



# Food for Thought

3419 SW Morgan Street, Seattle, WA 98126

Winter 2008

(206) 932-9023

[www.westseattlefoodbank.org](http://www.westseattlefoodbank.org)

## Many Ways to Help our Clients

Some of the services our clients have access to at our new location have nothing to do with food, and everything to do with health, job opportunities and learning about other resources that may be vital for their families' wellness. So while we are helping people with nutritious food, we are also making it possible for them to achieve success in other areas of life.

The Resource Office in our lobby provides a place for agencies and businesses to offer outreach and services to our clients when they are at the Food Bank picking up groceries.

The Highpoint Medical & Dental Clinic was one of the first to use the Resource Office. Lena Scott, their community health education coordinator, handed out toothbrushes that encourage healthy dental care, provided information about screening available for common health issues at the clinic and gave out written materials on healthy eating on a budget. "I enjoy being able to meet with people from our community at such a nice facility as the Food Bank," said Lena. "The set up in the Resource Office makes it easy to interact with clients, there is plenty of space and private areas as well for talking about sensitive topics."

Michael Rylander comes every week to recruit new employees for First Student. "I drive a First Student school bus in the morning and afternoon," said Michael, "so I can give people here a good idea of what the job is like. I also have a good idea of what a bus driver needs - and one of those things is patience. A patient person sets a good example for the kids." First Student has recruited a number of new bus drivers from West Seattle Food Bank clients. "One of the best recruits was a man who

had been a bus driver in California. He had just moved to Seattle and had no job. He liked kids and was a natural for us, but there are others who got a good job because I was here to talk to them."

The Operational Emergency Center's Program Coordinator Charlene Shim uses the Food Bank's

Resource Office twice a month. Charlene helps people fill out the forms for the Washington Basic Food Program, which replaced food stamps. She says that her work is like being a caseworker. "I listen to clients, comfort them and then tell them about ways we can help," said Charlene. "Food is so important to helping people feel well and this program can help them eat something they like. One Food Bank client had been a CPA and financial advisor, but family

problems led to depression. He lost his company and then his condo. When I met him at the West Seattle Food Bank he was unemployed and homeless. But he told me that being able to get good food made him 'feel revitalized'."

Rebuilding Together is an agency that assists low-income homeowners with minor home repairs. This helps elderly and disabled individuals remain in their home longer. This organization has used our Resource Office and our home delivery program to provide information and outreach to potential clients.

These are just a few of the agencies that collaborate with the West Seattle Food Bank to better serve our clients. Anyone interested in using the Resource Office can call Fran Yeatts or Jack Wagstaff at 932-9023.



*Charlene Shim of the Emergency Operations Center helps one of our clients in the Food Bank's Resource Office.*

# Letter from the President

by Pete Spalding

I don't know about you but it seems to me that it can't already be over a month into the New Year. We have had a few surprises since moving into our new building last year but for the most part things have gone pretty much as we had hoped.

Through the generosity of our many donors we were able to meet the increased demand that we always experience during the holiday season. It seems that hunger does not recognize seasons so we always prepare for the extra demand of the holidays. Thanks to all of you that helped make it a little more bearable for our many clients.

The coming year will be a busy one for everyone here at the Food Bank. One thing to look forward to this year is our first big fundraising event. It will be held on May 1st at The Hall at Fauntleroy and is called Instruments of

Change. We are all excited to host this event which will give the West Seattle Food Bank an opportunity to demonstrate to our many loyal supporters what we do to earn your trust and support each year.

Please mark the date of May 1st on your calendar and make plans to join your friends and neighbors at The Hall at Fauntleroy for this special treat. If you want more information about this event or any of our other programs at the West Seattle Food Bank please take a minute and give one of our staff a quick call so we can answer your questions.

As always on behalf of our clients, staff and the Board of Directors thanks for your continued support and contributions in our quest to meet our mission here at the West Seattle Food Bank.

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## Community Support

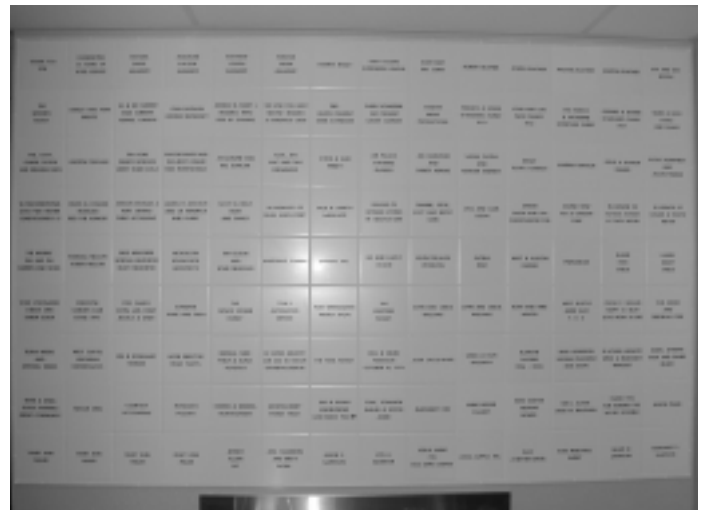
Support from businesses, community groups and individuals are critical to helping us meet the needs of the thousands of clients we serve. On behalf of those clients, we give special thanks to those who supported our efforts during the last few months.

**Nucor Steel** – Their generous employees donated cash and truckloads of food during the holidays. Nucor then matched their generosity by weighing those trucks and writing a check to the Food Bank equivalent to the thousands of pounds of food donated

**Plymouth Poultry** – Just when turkey was high up in the thoughts of our clients – and everyone else in the community – one of Plymouth Poultry's employees donated dozens of those much sought after birds to the Food Bank. The company and lots of their other employees also made generous cash donations.

**GE and Diebold** – We sincerely thank these two companies for donating the equipment and the installation for the security system in our new building.

**Food drives, food drives, food drives** – This past holiday season brought out the best in our West Seattle neighbors. So many individuals and companies rallied their friends, families and co-workers to hold food drives that we don't have space to thank you all here. Your generous and nutritious gifts were most appreciated.



**J.D. Construction & Design** – There are 126 ceramic tiles that have been expertly set into a display in our lobby. The display recognizes donors to our 25th Anniversary Tile Drive and we thank J.D. Construction for donating its installation

Considering a food drive? March 1 to April 30 is an especially good time to hold one as the \$1 million Feinstein Challenge also takes donated food into account when determining how much of a grant will be made to participating anti-hunger agencies. For a copy of our How to Hold a Food Drive brochure, please call **932-9023**.

# A Date Worth Saving

The West Seattle Food Bank, its sponsors and supporters are all important Instruments of Change – ensuring that every community member has access to resources for a healthy life.

And now, Instruments of Change is also an important event to help ensure the Food Bank's continuing role as a positive instrument of change in our community

You can help ensure a brighter future for our neighbors by joining us for this lively celebration of the Food Bank's first anniversary in its new location and its achievements helping its West Seattle neighbors. Call Fran or Eve at 932-9023 for sponsorship and ticket information.

## *Instruments of Change*

A benefit for the  
West Seattle Food Bank  
Thursday, May 1, 2008  
6:00 to 9:00 P.M.

at The Hall at Fauntleroy

Emcee: Gregg Hersholt of KIRO 710 radio

Featuring:

- Hors d'oeuvres
- No-host wine and beer
- Dinner
- Special guest speaker  
Phyllis Campbell, President/CEO, The Seattle Foundation
- Live entertainment
- Dessert auction
- Funding Food Auction: Our special goal for this auction is to underwrite the cost of 30,000 meals

Our special thanks to our sponsors:



Crown Pacific Fine Foods, Nucor Steel,  
Rosso Gardens, Verity Credit Union

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## Tribute Gifts

A charitable donation is such a caring way to remember or honor a special person or occasion. These donations were received between November 1, 2007 and January 31, 2008.

**In honor of**

**Christine Armstrong**

Susan Humphres

**Aaron Barr & Anner Charrier**

Abby Freeman

**Donna & Lonnie Bennett**

Eric Benson

**Carol Bonomi**

Carol Gessner

**Debra & Andy Bowdle**

Anonymous

**Elisabeth Chowning**

Virginia & Paul Kinch

**Marlie Davis**

Michelle & J. Gaither

**The Estes Family**

Linda & Steven Wright

**Richard Fleck**

Lois J. Fleck

**Nana Joan & Papa Don**

Ellen & Bryan Wynn

**Randy & Barbara Hieronymus**

Kristin & Denny Hieronymus

**The Hughes Family**

Linda Osborne

**Harriet & Ken Landon**

Anita & Tony Ventola

**John Overmier**

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**Daniel Robertson**

Bruce McCoy

**Dave Roop**

John Roop

**Cathy & Carl Sander**

Ellen Latiolait

**Drs. Barbara Schneider & James Clement**

Jayne Clement

**Kim Thomas & Joe Zapalac & Family**

Elizabeth Zapalac & Rhoda Shaponik

**Corn Walker**

Troy Meyers

**Linda & Steven Wright**

Peter Zaballos

**In memory of**

**Robert Allen**

Betty Allen

**Ed Chilcutt**

Jeffrey Ott

**Elizabeth & John Current and Earl & Pernell Current**

Nancy & David Current

**Bob Clark**

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**Patricia Roundtree**

Judith Roundtree & Don Barbee

**Lillie Thurston**

Mr. & Mrs. Forest McConnel

**Ann M. Tully**

James & Jillian Wasielewski

We will send you a thank you letter and receipt for all donations made in honor of or in memory of someone. We will also send acknowledgement to the person you are honoring. Use the envelope in this newsletter to make an Honor or Memorial donation and please let us know if you prefer to not have your donation listed in an upcoming newsletter.

## Mission Statement

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

We do this by:

1. Securing and distributing quality nutritious 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.

## Wish List

- ◆ Diapers
- ◆ Baby formula
- ◆ Paper & plastic bags
- ◆ Protein items
- ◆ Ensure
- ◆ Pet food
- ◆ Soap & toiletry items
- ◆ Copier paper
- ◆ Digital camera

## 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

## Board of Directors

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## Newsletter

Debby Gardner, *DBG Graphics*

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