFFLE** to support the West Seattle Food Bank will be held during the West Seattle Street Fair in July. Many wonderful prizes will be raffled. Tickets will be \$2 each or 3 for \$5. Tickets can be obtained from participating Junction merchants or the West Seattle Food Bank... Save those **receipts!** Both of West Seattle's Thriftways have accepted the WSFB into their One Percent programs. This means that they will donate one percent of the pre-tax total of each receipt to the Food Bank, which means more food for those who need it. Please bring them by or mail them to us. And many, many thanks to the generous folks at Admiral Thriftway and West Seattle Thriftway. Another group deserving of our heartfelt thanks are the **letter carriers**. In their recently concluded food drive they collected over 11,000 pounds of food. And, finally, thanks also to the sixty WSFB volunteers who all make it possible. These are your friends and neighbors from all over the community who give their time to help us accomplish our mission. Volunteering at the WSFB is a rewarding experience, whether packaging bulk foods, distributing food to those who come in or serving on our Board of Directors. We're always looking for more good folks to help us out. If you're interested, call Tina Litkie at 932-9023.



Board of Directors

Christi Sifri-Steele
President

Karen Lezon
Vice President

April Lubin
Treasurer

Mary Anne Miller
Secretary

Dave Gardner

Marian Johnson

Rev. Ron Marshall

Annette Rystrom

Linda Sifri

Mariss Ulmanis

Staff

Tina Litkie
Manager of Operations

Executive Director

Frances Yeatts

Food Bank Hours:

Monday: 9 a.m. -3 p.m.

Tuesday: 9 a.m. -3 p.m.

Wednesday: 9 a.m. -7 p.m.

Thursday: 9 a.m. -3 p.m.

Friday: 9 a.m. -3 p.m.

or by appointment



NON-PROFIT ORG.
U.S. POSTAGE
PAID
SEATTLE, WA.
PERMIT NO. 89