

Snohomish Community Food Bank



Fall 2013

Issue: 10/20/2013-4

FOOD FOR THOUGHT

by Elizabeth Grant, Executive Director

The term trickle-down theory, is a noun which is defined in the Merriam-Webster dictionary as "a theory that financial benefits given to big business will in turn pass down to smaller businesses and consumers". However, in day-to-day living people often use it to describe that a business can take on the personality of those who are highest in the company. What is shown by example at the top is the behavior of those who follow. I subscribe to that common thought, as I am fortunate enough to be living it.

Whenever I have to call one of my Board members, the response is always positive. Heck, instead of saying "Hello" when picking up the phone, Jay Hagen will chirp, "Tell me something good!" And, luckily for me, the news usually is good.

We have so much to talk about that is good at this food bank . . . the good work of the gardeners who grow and glean fresh produce all summer long; the donations that pour in from all over the community all year through; the programs about which are highlighted on pages 2 and 3 of this newsletter; the hours of service and energy given by a staff of volunteers; and an incredible board (also listed on page 2) who heads up this amazing place.

Unfortunately, not all of the news is good. In these uncertain times the facts and figures can be overwhelming. We are reminded each day that attached to these numbers are names and faces ~ all with a unique story to share: families whose providers are unemployed or underemployed, senior citizens who cannot make ends meet on their retirement income and the many immigrants who are searching for a better life, but cannot catch up to our cost of living. These are the many people who come to us, who you support and we embrace.

This is one of those jobs that one "plans" for the day, but in reality must allow for the day to unfold. It is never the same. There are challenges and there are solutions. There are requests and hopefully, fulfillment. There can be sadness and there is always a hug. These walls are filled laughter, a commitment to serve with kindness and with promise to brighten another person's day. That not only comes from the top, but from every which way I go. It is my honor and privilege to serve the Snohomish Community.



Executive Director Elizabeth Grant and President of the Board Jay Hagen

HOLIDAY PLEDGES ON NOW!

How quickly fall has arrived this year putting us right into Holiday season planning! We are already blessed with organizations calling us, pledging to collect food and toys for Thanksgiving and Christmas. We have become accustomed to signing up various organizations and businesses through this pledge program which started in 2010 as an organized food drive.

With the Holiday Pledge program, one item is selected and then the attainable quantity is promised (100, 200 or 400 depending upon the size of the group). For example, for Thanksgiving and/or Christmas we would like to give every food bank family a can of cream of mushroom soup. A group will promise to collect 100, we confirm the pledge and search for others to fill in the other 300.

We are also collecting stuffed animals and gifts that are age and gender specific for children 18 and under. These are pledged in increments of 25 quantity for larger groups, but every gift is appreciated. We only ask that they are not wrapped as the parents "shop" for their children's presents on December 14th. After the selection process, the parents make take a roll of wrapping paper or have them wrapped by the National Honor Society who are on site offering this service.

If you would like to donate as an individual, we will be happy to accept your pledge for a Thanksgiving turkey or Christmas ham.

To be a part of an award-winning program, you only need to call and make your pledge!

Interested? Please call 360.568.7993 to learn the current needs. The deadline date for all three of these events can be seen in the box below.

DELIVERY DATES FOR THE HOLIDAYS

Thanksgiving: Friday, November 22nd

Tree of Giving:
Thursday, December 12th

Christmas: Friday, December 16th

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Excellence in Collaboration:

The Snohomish School District and the Snohomish Community Food Bank

The Snohomish Community Food Bank has many heroes, but today we would like to highlight three who are all interconnected. Our first and largest hero group is the Snohomish School District. With their partnership, we are involved in several programs: The Kids Café is a summer meals program offering a free breakfast and a free lunch every day from the Monday after school lets out until the Friday before school begins again. This very successful program became more organized three years ago when 8,200 meals were served at the Freshman (MAC) campus cafeteria. The next year, with the closing of the MAC, the program moved to the high school. The difference in the distance caused the creation of the delivery program, with volunteers taking lunches to the Boys and Girls Club and to outlying areas. With that, the numbers climbed over 17,000 meals served. In the summer of 2013, with the help of Bickford Motors, one more site was added to the delivery program and the numbers jumped 24% to 20,783. In addition to the food provided to these kids, Jenny Granger brought a Bookmobile into the mix, giving out a book per student every week!

Our School Supplies in a Backpack Program, overseen by long time Food Bank volunteer and Little Cedars teacher, Sue Koch, provided 325 new packs filled with required materials for the 2013-14 school year.

The Food-2-Go Program provides weekend groceries to homeless high school students. Their bags are filled with easily cooked foods, bread and produce and on a monthly basis, personal hygiene items.

Every Saturday we host students fulfilling the community service hours required for graduation. Supervised by retired teachers, Connie and Sam Janke, the kids clean and organize the building in preparation of the next weeks' service.

As a subset to the heroes of the School District, the students and their teachers often remember the food bank in collections of food and monetary donations. In 2012, schools, clubs and/or classes brought in over 22,000 pounds of food. Even, the Public School Employees stuffed a bus of much needed groceries at Fred Meyer and brought in 3,600 pounds of goods!

With one of the only ways we can give back, food bank volunteers and clients cut out Box Tops and Labels for Education which are donated to the elementary schools to add to their submissions. For each of the last two years, we were able to compile over 25,000 for our schools.

And to name the other two heroes in this article, they are Paula Baily and Sodexo. In an article published in the Herald on June 21st, writer Sharon Salyer reported, "[Paula] Baily was recently named a Hero of Everyday Life by the Sodexo Foundation, one of six people nationally to be selected for the award. It honors people who volunteer their time to fight hunger. Baily, 53, is kitchen manager at Cathcart Elementary School, where she's worked for 13 years. She said she was shocked to get a phone call

in April informing her that she was one of this year's winners. In addition to the recognition, the award came with a \$5,000 donation to any U.S. nonprofit organization of her choosing that fights hunger. Baily, who has volunteered at the Snohomish Community Food Bank for seven years, didn't have to consider her choices for long. The money will be earmarked for Kids' Café, a free summer feeding program for Snohomish-area youth 18 and under."

Thank you to employees at the School District and the food bank volunteers who help us serve our families so well. In particular, our thanks go out to Paula Baily, Kristin Foley, Dana Gibson, Chris and Jenny Graham, Jay Hagen, Connie and Sam Janke, Sue Koch, Bill Mester, Mike Piekarski, Ann Spencer and the many students and teachers who work tirelessly toward the goal of ending hunger.



Long-time Food Bank Volunteer Paula Baily named "Hero of Everyday Life"



Food Bank Volunteers Forrest Clark and Melody Beckdolt serve weekly to provide families with groceries.

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FOOD SERVICE AND OTHER PROGRAMS AT THE FOOD BANK

The most incredible trait the Snohomish Community Food Bank has is its position in the county. By belonging to the generous citizens of the City of Snohomish and more specifically, the residents living within the Snohomish School District (SSD), we are well stocked. This community really takes care of its own. To illustrate this point, we can look at the numbers from just before this recent recession to our current status.

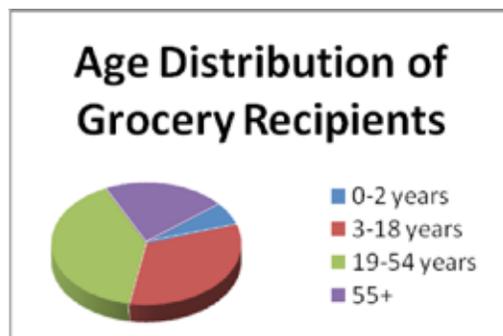
In 2010, we served 11,076 households, including 30,728 people and in 2011, the number of households jumped to over 13,010 with 37,000 people. Sadly this trend continued into 2012 with a rise of almost 10% to 14,261 households representing 40,553 people. The need is greater than ever. In 2012 we distributed more than a million pounds of food!

People power is what makes this food bank operate on a day-to-day level. Volunteers come in week after week to do their assigned task. These jobs include sorting produce, picking up groceries, packing and rotating non-perishables, serving the clients, stocking shelves, checking expiration dates, organizing the coolers and freezers and general maintenance. Today, we are a staff of 150 consistently serving volunteers, who in 2012, worked a collective 23,823 hours.

In addition to feeding our families every Tuesday and Friday, the food bank has partnered up with other local organizations to bring the following programs to our community:

Box Tops and Campbell's Labels: In appreciation of the many gifts bestowed upon the Food Bank by our local schools, we cut and collect Box Tops and Campbell's labels and give them back to the participating schools. In 2011-2012, we were able to share over 25,000 clipped labels with our elementary and middle schools. This is equivalent to \$2,500.00 per year!

Food-2-Go: Financially supported by Morgan Stanley, weekend groceries are provided to "homeless" high school students. These young adults are facing a world of uncertainty and this program takes away the stress of buying their own food.



SCFB grocery recipients, by age

"The working relationship between the Snohomish School District and this food bank is invaluable. We share the hopes for a better life for many of the same families. Working together in the service to others is so important."
— Jay Hagen, President of the Snohomish School Board and President of the Board, Snohomish Community Food Bank



Larry and Stephanie Einig drive clients home in the Shuttle van every Tuesday



2013 BOARD OF DIRECTORS

Jay Hagen President
Mary Nilsen, Secretary
Steve Dana, Treasurer
John Bruce, member
Karen Guzak, member
Sterling Gurney, member
Ross Latham, member
Mark Miller, member
Edwin Stocker, member

EAGLE SCOUT IMPROVEMENTS



Scott and Trevor Leeman stand proudly in front of the new concrete pad they poured for a safer, healthier storage area. Trevor completed this enhancement as part of earning the rank of Eagle Scout.

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(additional information)

Home Delivery: Focused on housebound individuals, this program allows people to choose items from the same menu as our Tuesday and Friday fare. A call is placed the day prior to delivery and a team of volunteers box and deliver to more than a dozen local families. This program was recently expanded from bimonthly to a weekly service through a generous grant from Grainger.

Homeless Groceries: Bags are packed with easily opened food and self-heating meals, when available. We also include fresh fruit, vegetables, bread and supplies. Partially funded by Walmart.

Infant Program: Sponsored by the two local Kiwanis Clubs, we are able to provide baby food, formula, infant cereal and diapers to families with these babies.

Kid's Café: The Snohomish School District provided over 20,000 free breakfasts and lunches to all children in the district 18 years and under of age during the summer. This is a collaborative effort with the Food Bank and Boys and Girls Clubs. Supported by funds from Kohl's, Bickford Motors and Sodexo.

Pet Food Program: Local Vet Clinics, retailers and organizations concerned about Pet Care consistently donate pet food for our clients. We also accept open bags of pet food.

Saturday Crew: High School students working to fulfill their community service requirements help organize the food bank every Saturday, 10:00am – 2pm. To schedule a day, e-mail: scfbstudents@gmail.com

School Supplies in a Backpack Program: Every August we distribute new backpacks for SSD students from kindergarten through 8th grade. Through donations, sponsorships and discounts by local retailers, we can also provide the majority of the needed supplies. 325 backpacks were handed out in 2013. Supported by Target, Fred Meyer and Windermere agents.

Tree of Giving: This program allows us to treat our clients to a selection of Christmas gifts that they can choose for their children 18 and under. Last Holiday season, we provided toys, books, games, puzzles and/or gift cards to almost 6500 kids. In addition, we partnered with the Snohomish

Senior Center to allow local seniors the opportunity to pick out a gift for a grandchild. This program is made possible through the Bickford family.

Salvation Army Vouchers: This partnership gives us an opportunity to assist our clients with emergency funds.

Snohomish Special Service Shuttle: In partnership with the Community Kitchen, Senior Center and under the direction of the Zion Lutheran Church, we can drop off service to those who have no other way home from the Food Bank. For those who can get here, the shuttle can provide the client a ride home with their groceries, making it possible to provide more food for their families.

Warm Home Funds: Through Puget Sound Energy, we can assist in paying our clients heating bills.

Other Partnerships @ the Food Bank: Our thanks to the entire team at the Snohomish Post Office for the successful Letter Carriers drive in May, 2013. They really "delivered" with 23,099 pounds of food collected on their routes!



Like us on Facebook to keep up with our current news!

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WHERE DO WE GET THE FOOD?

Our resources are varied and the food comes from near and far. Our most frequent collections are our partners at the local grocery stores. We pick up daily from Albertsons, Haggen and Safeway; a few days each week from Fred Meyer, Walmart and Goodwill; weekly from Food Lifeline at the VOA Distribution Center and Franz Bakery; and alternating weeks from the Northwest Harvest warehouse in Kent. NWH food averages about 6 – 7% of the food we distribute.

Snohomish residents contribute quite a bit by dropping off groceries every day, whether they carry it in to the Food Bank or by utilizing our drop off boxes for non-perishables. Organizations and clubs, including schools and churches will collect all year long, but emphasize the drives at the Holidays in November and December.

During the summer, about a dozen community gardens bring in thousands of pounds of fresh produce like carrots, apples, potatoes, lettuce, zucchini (omigosh! The zucchini! Plentiful and big!), onions, tomatoes and more. We often get calls in the summer regarding trees saturated with fruit with the question, “Will you take these?” and the answer is always a resounding “Yes!” We love to give out fresh produce at every chance we have.

And, of course, we purchase foods with monetary donations to offer fresh milk, meat and produce to our families. The Tillicum Kiwanis will purchase the baby food upon request, too. We so appreciate every partnership we have to enable us to serve so well.

WISH LIST

A full building Generator
(Thank you to the Machias Nursery for \$6,509.50 to put toward the purchase of a new generator.
Chris and Dennis ~ you ROCK!)

New compressors for our existing walk-in freezer and cooler

A new refrigeration truck

A new mid-size Truck (F-150 or Connect)

A Wet-Dry Vacuum Cleaner



Volunteers Daren Barstad, Donna Dye and John Bruce stand in front of the new Connect used in grocery rescue and home delivery.

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Hunger is a worldwide challenge and we are in the fight to end it in the United States and right here in Snohomish. Due to the recent recession, high numbers in unemployment and government cutbacks, this battle has heightened. The U. S. Census gives us these nationwide numbers from last year:

Food Insecurity and Very Low Food Security, in 2012:

- 49.0 million Americans lived in food insecure households, including 15.9 million children
- 20.2% of households (24.6 million households) were food insecure
- Households with children reported food insecurity at a significantly higher rate than those without children (20.0 percent compared to 11.9 percent)
- Food insecurity exists in every county in America, ranging from a low of 2.4 percent in Slope County, ND to a high of 35.2 percent in Holmes County, MS
- 5.1 percent of all U.S. households (6.2 million households) accessed emergency food from a food pantry or soup kitchen one or more times
- 59.4 percent of food-insecure households participated in at least one of the three major Federal food assistance programs – Supplemental Nutrition Assistance Program (formerly Food Stamp Program), The National School Lunch Program, and the Special Supplemental Nutrition Program for Women, Infants, and Children
- Nevada led the unemployment rate in the states in 2012 with 11.1 percent and South Dakota was 51st ranked (this list includes the District of Columbia as its own entity) and Washington State landed near the middle as 33rd ranked with 8.2% unemployment

http://feedingamerica.org/hunger-in-america/hunger-facts/hunger-and-poverty-statistics.aspx#_edn12
The Research Supplemental Poverty Measure: 2011. (2012). U.S. Census Bureau.
U.S. Department of Labor. Bureau of Labor Statistics. 2012 Annual Average Unemployment Rates.