

REDISTRIBUTING OPPORTUNITY

A message from Chief Executive Officer, Thomas Reynolds



Have you stopped to consider how fortunate the residents of Washington are to live in such an agriculturally abundant state? Summer bursts onto the scene with a slew of parading harvests from May to October. If only every month of the year was like August, with literally dozens of Washington crops ready to be pulled, picked, or cut and prepared for an evening meal, fresh as can be.

Northwest Harvest trucks run from dawn to dark in the summer, collecting fruits and vegetables from growers across the state who call us and offer what is left over after their market orders are filled. We immediately distribute the produce to food banks to ensure the best of Washington is available to people who struggle with hunger. This work matters tremendously, as everything else in life is infinitely more difficult if you are hungry.

Anne Frank wrote, "Hunger is not a problem. It is an obscenity. How wonderful it is that nobody need wait a single moment before starting to improve the world."

I find it deeply troubling that one in eight residents in Washington don't have enough to eat. That must change. It's truly outrageous. By distributing healthy food, we are alleviating hunger today, but what about working on reducing the number of people who experience hunger going forward?

There are predictable gaps in a low-income household's ability to pay for groceries. When moms and dads work low-wage jobs, money runs out to pay for food before the next paycheck comes. This is especially true in this

era of expensive housing, healthcare, and transportation. School breaks and even weekends are times when the anxiety of not having enough to put on the table becomes very real.

At Northwest Harvest, we see this obscenity of hunger as a symptom of a society that is crippled by an inequitable distribution of opportunity. We'd like to see a resetting of the ways things are so that Washington can move from a dependency model, in which low-income people must rely on the generosity of strangers, to a more vibrant and equal society in which affordable access to nutritious food is a reality for all people.

I can imagine a time when there are 10,000 "backyard farmers" who are contributing tomatoes or carrots or pears to their local food banks; where Washington voters expect that their candidates make clear their intent around food policy; where corner stores and gas stations offer affordable fresh fruits and vegetables to their customers because it's good for business and good for their community.

We can start in small ways to improve the world right away, and we will all be better off for it in the long run.

Thank you for what you do as a supporter of Northwest Harvest. We count on you and are committed to making the greatest impact on our communities with the resources you entrust to us.

Best regards,

HUNGER DOESN'T TAKE A SUMMER BREAK

Fruits, vegetables, and well-rounded meals are crucial to helping our kids grow big and strong through the summer months. Without the security of school meals, many families rely on summer meal sites to help.

Summer meal programs throughout the state provide nutritious meals to kids ages 18 and younger. Northwest Harvest works with partners around the state to help families locate the nearest summer meal site. These sites, usually in parks or community centers, provide kids opportunities to congregate and eat a healthy meal together.

Unfortunately, there are many communities without summer meal sites. To combat this problem, Northwest Harvest started the Kids Summer Food Club. Working with hunger relief partners located in areas with no summer meal sites, Kids Summer Food Club provides kid-friendly food bags in those areas. This summer, 18 programs around the state will provide summer meals through this program, ensuring that health and nutrition are a part of summer break.

School's Out!
POWER UP
for
Summer Fun!

Did you know there are free activities and meals available in your community for your kids and teens this summer?

Find a site near you!
.....
Call: 1-866-348-6479
Visit: www.fns.usda.gov/summerfoodrocks
Text: "Summer Meals" to 97779

No cost or enrollment required.
Open to all children under 18.

U.S. Department of Agriculture | Food and Nutrition Service | FNS-490 | January 2018
USDA is an equal opportunity employer and provider.

Northwest Harvest Board of Directors 2018

*Diana Axness, Chair
Community Volunteer*

*Irene Ward, Immediate Past Chair
Catholic Community Services
of Western WA*

*Dwight Rives, Treasurer
Port of Seattle*

*Cris Hales, Secretary
Tree Top, Inc*

*Rachel Beda
Wise Patient Internal Medicine PLLC*

*Neal Boling
KHQ-TV*

*Kathy Brown
Community Volunteer*

*Joyce Cameron
Providence Health Care Foundation*

*Connie Falon
Miller & Assoc. Wealth Management*

*Tim Groves
The Boeing Company*

*SaSa Kirkpatrick
Community Volunteer*

*Scott McQuilkin
Whitworth University*

*Brandon Pedersen
Alaska Air Group*

*Mike Regis
Community Volunteer*

*Jan Still
Social Security Administration*

CHERRY STREET FOOD BANK LOOKING FOR NEW HOME

"We will continue providing much-needed food with love and dignity to those who seek our help. But we need to find a new home as soon as we can."

Back in February, Northwest Harvest received its official 12-month notice to vacate the Cherry Street Food Bank in Seattle's First Hill neighborhood—a location where we have served the community for over 35 years.

On average, Cherry Street serves nearly 5,000 people each week—providing fresh fruits and vegetables, basic food staples, baby formula, and a variety of other nutritious and substantive food for families, children, seniors, single parents, veterans, and all others who find themselves in need.

Additionally, Cherry Street Food Bank has been the heart and soul of this organization. It has served as a focus for our staff and our community to band together and take care of those who need our support.

As we publish this newsletter, Northwest Harvest has not yet found a new location to call home. We continue to explore all possibilities to best serve the families who come to us. "We are actively looking for a new home that can best serve the communities who have counted on us for decades," said CEO Thomas Reynolds. "We will continue providing much-needed food with love and dignity to those who seek our help. But we need to find a new home as soon as we can."

One of the primary considerations in finding a new location for the Food Bank is public transportation and access. "We need to be in a place where people can easily get to us," added Reynolds. "Having access to bus lines and parking are qualities that our visitors tell us they most desire in our new home."

It is not currently known when daily operations at the Food Bank will change due to this displacement. Northwest Harvest is committed to keeping all its stakeholders (customers, volunteers,



staff, donors, and neighbors) well informed. The loss of Cherry Street Food Bank will have no immediate impact on Northwest Harvest's current distribution of food to its statewide network of 375 food banks, meal programs, and high-need schools.

Northwest Harvest is looking for community support in our quest to find a new home for the Food Bank. If you have information on a property, please contact Jordan Rubin at jordanr@northwestharvest.org.

If you would like to make a monetary donation to help Northwest Harvest find a new home, please visit northwestharvest.org. We greatly appreciate your support.

"Some of our diners report that our meals are their only source for fresh fruits and vegetables. Single working mothers and older clients on fixed incomes rely heavily on our services for access to meals that include nutrient dense produce. We have always been aware of this need but have received more direct feedback after forming a small focus group to assist in assessing changes in needs."

—Women & Children's Free Restaurant,
Spokane County

SNAP CUTS PUT FAMILIES AT RISK

CUTS MEAN LESS FOOD FOR STRUGGLING FAMILIES, DEEPENED NEED FOR FOOD BANK SERVICES

SNAP (also known as “food stamps”) helps low-income individuals and families buy food from grocery stores, farmers markets, and farm stands. By helping our struggling neighbors purchase food, SNAP is an economic generator: last year, SNAP pumped \$1.5 billion into our state’s economy.

But SNAP and other basic living support programs have been targeted for deep cuts in an executive order signed by President Trump, budget proposals, and Farm Bill discussions. Cuts like these ignore the reality of who is primarily on SNAP: children, veterans, people with disabilities, working poor individuals, and seniors.

SNAP cuts hurt people like Lovella. Lovella uses our Cherry Street Food Bank and was featured in our 2017 *Focus on Food Security Report*. Lovella lives alone but often takes care of her grandchildren. She is retired after working many years in construction.

Additionally, she is very involved in the community: she is a member of the Lakota and Sioux tribes, involved with the City of Seattle’s Navigation team, and affiliated with the board of Downtown Emergency Service Center.

SNAP helps her provide for herself and also for her family. “The children have to eat,” she said, and so when her family members are short on money or other resources, she steps in to pick up some slack, just as they will do the same for her. Yet Lovella receives about \$200 in SNAP benefits each month: this amounts to a food budget for herself and her grandchildren of just \$2.22 per meal.

Her SNAP benefits aren’t much, but they are necessary for balancing all life necessities, including medicine for the elders in her family, housing expenses, food, and education. The potential of SNAP cuts worries Lovella: if SNAP went away it would “change the whole structure of my



family.” She already supplements her income by working four to eight hours a week doing food handling at the stadiums during sporting and musical events. Her ability to do more work is hampered by a knee injury, so she visits multiple food banks to ensure that she and her extended family have enough to share amongst each other.

This is why Lovella believes in the power of advocacy. “The only way I see out of this [poverty] is to be educated... and acutely aware of how government works and how policies affect our lives, she said. “I have to know, because these issues directly impact all of our lives.”

NORTHWEST HARVEST PILOTS MOBILE FOOD BANK

Thanks to funding from Delta and Gilead Sciences, Northwest Harvest’s Cherry Street Food Bank (CSFB) launched a pilot pop-up food bank in partnership with the Carolyn Downs Family Medical Center and Odessa Brown Children’s Clinic in Central Seattle. The pop-up food bank, also known as a Mobile Food Bank, provides pantry staples to food insecure patients and their families on the fourth Tuesday of each month.

For every pop-up, staff from CSFB load the new Northwest Harvest Mobile Food Bank Van with fresh produce, proteins, and canned goods and transform an empty room at the Central Area Health Care Center into a choice-based pantry. During the pop-up, which takes place from 1:00 - 2:30 p.m., families can visit the makeshift grocery store and shop for desired items.



Above: Mobile Food Bank Van provides opportunities for pop-up distribution to targeted areas. Right: Northwest Harvest staff set up food for clinic visitors.



To ensure the pop-up reaches all potential clients, CSFB staff are collaborating with clinics at the Central Area Health Care Center to conduct patient outreach and bolster referrals. Another way the pop-up is working to increase accessibility is by using CSFB’s low barrier intake form, which only requires a client’s name and the age range of individuals living in their household. Additionally, CSFB and the clinics are working together to

develop an evaluation framework that will allow the pop-up to adequately respond to community needs.

Northwest Harvest plans to expand the Mobile Food Bank model to other communities in King County that could benefit from a similar low barrier, pop-up design. Ultimately, Northwest Harvest hopes to partner with emergency food providers across Washington to reach communities that are otherwise underserved.

PARTNER CONFERENCE CENTERS ON FUTURE OF A MOVEMENT

On April 13, Northwest Harvest held our 2018 Conference for Partner Programs. 300 attendees, including staff and volunteers from our statewide network of partner food programs, gathered for workshops, networking, and a keynote by Northwest Harvest CEO Thomas Reynolds addressing the root causes of hunger.

The 2018 conference included workshops and facilitated discussions around specialized tracks focusing on creative and collaborative solutions for programs working to mobilize advocacy networks, strengthen organizational structures, and engage a broader, more inclusive range of perspectives in decision-making. This year's conference also brought together program partners with business leaders, policy-makers, growers, advocates, donors, and volunteers to identify longer-term solutions to reduce the number of people who are at risk of hunger over the next decade.

1.6 million Washingtonians accessed food banks last year. Northwest Harvest and partners of our network know it's



going to take more than just distributing food to food banks to address the underlying causes of hunger. By building a database of ideas and innovations for sustainable solutions and taking action on the most promising concepts, Northwest Harvest seeks to unlock the potential of Washington to cut hunger in half in the next 10 years.

CONFERENCE FEEDBACK:

"Networking is always great! Coming from a rural agency without a food bank background, it's helpful to see the larger picture and learn about innovative projects happening across the state."

"Access to those involved with NWH's operation was invaluable because of the ability to provide direct feedback and start forward-thinking conversations."

"Really helped me think critically about our mission and how we communicate with constituents/champion our organization."

"Appreciate being invited into the process of visioning for our industry. Great conversation."

RE-EXAMINING HUNGER THROUGH THE LENS OF SOCIAL JUSTICE

Food is among the most basic of human needs, but solutions to hunger are rooted in complexity

We know that fighting hunger requires much more than just providing food. Eliminating hunger requires addressing its root causes in poverty and social disparities. Poverty and hunger are experienced at disproportionately higher rates for people of color, women, LGBTQ communities, immigrants, and other marginalized groups. The reasons for the disparate impact of poverty are often rooted in structural barriers created by discriminatory laws, racist policies, and prejudicial societal practices—resulting in generations of lost opportunities for education, employment, healthcare,

and housing. To make the greatest impact on hunger, we must tackle the structural barriers that adversely target these communities and work towards ending each practice that widens opportunity gaps—while reinforcing those that create opportunities that lead to a more equitable society.

In addition to providing nutritious food to those who suffer from hunger, Northwest Harvest aims to shift public opinion and impact institutional policies and societal practices that perpetuate hunger, poverty, and disparities in our state. We will step up and step forward to stand in solidarity with those who struggle with hunger in Washington. And we cannot do

this work without affirming our commitment to equity and inclusion. Equity issues are at the core of our agency values of service with dignity and respecting diversity. To carry out our work of serving anyone in need of our assistance, we will ensure that our policies, procedures, and interactions with others are done through an equity lens—with dignity and respect for all.



EVENTS

WASHINGTON
WESTERN | CENTRAL | EASTERNMore events and
up-to-the-minute details at:
northwestharvest.org**CENTURYLINK CAMPAIGN
TO FIGHT HUNGER**

JUNE 4 - 15

For every \$1 you give during the CenturyLink Campaign, CenturyLink will provide a match for up to \$1 million. Visit northwestharvest.org/centurylink-2018 for details or to donate online, or call 206.923.7441.

**KCTS 9 FUND DRIVE SUPPORTING
KIDS SUMMER FOOD CLUB**

JUNE 11 - 30

KCTS 9 is partnering with Northwest Harvest in support of our Kids Summer Food Club. This unique partnership gives KCTS 9 supporters an opportunity to champion two essential organizations with one charitable gift: you'll fill a backpack with nutritious food for a child and their family, while supporting treasured KCTS programs. During the drive, KCTS contributions of \$10 a month or more are eligible to have a portion of their donation automatically designated to Northwest Harvest's critically-needed Kids Summer Food Club.

**MARINERS FIGHT
HUNGER**

SATURDAY, JUNE 16

For more than 30 years, the Mariners have hosted the Fight Hunger event prior to a M's game. Volunteers and staff collect food and funds from fans as they enter the stadium. This year the Boston Red Sox come to town for the 5:15 p.m. game.

**BACON EGGS
& KEGS**

SEPT. 8 - 9

Bacon Eggs and Kegs returns this summer! Join us for Seattle's favorite brunchy booze fest at CenturyLink Field, benefiting Northwest Harvest! Enjoy thoughtfully curated brunch dishes from hand-selected PNW chefs and local food truck favorites, tastes from 40+ local breweries and cideries, and the famous 30-foot Bloody Mary Bar. Don't forget the games, dueling pianos, and more! Purchase your single-day event tickets before they sell out at baconeggsandkegs.com/tickets.

**CARVE OUT
HUNGER**

SATURDAY, OCT. 13

6 - 9 P.M.

Save the date for the 5th annual Carve Out Hunger, Yakima's signature event! Enjoy a relaxed harvest atmosphere with many sips of local beer and wine, fun carves from the local media during a pumpkin carving contest, and delicious bites from local caterers! For more information and sponsorship opportunities contact Sheri Bissell, Community Engagement Manager, at 509.469.0531.



Above: KXDD team takes home the win at Carve Out Hunger 2017.

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 contributes in any way, thank you for making a difference!

KING 5 KONECTED

Northwest Harvest is so thankful for our ongoing partnership with KING 5 and their continued support of our mission. In April, we were delighted to be part of KING 5 Konected, a first-time event with the goal of connecting nonprofit organizations with individuals seeking to be informed, inspired, and motivated to take action in meaningful ways.



Above: Northwest Harvest staff enjoying camaraderie and taking inspiration from the many other great nonprofit organizations at KING 5 Konected. Right: Volunteers appeal to community spirit and the love of doughnuts while rallying support at Top Pot's flagship cafe in downtown Seattle.

**NATIONAL
DOUGHNUT
DAY AT TOP POT
DOUGHNUTS**

Thanks to Top Pot Doughnuts for hosting the annual National Doughnut Day event benefiting Northwest Harvest. Top Pot locations across the Puget Sound region collected food and funds to help fight hunger in Washington.





P.O. BOX 12272
SEATTLE, WA 98102
800.722.6924

northwestharvest.org
@NWHarvest

Non-Profit Org
U.S. Postage
PAID
Seattle, WA
Permit No. 5587



MB • 06/18 • CP

“As a small food bank we get to know our clients pretty well. It hurts to see our elderly (clients) getting by with so little. Pride has been set aside for many when the electric/gas bill comes and has to be paid. It is good we are there to help make sure they have good food.”

—Brinnon Food Bank, Jefferson County

FOOD TODAY, FOOD JUSTICE TOMORROW

As you’ve read in this newsletter, projected cuts in SNAP will cause an increase in demand at food banks across our state. More people relying on food banks will cause additional stress on a food budget that is already very lean.

Your gift will immediately allow us to provide nutritious food to our partners and help us meet increased demand.

Your investment and partnership also

will help address equity and food justice issues and help us achieve our goal of cutting hunger in half in Washington state by 2028.

Please give today at **northwestharvest.org/donate**, or by mailing a check in the enclosed postage paid envelope. Your support makes this important work possible.

Thank you!

THANK YOU FOR GIVING **BIG!**

Northwest Harvest received over \$225,000 in GiveBIG donations during this year’s event sponsored by The Seattle Foundation. Thanks to matching funds provided by The Wyncote Foundation NW and Comic Relief, your gifts will be **doubled!** Your gifts will help feed those who suffer from hunger and bring equity to our state’s food system.

If you missed GiveBIG, another opportunity to have your gift **DOUBLED** is the upcoming **CenturyLink Campaign to Fight Hunger**, which will run from June 4 to June 15. Watch for more information on our website at **northwestharvest.org**.

