

FOOD LIFELINE

FEEDING HOPE FEEDING WESTERN WASHINGTON

VOL. 1 2010



NETWORK NEWS

A GROUP OF CHILDREN anxiously line up at the front door. Their entire 4th grade class is volunteering together at Food Lifeline, and today they will be repacking cereal. This is what they learned from their visit.

"I remember when we went to help out at Food Lifeline. One thing we did was package cereal. I remember that there were scoopers who scooped the cereal into the bags. There [were] also people who weighed those bags that had to be just about 3 pounds. I could easily say that was the most fun of the field trips so far this year."

"We have been to Food Lifeline twice... When we were there, I learned that lots of people go hungry every day. I also learned that not all people who need food need money. Sometimes they just don't have enough to use on food."

"I think when I grow up, I want to start a business like Food Lifeline. I always have a good feeling when I know I'm doing something that will help."

"This year we learned a lot about hunger. I used to think the only people who used [food banks] were homeless people that

live on the street, but the homeless people only take up [9%] of the people who use [them]!"

"I think that I can help in the future by giving things to food drives. Maybe I can get my parents to volunteer and go to Food Lifeline and help pack food with me. Also, I can help at other food banks besides Food Lifeline."

"There are a few things I can do in the future to help the hungry. One thing is if I can fulfill my dream of becoming a professional baseball player, with my salary I could start a charity to help the hungry. I can also just keep donating food and money."

These 4th grade students are from Villa Academy in Seattle. Part of the mission and vision at Villa is "educating children to lead lives of infinite possibility," and volunteering helps engage these children in lessons of compassion and service.

At Food Lifeline, we are so thankful to have such bright and talented youth from our local communities come volunteer with us. They are helping us feed hungry children so that they, too, can lead lives of infinite possibility.



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When you've finished reading this newsletter, please pass it on to a friend!

> **19% OF CHILDREN
IN WASHINGTON
STATE ARE FOOD
INSECURE.**

-FEEDING AMERICA
CHILD FOOD INSECURITY IN THE US: 2006-2008



DEAR FRIENDS,

Do you know what the biggest barrier is to ending hunger? It's a lack of awareness that hunger exists, and that it impacts as many people as it does.

I was deeply moved by a story I heard recently from a woman who struggles daily to take care of and feed her four young grandchildren, who she is now raising all on her own. They have been out of school for the summer and unable to count on school lunches as a consistent meal to fill their little bellies. She makes very little money as a housekeeper and has often had to choose between paying for electricity and paying for food. She often skips meals so that her grandchildren can eat and get the nourishment they need, and she finds herself in tears more days than not. "If I don't have money to pay bills, I just tell them 'grandma is unhappy.'" And they respond with, "Nana, I'm sorry I cannot help you," she says. Her local food bank does help, though. She's been volunteering on a regular basis and visiting there once a month, and has found the fresh fruits and vegetables, the milk and the pantry staples they can supply to be vital for seeing them through the leanest of times.

Hunger exists. It exists right here in Western Washington, and we need to take action so that grandmothers are not forced to skip meals in order to feed their hungry grandchildren. As friends and supporters of Food Lifeline, you know the need is there. You have given your time, money and food to help lessen the number of children going to bed hungry at night and adults going to work hungry in the morning.

We need your help now more than ever to raise awareness of hunger in communities all across Western Washington. To keep food on the table for those in need, we hope you'll get involved in Hunger Action Month, coming up in September. We're making it easy for you to join in our work by including a calendar in this newsletter called "30 Ways in 30 Days" that's full of creative ways to support Food Lifeline. We hope you'll share this calendar with your friends and co-workers, and invite them to join our mission.

Thank you for your continued support, and for your commitment to our mission. Together we can end hunger, one meal at a time!

Best, *Linda*



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TIME FOR ACTION?

SEPTEMBER IS HUNGER ACTION MONTH

Take action to end hunger. It's simple, and the more than 675,000 people we serve each year are counting on you to help this September during Hunger Action Month. The theme this year is **30 Ways in 30 Days**, and we're providing you with simple ways to get involved throughout the month and help us work toward ending hunger in local communities.

These "ways" we provide for you to take action require minimal effort, minimal time commitment, and most importantly, they all make an impact on hunger relief in Western Washington.

View the calendar on page 6 to start planning your month of "action" and visit www.foodlifeline.org/30ways to download a calendar and learn of additional ways to get involved. The wide array of activities range from a hunger-themed art project with your children to skipping your daily latte and donating what you would have spent to Food Lifeline. You can even take action by simply telling your friends about

Hunger Action Month and spreading the word. By picking even just one of the 30 ways, you are making a difference.

Because everyone has their own unique strengths and schedules, you can also take a "My Way Pledge" on our website and come up with your own way to end hunger in September. Are you an advocate? An organizer? A parent wanting to get your children involved? Choose your way to help, then take the pledge and share it with the world.

Millions of Americans are faced with food insecurity – and we're working hard to assist individuals and families right here in Western Washington. It's a daily challenge, and we are always looking for new ways to meet it head-on. Hunger Action Month is a crucial time to raise awareness and get people involved in our mission to end hunger, throughout September and beyond. Thank you for your support.

HEALTHY FAMILIES AND COMMUNITIES



Enjoying a meal at POPY's Café

Phyllis Dirks, who helps run the Calvary Supper program at Calvary Lutheran Church in Federal Way says, "I don't think we could function as a program without TEFAP food."

Have you ever heard of TEFAP food? TEFAP, or The Emergency Food Assistance Program, is a federal program that provides food throughout the nation. The items range from rice and canned beans to fresh foods like eggs and produce. This food is typically received by a local food distributor, like Food Lifeline, and is then given to meal programs and food banks.

Many of our member agencies receive TEFAP food to fill their shelves and create nutritious meals. A client at POPY's Café in Shoreline said, "Eating a hot meal at POPY's allows me to talk to other people who are struggling and know that I am not alone." She said the meals not only keep her healthy, but also give her a much needed sense of community. TEFAP food is essential to POPY's Café and forms the basis of many of their meals, like noodles and sauce for their classic Italian pasta.

During these difficult economic times, it is important that TEFAP is able to provide much-needed food to agencies. The Senate Appropriations Committee made strong strides to support TEFAP in its 2011 Agriculture Appropriations Bill, including \$56 million for TEFAP Storage and Distribution-- a \$6.5 million increase from last year. Call Senators Maria Cantwell and Patty Murray via the Capitol Switchboard: (202) 224-3121 and say, "In an Omnibus Appropriations Bill, please support the full funding levels for TEFAP that were included in the Senate Agriculture Appropriations." Your call can help strengthen this vital program for those in need. Questions? Email advocacy@fll.org

TOGETHER WE CAN END HUNGER

I never feel like I have food. I'm always hungry.

**-Halie, age 11,
food bank client**

We can help children like Halie by getting them the nutritious food they need to learn well in school. Did you know that 37% of the people

Food Lifeline serves are children? That's more than 257,000 children.

- You can help end hunger. Feed a senior couple for one month by donating \$45
- Feed 16 classrooms of children by donating \$100
- Feed 1,000 hungry people by donating \$250

Call 206-545-6600, visit us at www.foodlifeline.org, or email give@fll.org for questions.

LOOKING BACK

WRAPPING UP OUR SPECIAL EVENTS AND PROMOTIONS

Food Frenzy is a success once again! With nearly 100 firms participating from 5 sectors this past July, it was a frenzied competition. Participants collected funds and food through a variety of creative events, including Wii Bowling tournaments, ice cream socials, and mini-golf in office hallways. Winners of the competition are listed on p. 8, but the real winners are the hungry children who benefited from the more than 1.3 million meals raised!



Serving delicious food at The Alley hosted by Tom Douglas at the Comcast Bite of Seattle

You helped us take a huge "bite" out of hunger this summer at the **Comcast Bite of Seattle®**. The Alley hosted by Tom Douglas was a delicious part of the 3-day festival and 6,300 people stopped in to



sample "bites" from 18 of Seattle's finest restaurants. By visiting The Alley and the Beringer Wine Tasting and Great Steak Challenge event, we raised nearly \$25,000, which is enough for 100,000 meals for hungry people. We had the help of more than 60 volunteers throughout the weekend, and we couldn't have done it without you. Thank you also to SOLO® for donating 7,500 compostable dinner plates and to Sand Point Grill and Dragonfish Asian Café for donating their entrée item.

A group of 50 guests filled the front dining area of Sport Restaurant & Bar for **The Biggest Loser Finale Party** on May 25. Attendees enjoyed delicious, healthy food, tableside visits from Chef John Howie and two heartfelt songs from Seahawks star/musician Craig Terrill. Most importantly, they got an insider's view of *The Biggest Loser* season finale, with live commentary and personal stories from *The Biggest Loser* stars Matt & Suzy Hoover.

CANSTRUCTION



Melvin Ranches helps the AECOM team build a structure out of cans

Five teams of architects and engineers competed to build structures out of canned food at the 1st Annual Comcast Bite of Seattle Canstruction® Challenge. Visitors voted for their favorite structure with donations to Food Lifeline. The food and funds donated provided more than 8,400 meals for hungry people. The Society for Design Administration hosted the event with assistance from Express Movers, Inc. For winners and photos, visit www.foodlifeline.org

LOOKING AHEAD

A LOOK AT WHAT'S GOING ON WITH FOOD LIFELINE IN THE MONTHS AHEAD

When is the economy going to get back to normal? How does the recession impact hunger? What does this all mean for my family and for hungry families in our community? Get answers to these questions and more at Food Lifeline's **13th annual Bag Hunger Luncheon**

on Thursday, September 23 at the Grand Hyatt Seattle from 12-1:30 p.m.

Enjoy lunch and the camaraderie of friends and colleagues, and hear an engaging program on "The economy in focus: forecasting hunger and hope," including expert commentary from Sheila Zedlewski of the Urban Institute. Also featured will be the Ending Hunger Awards presentation, honoring Food Lifeline's top supporters.

Go to www.foodlifeline.org/BagHunger for more information, or contact the events department at 206-545-6600 x3624 or events@fl.org.

Don't forget to check out the calendar on the next page to see what actions you can take to end hunger during **Hunger Action Month** this September. We've provided "30 Ways in 30 Days" and we're excited to see what "ways" you come up with as well.

How can you engage your community in hunger relief? Start planning your **Holiday Food & Fund Drive** now! We have great resources to help you raise food and funds for hungry families. For more information, visit our "Organize a Food & Fund Drive" pages online.

BAG HUNGER LUNCHEON
THE ECONOMY IN FOCUS:
FORECASTING HUNGER
AND HOPE
SEPTEMBER 23, 2010



Ashley is helping to sort food in our Shoreline warehouse

A DAY IN THE LIFE

TEEN INTERN, ASHLEY, RECALLS FIRST DAYS ON THE JOB

I was nervous. It was my first real job: an eight-week internship through Teens in Public Service (TIPS). I was filled with questions: Would my boss and coworkers be friendly? Would I be able to learn fast enough? Would I enjoy my work?

I started off in the warehouse, learning how to sort and package food that would be sent to food banks and meal programs throughout Western Washington... everyone I met on my first day was extremely friendly and helpful. I was amazed at how hardworking both the staff and volunteers are at Food Lifeline.

On my second day, I was starting to get the hang of packaging everything from produce to poultry. I noticed how nutritious the food is...and [how] staff and volunteers were dedicated to ensuring that [it] is healthy, even if it meant bending over the sorting-table for hours inspecting individual grapes.

By the end of my third day, [I felt like] a real member of the Food Lifeline team. I began to see food in a different light, to appreciate it as more valuable and finite. The one thing that has most impressed

me about Food Lifeline is the dedication and passion of the staff and volunteers, and the immense pride they take in reducing hunger in Western Washington.

-Ashley

Food Lifeline's Volunteer Manager, Karen Chernotsky, hired Ashley and says, "All too often I have conversations with both volunteers and co-workers, as they discount just how much children are able to contribute to our work. While Ashley is almost an adult, and will quickly be leaving her childhood behind, she is one of many that will give a little, learn a little, and change a little from their experiences [here]"

"I knew Ashley was nervous at first, but my hope was for her to 'lose the nerves' soon, otherwise this would be a really long eight weeks. When I saw her on her sixth day on the job, Ashley was on her own, leading a group of volunteers. Success! She had already grown in her abilities and was becoming a leader. As adults watching children grow, isn't that what most of us hope they will become: successful, confident, compassionate, 'plugged in' members of society? Food Lifeline helps to create these kinds of kids. Come and volunteer with us!"

SPECIAL THANKS

Food Lifeline thanks the following organizations for their recent contributions:

JP Morgan Chase

The Boeing Company

Moneytree, Inc.

Cedar Grove Composting

Fred Meyer

Puget Sound Energy

1st Annual Cornbread Ball



**> THANK YOU TO
JP MORGAN CHASE
FOR DONATING
3 NEW TRUCKS
AND \$50,000!**

HUNGER ACTION MONTH

S	M	T	W 1	TH 2	F 3	S 4
<p>SEPTEMBER 30 WAYS IN 30 DAYS</p>			<p>TAKE THE HUNGER ACTION MONTH PLEDGE! foodlifeline.org/30ways</p>	<p>Check to see if your employer has a matching gift program</p>	<p>Sign up to become a monthly donor to Food Lifeline. www.foodlifeline.org/recurring</p>	<p>Save your loose change this month and donate it to Food Lifeline</p>
5	6	7	8	9	10	11
Organize a food or fund drive at your work or school	TEXT the word "MEALS" to 20222 to automatically donate \$5 to Food Lifeline	Join the "Huddle to Fight Hunger." If you join, Kraft will donate 1 meal: HuddleToFight-Hunger.com	Brown Bag Benefit: ask co-workers to bring brown bag lunches next week, and donate money saved to Food Lifeline	Buy two of one food item and donate the second item to Food Lifeline	Ask your favorite restaurant if they'd donate a part of one day's sales to Food Lifeline	Call Food Lifeline and set up a time to volunteer with your whole family
12	13	14	15	16	17	18
Visit www.foodlifeline.org/2010study to learn about hunger in Western Washington	RSVP for our Bag Hunger Luncheon on 9/23. Visit www.foodlifeline.org/baghunger	Ask 5 of your friends take the "My Way Pledge" online with you	Have a birthday coming up? Celebrate it at Food Lifeline and volunteer with your friends	Follow us on facebook and twitter	Help your kids have a lemonade stand or bake sale. Donate funds to Food Lifeline	Buy a slice of The Cheesecake Factory's Reese's® Peanut Butter Chocolate Cake Cheesecake. \$0.25 will be donated to Feeding America
19	20	21	22	23	24	25
Visit the Food Research and Action Center, www.frac.org , and learn about important policies about hunger	Download coloring sheets for your kids at www.hungeractionmonth.org display them at your office	Blog/tweet/post on Facebook and other social media sites about Hunger Action Month	Give up an "indulgence" and donate what you would have spent to Food Lifeline	Food Lifeline's Bag Hunger Luncheon at the Seattle Grand Hyatt at 12pm	Watch with your family and/or friends the film <i>30 Days on Minimum Wage</i> .	Stay tuned for information about "Shop for a Cause" at Macy's. You'll get great deals and help end hunger
26	27	28	29	30	<p>WWW.FOODLIFELINE.ORG/30WAYS</p>	
Look for valuable Kraft Foods coupons supporting Feeding America in today's paper	Visit our website and sign up to receive our monthly e-newsletter	Host a potluck and discuss hunger and how guests can make a difference. They can even bring donations	Read a book about hunger to your children, such as <i>Uncle Willie and the Soup Kitchen</i>	Don't forget to donate the loose change you saved this month		

> **I HAVE FOOD TODAY FOR MY CHILDREN. THANK YOU VERY MUCH.**

-Fouane, Seattle-area food bank client





Hanging out at VFA

FORGING FRIENDSHIPS

VIETNAMESE FRIENDSHIP ASSOCIATION SUPPORTS YOUTH

The need for vital children's programs does not stop in the summertime. In fact, this need is apparent year-round, and with the current state of the economy, it continues to grow. The Vietnamese Friendship Association (VFA), which operates out of multiple locations in the South Seattle area, ensures children have educational opportunities, snacks and a safe place to go during the summer months.

Board President Kim Long Nguyen says, "Before our programs existed, more than 50% of our students did not pass the WASL. While the students may be good at math, for example, they were not able to understand the questions on the test and would select the wrong answers." By working with children on their language skills, improving their understanding of the culture, and making sure they have nutritious food in their bellies to be able to focus, students can be more successful in school and beyond.

The Summer Youth Program is an extension of VFA's Educational

Assistance for Student Empowerment (EASE) and serves people with a variety of backgrounds, including Vietnamese, Cambodian, Lao, Chinese, Somali, Samoan, Eritrean and Latino.

Students partake in a wide array of activities from taking a field trip to Olympia, spending time supporting the elderly and cleaning up their neighborhoods, or job shadowing professionals for college preparation. EASE uses a combination of academics (homework assistance and tutoring), cultural enrichment and creative activities to teach students.

By supporting Food Lifeline, you are supporting the hundreds of thousands of children served by our network of member agencies. VFA works hard to give children the tools they need to adjust to life in a new country, and they provide parents with peace of mind that their children are in a safe, educational environment and will come home with full bellies.

SERVING OUR YOUTH IN WESTERN WASHINGTON

JAIIME JAMISON TEEN FEED, SEATTLE, WA:

Teen Feed is more than a dinner Meal Program for homeless and street involved youth ages 13-25. We make it our goal to create a safe environment while at the same time creating a "living room" type atmosphere for the youth that we serve. We feel that this is important because for many of clients the dinner at Teen Feed is the only place where they can come together with their "street families" to build up their social capital which helps them build self-esteem to meet their future off the streets.

LILA HENDERSON MAPLE VALLEY FOOD BANK:

In the summer we have a lot of children coming through the food bank. Of the people we serve, almost half of them are children. Luckily, we have great volunteers and a community that continue to support us.

FOOD LIFELINE

FEEDING HOPE FEEDING WESTERN WASHINGTON

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Our mission is to end hunger in Western Washington by engaging communities and mobilizing resources.

FOODFRENZY

THANK YOU TO THIS YEAR'S PARTICIPANTS FOR PROVIDING 1.3 MILLION MEALS FOR HUNGRY CHILDREN IN WESTERN WASHINGTON.

OVERALL AWARDS

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3RD PLACE: Moss Adams, LLP

DESIGN/CONSTRUCTION FIRMS

1ST PLACE: Olson Kundig Architects
2ND PLACE: The Miller|Hull Partnership, LLP
3RD PLACE: Mahlum

LAW FIRMS

1ST PLACE: Davis Wright Tremaine LLP
2ND PLACE: Seed IP Law Group PLLC
3RD PLACE: The Nathanson Group PLLC

PUBLIC SECTOR LEGAL ORGANIZATIONS

1ST PLACE: King County Prosecuting Attorney's Office
2ND PLACE: Washington State Office of the Attorney General
3RD PLACE: Washington State Bar Association

PER CAPITA AWARDS

ACCOUNTING FIRMS

1ST PLACE: Clothier & Head, P.S.
2ND PLACE: Brantley Janson Yost & Ellison
3RD PLACE: Sweeney Conrad, P.S.

DESIGN/CONSTRUCTION FIRMS

1ST PLACE: Olson Kundig Architects
2ND PLACE: Quantum Consulting Engineers
3RD PLACE: The Miller|Hull Partnership, LLP

LAW FIRMS

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3RD PLACE: Lasher Holzapfel Sperry & Ebberson, PLLC

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1ST PLACE: Lake Forest Park Municipal Court
2ND PLACE: Washington State Bar Association
3RD PLACE: King County Prosecuting Attorney's Office

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