

Our mission is leading the fight for hungry people statewide to have access to nutritious food while respecting their dignity and promoting good health.

The Chill In The Air

A message from Chief Executive Officer Thomas Reynolds

The chill in the air. The significantly shortened days. The seasonal redecoration of the shop windows. The bubbling enthusiasm of young children anticipating the joys of the gift giving traditions. All around are signs of the holidays.

For many, holiday seasons can be times of great joy—families and fun and tradition and heart-warming moments that fill our memory banks for a lifetime. I remember with spectacular clarity, the smell of turkey roasting in the oven that my mom woke up at four A.M. to prepare for the family when I was a boy growing up in Tacoma. I liked the stuffing the best and could never figure out why anyone would prepare a green salad when the table was crowded with mashed potatoes and gravy, olive trays, steaming hot turkey, cranberries, homemade rolls, and pumpkin pie. I shared my cherished Thanksgivings with my mom and dad, my sister, my grandma, and aunts, uncles, and cousins.

It wasn't until I was in my twenties, living in San Francisco and working with homeless populations, that I was confronted with how agonizingly difficult holidays can be when one is alone. It was in my thirties when I had children of my own, when I realized that parents who struggled to make ends meet throughout the year faced an even more daunting task to deliver a holiday season for their children that matched the commercially

fueled expectations of what "The Holidays" should be.

Needs in Washington are great year-round. At Northwest Harvest, we know this because we distribute healthy food across the state every week of the year, and demand remains constant, unfortunately out-pacing supply. Yet, during the holiday period that marks the end of the year, nutritional needs creep higher while other costs may skyrocket. Heating bills, winter clothing purchases, or unexpected medical costs can send low-income working families and seniors to the brink of financial calamity.

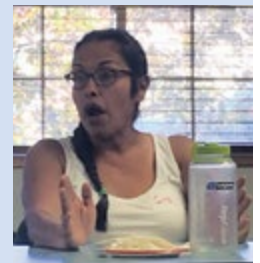
This is why Northwest Harvest gears up during the holiday season. We cannot solve the structural challenges of inequality all at once, but we can ensure that people have access to healthy foods; we can make sure that people who experience poverty can prepare a holiday meal for their loved ones. Everyone deserves that opportunity. My wish is that no one would feel pain and sadness during these special months in Washington. Coming together and supporting those who struggle—we all can play a part in keeping the agony of hunger and the stress of empty cupboards at bay.




EVERYDAY STRUGGLES OF HUNGER

Each year we cross the state, visiting hunger relief programs to hear directly from people who are struggling to feed themselves and their families. These compelling, personal stories are compiled into our report on the state of hunger in Washington, **Focus on Food Security**.

The food bank is awesome! I'm going home with fresh fruit, fresh vegetables. I cook it fast, because I can't save it, but I can freeze it.



— Cindi, Nespelem, Colville Confederated Tribes Reservation

I'm on food stamps. I heard about commodities, but I've never been on it myself. I've got two kids I support. We've been ok on that. They're starting to lower my benefits, because my rent amount is changing—I don't get that. Even though my rent amount changes, it doesn't mean other bills have changed, like electricity has gone up.

— Rhonda, Nespelem, Colville Confederated Tribes Reservation

You don't notice health care until you get hurt, then the bills start coming in like that, and it hits you more than you think. When you're healthy, you think you can get by without any medical care then something like this could happen.



— Jake, Inchelium, Colville Confederated Tribes Reservation

"We have observed that the seniors attending our dining rooms are becoming more aware of making better choices in their eating. Most of the seniors we serve have some type of chronic disease, so they're learning from nutrition education that we offer, how to make better choices so that they are able to stay healthy and live independently."

—PeopleForPeople MealsOnWheels, Yakima County

(Continue reading on page 3)

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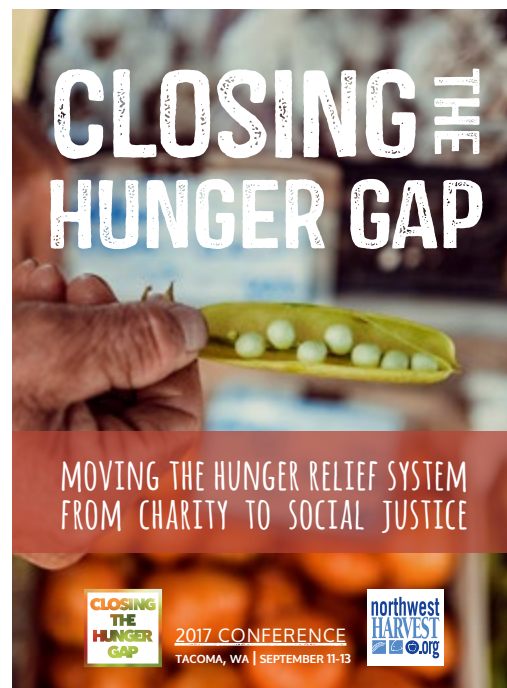


WORKING TOGETHER TOWARD CLOSING THE HUNGER GAP!

In September, Northwest Harvest hosted the 2017 Closing the Hunger Gap Conference. This gathering of food bank representatives, anti-hunger advocates, and food justice activists from across North America helped expand the ideas and efforts of food banking beyond the traditional models of charity and food distribution and toward community-based empowerment initiatives—with the goal of broadening our food security networks.

Under the theme of “From Charity to Solidarity,” the goal of the conference was to shift hunger relief organizations toward strategies that promote social justice and address the root causes of hunger and poverty in this country and in the communities each organization serves. Focusing on health, education, and food justice, the conference became a vibrant, diverse, and outright inspiring three-day event where attendees learned new skills, discussed innovative programs, and networked with their peers.

Northwest Harvest looks forward to putting many of these learnings to action and furthering our efforts of building coalitions with the primary



goal of solving hunger-related issues across the state of Washington.

We would like to sincerely thank all the sponsors who helped make this event possible, including: Amazon, Community Food Bank of Southern Arizona, Safeway Foundation, Umpqua Bank, United Healthcare, UPS, Why Hunger, and all others who support and fund our mission of ending hunger in our communities.

“We were blessed with plenty of meat this month and when a client came through and she saw all of it for her family; she was beside herself. She stated she can buy herself new shoes for work, as her old ones had a hole in them. She just started working a new job. I was happy to see her excitement. It’s the little things that we take for granted, like new comfy shoes.”

—VOA Sultan Food Bank,
Snohomish County

Top: “What Is Equity?” panel discussion, moderated by Malik Kenyatta Yakini, Founder and Executive Director of Detroit Black Community Food Security Network, with panelists Shanti Prasad, Senior Policy Advocate for Alameda County Community Bank; Susanna Morgan, CEO of Oregon Food Bank; George Jones, CEO of Bread for the City; Rosalinda Guillen, Executive Director of Community to Community Development.

For more information about the 2017 Closing the Hunger Gap Conference, visit our website at northwestharvest.org/closing-the-hunger-gap.

Everyday Struggles of Hunger

(continued from page 1)

[We run out of food] toward the middle to the end of the month. You get your benefits on the first, second, or third, go out, and get all your food. Sometimes it's not just you eating it—you've got nephews and nieces.



— Virgil, Inchelium, Colville Confederated Tribes Reservation

We had gotten food stamps at one point, but we're trying to be self-dependent, self-supporting, and I think now my fiancé makes too much. We're at that place where ok—you make too much money, but I still use the food bank. We're just doing ok, slowly doing better, doing better, but we just had another kid now—it's so expensive.

— Michele, Clarkston, Asotin County Food Bank

We've got grandkids we're raising, but there's not much in food assistance: \$49/month. I've been using the food bank resources I have found in this community.



— Hazel, Clarkston, Asotin County Food Bank

I go to school full time when my kids are in school. I need that education so we can rise above, get that education to get a higher job.

— Jessica, Clarkston, Asotin County Food Bank

There's no money for food. If they take your food stamps, you're done unless you hit every single place or overwhelm food banks more than once a week or once a month.



— Arthur, Ocean Park Food Bank

I try to plan doctors appointments or anything I have to do in Astoria for days when we get our food stamps so we can do everything in one day. It's a horrible day, usually ends up with a big fight. It's never happy, but we get a really good dinner. We leave at 4 in the morning and are not home until 5 at night.

— Jennifer, Ocean Park Food Bank

The only time I've got extra money, it's focused for something else down the road. There's no such thing as extra money in my house. Only \$20 in my checking account that's going to go before I get my next month's check.

— Debbie, Ocean Park Food Bank

We just eat what we can. I eat a lot of bread from the food bank. I used to not eat as much bread. I can get the same fiber from vegetables.

— Erick, Sunnyside, Sunnyside Outreach Center

They serve breakfast before the school starts. Usually, I have to take them to school—they go before to eat breakfast. They start so early, but they like to sleep. What they eat at home is oatmeal. My sister's kids aren't picky, but they like to eat healthy. It's a lot more expensive.

— Vianca, Sunnyside, Sunnyside Outreach Center

It's a human right to be fed and to be clothed and sheltered so any programs under those basic necessities of life to live, I think those should not be cut and fought for.

— Rena, Burlington, Helping Hands Food Bank

It's expensive. It can far outstrip what people are actually making. A lot of people are paying 60-70% of their incomes in rent.

— Brandon, Burlington, Helping Hands Food Bank



Look for our complete report in January. Previous reports are available at northwestharvest.org/focus-on-food-security.

ADVOCACY ISSUE WATCH

Northwest Harvest is gearing up for the start of the 2018 State Legislative Session. We are researching and finalizing issues for our legislative agenda, including making plans for finishing up unfinished business from 2017.

Our federal work will be focusing on protecting SNAP, school meals, Medicaid, Medicare, and other income support programs in the federal budget and appropriations process. These cuts would devastate our safety net: without assistance for these basic needs, struggling families will be forced to choose

between paying for food or paying the rent, for medicine, and other necessities. We also will be working on developing priorities for protecting and strengthening SNAP when Congress begins discussions of a new Farm Bill in the new year.

Please sign up for our advocacy updates for more information about these issues as they develop, at northwestharvest.org/take-action.

Join us Feb. 5 in Olympia for HUNGER ACTION DAY, and tell your representative to protect programs that support families in need.

"We are having new families come in [that were] never before on assistance. Many families that have been in lower-cost housing but their landlords decided to double their rent. They are struggling! Also, maybe 15 new families have been laid off from their jobs. Our numbers keep rising, and we are in need of more food!"

—Mt. Si Food Bank, King County

THROWBACK THANKS

A look back on our biggest events of the year—**KING 5 Home Team Harvest** in Western Washington; **NBC Right Now Hometown Harvest** in Central Washington; and **KHQ Hometown Harvest** in Eastern Washington. We hope you'll join us this December at the drive nearest you! See details on page 5.



Clockwise from top: Donald "Slick" Watts lends a hand at Home Team Harvest in 2002. North Queens Drill Team lines up to donate. Eastside Harley goes to the gift source. American West Bank brings KNDO a candy cane and a donation. KING 5 crew gets a hand from young sports fans and a Supersonic. Young volunteers help Snap-On unload. Rich Marriott and Cool Bird pause for a photo. A photogenic family volunteers. Lori Matsukawa and team keep Northgate hopping. Spokane Princesses brave the cold. Joyce Taylor goes live with one of her many fans. Jean Enersen bags a ton of support.

EVENTS

WASHINGTON
WESTERN | CENTRAL | EASTERN

More events and
up-to-the-minute details at:
northwestharvest.org



KIMA KIDS FOR CANS - YAKIMA

NOVEMBER THROUGH JANUARY

Yakima area schools compete in a food and fund drive challenge to benefit Northwest Harvest. For more information, email Community Engagement Manager Sheri Bissell at SheriB@northwestharvest.org.

SEATTLE CHOCOLATES #CHOCOLATE GIVES

NOV. 1 THROUGH DEC. 31

Seattle Chocolate Company believes chocolate is more than just an exquisite treat. It can also bring a smile into our hungry world. This holiday season, every time you purchase a Seattle Chocolate or jcoco chocolate bar*, they'll donate a fresh meal to someone in need. Follow along @seattlechoc as they show you how to build the perfect gifts for your loved ones—starting with chocolate. #ChocolateGives



SEATTLE'S LAST WALTZ TRIBUTE

FRIDAY, NOV. 24

STG Presents Seattle's Last Waltz Tribute at The Neptune Theatre. A Pacific Northwest All-Star Tribute to The Band's "The Last Waltz" featuring local Seattle artists and musicians. All proceeds benefit Northwest Harvest. Tickets available at: thelastwaltztribute.com.



THANKSGIVING IN WINE COUNTRY "TASTE TO FIGHT HUNGER"

NOV. 24-26

Enjoy wine from 40+ of the best wineries Washington has to offer during this holiday weekend of fun! All participating Yakima Valley wineries collect food/funds to benefit Northwest

Harvest. For more information, visit wineyakimavalley.org/wine-events.

KNKX WINTER DRIVE

NOV. 28 - DEC. 6

You can support both Northwest Harvest and your favorite public radio station during the KNKX Winter Drive! For every \$100 donated to jazz, blues, and news on KNKX, November 28 through December 6, KNKX will fill a backpack with food for Northwest Harvest's Three Squares program. To find out more and take part in this exciting regional partnership, visit knkx.org starting Giving Tuesday.



KHQ HOMETOWN HARVEST FOOD DRIVE



FRIDAY, DEC. 1, 5 A.M. - 6:30 P.M.

We are excited to once again partner with Albertsons and Safeway for this year's event! KHQ will broadcast live from four Spokane store locations; however, the food drive will take place at all Spokane Albertsons & Safeway locations all day Friday. For more information and locations, visit northwestharvest.org.

NBC RIGHT NOW HOMETOWN HARVEST FOOD DRIVE



FRIDAY, DEC. 1, 5 A.M. - 6:30 P.M.

Albertsons and Safeway stores in Central Washington will be selling pre-packed bags of food and collecting cash from shoppers. Your favorite NBC RIGHT NOW personalities will broadcast live from three select Albertsons and Safeway locations in Yakima and Tri-Cities all day Friday. For more information and locations, visit northwestharvest.org.



KING 5 HOME TEAM HARVEST

SATURDAY, DEC. 2, 7 A.M. - 12 P.M.

Your favorite KING 5 personalities broadcast live from several Puget Sound locations as Northwest Harvest volunteers and staff spend the day collecting food and funds at our largest one-day benefit of the year! Thanks to Safeway and Warm 106.9 for sponsoring this event. For more information and locations, visit northwestharvest.org.



THANK YOU, EVENT SUPPORTERS!

We could never list them all, but the hundreds of events held each year throughout our state provide tremendous impact across every community we serve. To everyone who contributed in any way, thank you for making a difference!

Bankers Care Sharing Is Caring
Washington Bankers Association's annual statewide fundraiser provided nearly 450,000 meals.

Smith Brothers Farms Food Drive

Smith Brothers and delivery customers collected enough food and funds to provide well over 14,000 meals.

Carve Out Hunger (pictured)

A lot of sips, carves and bites happened out at the Selah Civic Center in Yakima on October 14th. This event raised enough to provide nearly 74,000 meals! Congratulations to our Carving Contest Champions, the team from 104.1 KXDD! Special thanks to this year's primary sponsors, First Fruits Marketing of Washington and HomeStreet Bank.



KZOK Rock the Harvest

KZOK 102.5FM hosted the 20th annual Rock the Harvest radio-thon benefiting Northwest Harvest this year, bringing this event's 20-year total proceeds to over 1 MILLION dollars raised!



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HUNGER STOPS HERE

MB • 10/17 • CP

Thank you for taking on the Hunger Stops Here Challenge!

Every dollar you gave during this challenge was doubled and turned into 9 meals. How's that for the power of a dollar!?

As of press time we're still collecting donations, but we're well on our way to reach our goal of raising 5 million nutritious meals!

Thank you!

Become a Hunger Hero today!

Become a **Hunger Hero** by supporting Northwest Harvest with a monthly or quarterly gift. It's quick and easy to join our **Hunger Heroes** program:

- Sign up for automatic deductions from your credit or debit card.
- Or, you can direct your bank or credit union to automatically send monthly donations to Northwest Harvest from your account.

Call us and we'll walk you through that easy process! You can make changes to or stop your recurring gift at any time.

Giving throughout the year is the most efficient way to contribute and put more of your money to work right away. We are thankful for all of your gifts—whether time, food, or money—and whether you give once a year or monthly.

Sign up at northwestharvest.org/recurringgiving, check the recurring giving box on the enclosed reply envelope, or call Jeff at 206.923.7480.

Holiday Greeting Cards

Now accepting orders for our holiday cards!

If you have questions or would like an order form, please email us at greetingcards@northwestharvest.org

or order online at northwestharvest.org/greeting-cards.

Thank you for including those we serve in your holiday plans.



Nourishment. Dignity. Hope.

"We have clients that are unable to come in to the food bank, either because they are physically unable or lack transportation. A couple of our clients have volunteered to pickup food for them, deliver it, without any compensation. One man brings in a load for people, turns around and collects more. He doesn't even realize how much good he is doing for his neighbors."

—Brinnon Food Bank,
Jefferson County