

THE LAST THANKSGIVING AT THE CHERRY STREET FOOD BANK

A message from Chief Executive Officer, Thomas Reynolds



For more than three decades, Northwest Harvest has offered delicious, festive food and warm greetings for thousands of people at our Cherry Street Food Bank each Thanksgiving. Rain, sleet, cold, wind, or shine, the line snakes up the hill and around the block with those who struggle with hunger—anticipating the opportunity to take home a bag of groceries and to share a moment of connection with our volunteers and staff.

This will be the last Thanksgiving at Cherry Street. The site we have called home for so long is being repurposed for a housing tower. I reflect on the thousands of volunteers over the decades who have sorted cans, portioned rice into bags, made sandwiches, or helped distribute items such as chicken, milk, and fruits and vegetables. I think of the millions of meals that our neighbors have made from the healthy foods we have distributed at Cherry Street. I feel sad about closing the food bank. I am mourning the loss of this connection to the First Hill neighborhood in Seattle. However, we will endeavor to make this the very best Thanksgiving for those who are hungry. I would like everyone who walks out of our food bank to take away a heavy bag of groceries, a smile on their face, and a lightening of burdens that inevitably accompany hunger and poverty—at least for that day.

For Northwest Harvest, for our volunteers, and for our neighbors who struggle with hunger, the story doesn't end with the demolition of our food bank. Economic inequality is increasing, and the need for what we do is intensifying.

Fortunately, we have found a new home to distribute groceries from in the SODO neighborhood of Seattle. We will build

a new home where we can better serve and expand our services for people who struggle with hunger. (See page 2 for news on our new home.)

As our new location is less than a mile and a half from our current address, we will begin the process of orienting all our neighbors with how to reach us after the move. I love the new location. It's a bit larger, it has great access to public transportation, it's located in a food desert, and we will work hard to make it a warm and inviting place for all in our community to regard as a safe and comforting space—one that is theirs as much as it is ours. Moving is an enormous task, and I hope you can be a part of it, whether through financial contributions, joining us in moving our equipment, or even helping us to publicize our move to relevant communities.

Across the state, we continue to supply nutritious foods to hundreds of food banks, schools, and clinics where low-income people rely on a helping hand when they need it most. In this vein, we recognize that much of what we do continues at pace, even as we relocate the heart of our organization down the street in Seattle.

I am grateful for all that life brings to us and grateful to share this community with you. I encourage you to take a moment to tell someone how much they mean to you. Our connection to each other is what supplies joy and power to the human experience.

Best regards,

EVERYDAY STRUGGLES OF HUNGER

LIVED EXPERIENCE IN A VICIOUS CYCLE

*Each year, we cross the state visiting hunger relief programs to hear directly from people who are struggling to provide food for themselves and their families. These compelling, personal stories are compiled into our report on the state of hunger in Washington, **Focus on Food Security**. This year, participants shared how the regular stress of making ends meet contributes to an ongoing cycle of endangered health and well-being.*

"The food bank is a new experience for me. I was in a motorcycle accident, and my arm was severed.

I've done grant writing. I have a degree. I've done a lot of case management.

I used to bring clients to places like this. We don't qualify for food stamps.

I was a 'have', then I was a 'have-not', then a 'have', and now I'm a 'have-not'. What I remember middle class being is not what it is.

We pay taxes, we live the right way, but even with my fiancé working a really good job, we're still below poverty level. But that's what poverty is—recognizing not everyone is out in the streets being homeless. In a blink of an eye life changes."

—Lynda, Kennewick



(Continue reading on page 3)

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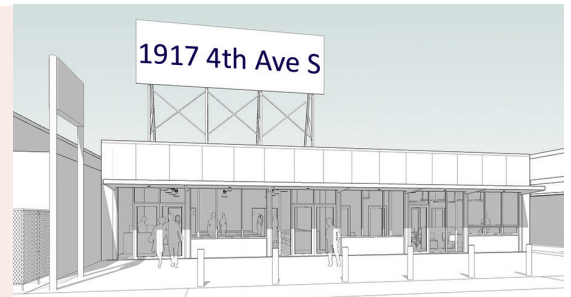
WE'VE FOUND A NEW HOME FOR OUR FOOD BANK

*"We envision the new
food bank to be a
vibrant, safe, and
welcoming space—where
any person can access
nutritious food with
dignity and respect."*

After 35 years in Seattle's First Hill neighborhood, Northwest Harvest's food bank will be relocated from Cherry Street to the SODO neighborhood—just south of the core of Seattle's downtown.

"We envision the new food bank to be a vibrant, safe, and welcoming space—where any person can access nutritious food with dignity and respect," says Jenn Tennent, Director of Northwest Harvest's Hunger Response Network. "We are so excited to design the new food bank to make it feel much more like your neighborhood market—allowing community members to have the freedom to choose from a wide variety of nutritious, culturally appropriate foods."

The new (yet to be named) food bank will be located at 1917 4th Ave. S.—near the southwest corner of 4th Ave. S. and Holgate St. This location provides great access to public



Above: Artist rendering of new space's storefront.

transportation, is situated on level ground, and has room to improve and expand community services.

The current Cherry Street Food Bank must be vacated by no later than February 28, 2019. Northwest Harvest plans on opening the new location no later than mid-spring of 2019. "We are actively exploring many options to best minimize any service disruption that may occur between the closing of Cherry Street and the opening of the new SODO location," added Tennent.

Cherry Street Food Bank welcomes up to 5,000 people each week—making it the busiest food bank in the state of Washington.

Northwest Harvest will continue updating all constituents as the moving process progresses.

If you are interested in helping fund the creation of Seattle's new food bank, Northwest Harvest would love to talk to you. Please contact Development Director Laura Hamilton at 206.923.7431 or laurah@northwestharvest.org. We greatly appreciate all your support!

*"So many voice their thanks
for the good food offered
here at food pantry."*

—Clark County Adventist Community
Services, Clark County

*"We feel successful because
of the support from our
community and our dedicated
volunteers."*

—Emergency Food Bank of Lone,
Pend Oreille County

IN REMEMBRANCE:

COMMUNITY SHARES CONDOLENCES
AND GRATITUDE TO THE PAUL G.
ALLEN FAMILY FOUNDATION

Paul G. Allen will be remembered for his innovation, his commitment to science and technology, and his lasting influence on how people throughout the globe interact with each other. But his generosity and commitment to the health of communities here at home was just as impactful. Northwest Harvest will remember Paul Allen for his focus on improving the lives of so many in our state. Over the past 20 years, Mr. Allen and the Paul G. Allen Family Foundation donated over



Paul Allen. (Image by Béatrice de Géa for
The New York Times.)

a half million dollars to Northwest Harvest—helping us provide an additional two million healthy meals to communities across Washington. We would like to thank Mr. Allen and the Allen family for all his support in our continued fight against hunger.

EVERYDAY STRUGGLES OF HUNGER

(continued from page 1)

"I got disabled in 2012: I have a rare autoimmune disease. I stopped working. We have a large family—7 children. We get quite a lot [of EBT assistance] but still not enough. When my daughter turned 18, she went to work. They cut my EBT in half. They said she can earn for the family, but she's trying to get out on her own. We went from \$800 to \$300.

I'd do anything to go to work. I'm not allowed to go to work. How are you supposed to live? I didn't wake up one day and think I should get sick and never work again. You get put in this category like you're a piece of crap and worthless."

—Jen, Kennewick



"I don't go to the doctor unless I think I'm dying. I'm 37. I will probably die of a stroke before the end of the year. I have severe hypertension 2. My daughter somehow weaseled me in to [a community health center] for an appointment, but they refused to see me for another until I went to the ER to get an EKG. In the meantime my blood pressure is 210/190 daily.

—Liz, Ocean Shores

"Before my accident, I went through my savings. Between the medical bills I had to fight over and the other things that came with it, it took everything I own. How do people come in here on social security, pay \$1000/month in rent or more—how are these people eating? A lot don't have savings! You can't have \$2500/month rent in the city and expect people to live on \$1200/month in social security."

—Rod, Ocean Shores



"Stop trimming social security, trimming Medicare. I don't know anyone here who can afford basics. All I have to go to is the food bank. I'm just trying to make ends meet. Even having milk for the month—that's a basic thing. I worked three jobs at one time. I had a career in nursing, I've put my money in, paid my taxes. I'm not trying to get a hand out—just trying to survive."

—Alison, Ocean Shores

"I don't get food stamps. I make \$50 more than the limit. It would be nice if whenever they're looking at these programs, they look at where



you're living and adjust for the cost of living—what you pay for rent, what your utilities are. I came from Kentucky—everything's more expensive here.

I work. I have to take so much out of my paycheck to pay rent. As soon as I pay water and electric—by time that's all done, I've got \$10. I've got to pay gas to get back and forth to work. There's no safety net. There's nothing left. I go without medical, without prescriptions. That's not high on my priorities, but that's doing damage to my body.

—Karen, Orcas Island

"I'm staying in a small little tent I can barely crawl into. I can't work a full-time job anymore. My knee is getting replaced. I'm just in turmoil about what am I going to do! Where am I going to be staying?"



Increase the disability money that comes in, unemployment, and food stamps. It seems it's going down, going negative with the food prices. Rich people need to pay more taxes. We can't pay more taxes."

—Eagle, Orcas Island

Look for our complete report in January. Find previous reports online at northwestharvest.org/focus-on-food-security.

ADVOCACY ISSUE WATCH FOR 2019

Northwest Harvest is gearing up for the start of the 2019 State Legislative Session. We are researching and finalizing issues for our legislative agenda, including strengthening investments in programs that help people buy more fruits and vegetables with their food stamps and ensuring increased access and participation for low-income kids in school meal programs.

Our federal work will focus on protecting access to food, health care, and housing assistance programs, as well as opposing proposed administrative

rules, budget cuts, and legislation that limits access and eligibility. 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.

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

Join us Feb. 11 in Olympia for HUNGER ACTION DAY, and tell your representative to protect programs that support families in need.

"We had so many more seniors this month. Most only come in once a month but now are in almost each week. It worries (us) when heating bills begin to take a bite out of a very stretched budget. The increase of gas prices also brings more (people) into the food bank."

—Brinnon Food Bank, Jefferson County

WE NEED YOUR HELP

In this season of festive parties and traditional family gatherings, there are far too many among us who find themselves or their families in need of food. Your year-end gift allows us to provide critically needed proteins such as fish and poultry to our food bank guests this holiday season. As a supporter of Northwest Harvest, you have the power to bring the gift of a bright and special meal to a family in need—in what can often be an otherwise cold and dark season.

Every day, food banks serve a cross section of our community. They are our neighbors, our co-workers, and friends of our school-aged children. It's been said that if you spend any amount of time at a food bank, you will easily find someone like yourself walking in through the door. One of our food bank volunteers was recently shocked to recognize one of his clients standing in line.

He said he never imagined this person and his family would ever need the services of a food bank.

Northwest Harvest has proudly operated the Cherry Street Food Bank for over 35 years. It has consistently been the busiest food bank in the state—and just one of the 375 food and meal programs that Northwest Harvest regularly distributes healthy food to across Washington. We supply this network with nutritious and culturally relevant food for each of their community members who may find themselves or their families in need of food bank services.

It's only through your generosity that we are able to do the necessary work of providing food to our hungry neighbors. We are grateful for your compassion and desire to make our community a much stronger place for all. Thank you so much.

Please give today at northwestharvest.org/donate or by sending a check in the attached postage-paid envelope.

"The trends we have observed are more people leaning towards a plant-based diet. Seniors are becoming aware that if they they healthier, they can control their chronic disease."

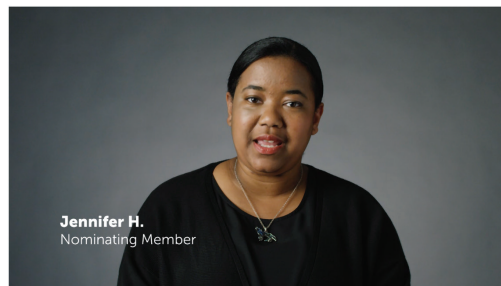
—PeopleForPeople MealsOnWheels, Yakima County

NORTHWEST HARVEST NOMINATED FOR 2018 BECU PEOPLE HELPING PEOPLE AWARDS

Northwest Harvest has been selected as a finalist for the 2018 BECU People Helping People Awards! The organization will be awarded, at minimum, a \$15,000 Community Benefit Award. Additionally, we are in the running for a larger award, up to \$40,000.

Our thanks to BECU People Helping People, all those who provided an online vote of support, and to Jennifer Harris, a standout volunteer lead at our Spokane Distribution Center for the nomination.

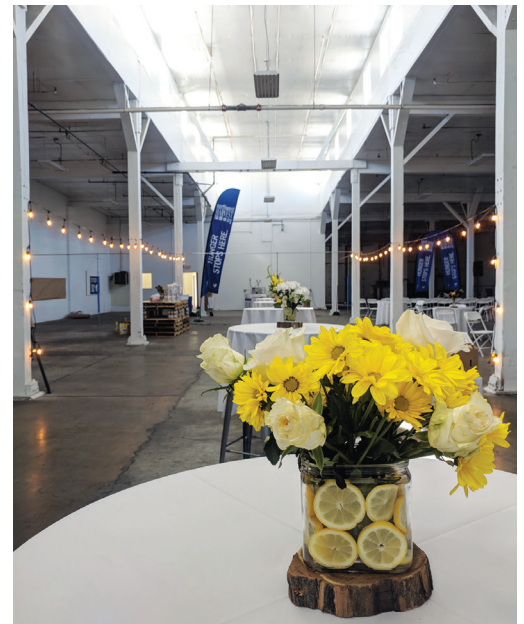
"Jennifer Harris is a full-time graduate student and works two jobs while still finding time to volunteer with Northwest Harvest.



Volunteer Jennifer Harris shares why she supports Northwest Harvest. See her nomination video at becu.org/awards.

She saw the nomination as a great way to give back to us," says Lisa Ream, Northwest Harvest Spokane Volunteer Coordinator.

"Jennifer has always stepped in to help be the lead volunteer during shifts and talks to others about the work we do and our vision for the future. We are thrilled to be a finalist, and it means so much that a volunteer nominated us."



NORTHWEST HARVEST GETS BIGGER SPOKANE WAREHOUSE

NEW DISTRIBUTION CENTER BETTER MEETS COMMUNITY NEEDS

Northwest Harvest hosted an open house of our new Spokane Distribution Center on Tuesday, September 25. Those invited to the event included members of the media, business and civic leaders, donors, and agency partners and volunteers focused on improving the lives of Spokane area families who struggle with hunger. The new site—still located in the Spokane Business & Industrial Park on North Sullivan Road—has increased size and capacity to best meet the growing needs of communities in and around the Spokane area.

"As a key supplier of free food to food banks in every county in Washington, we understand the importance of distributing food to where it's most in need," says Northwest Harvest Operations Director, Jim Procopio. "In order to get more fresh food to those food banks from Spokane to Colville, from Ritzville to Walla Walla, and all points between, we needed to increase our capacity."

"Clients in general have shown great appreciation for the assistance received during vulnerable moments of their life."

—Hopelink Sno Valley, King County

EVENTS

WASHINGTON
WESTERN | CENTRAL | EASTERNMore 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 Events & Volunteer Coordinator Josette Gonzales at JosetteG@northwestharvest.org.

SEATTLE'S LAST WALTZ TRIBUTE

FRIDAY, NOV. 23

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.

**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 27 through December 6, KNKX will fill a child's backpack with food for Northwest Harvest's Three Squares program. To find out more, visit knkx.org starting November 27.

**SAVE THE DATES!**

Join us in December for our biggest events of the year—KING 5 Home Team Harvest in Western WA, NBC Right Now Hometown Harvest in Central WA, and KHQ Hometown Harvest in Eastern WA. Watch for updates on northwestharvest.org. We hope to see you there!

**KING 5 HOME TEAM HARVEST**

SATURDAY, DEC. 1 | 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!

- Bothell Safeway | 24040 Bothell Everett Hwy, Bothell
- Everett Safeway | 4128 Rucker Ave, Everett
- Northgate Mall | 401 NE Northgate Way, Seattle
- Redmond Town Center | 7525 166th Ave NE, Redmond
- Renton Highlands Safeway | 4300 NE 4th St, Renton
- Tacoma Mall | 4502 S Steele St, Tacoma
- Aberdeen Safeway | 221 W Heron St, Aberdeen (drop site for food and cash only)

KHQ HOMETOWN HARVEST FOOD DRIVE

FRIDAY, DEC. 7

We are excited to once again partner with Albertsons and Safeway for this year's event! KHQ broadcasts live as Albertsons and Safeway stores collect food and funds throughout the day from select Spokane locations:

- Spokane Safeways | 14020 E Sprague Ave, 10100 N. Newport Hwy, and 2507 W. Wellesley Ave; Spokane Albertsons | 3010 E. 57th Ave

**NBC RIGHT NOW HOMETOWN HARVEST FOOD DRIVE**

FRIDAY, DEC. 7

Albertsons and Safeway stores in Central Washington will be supporting Northwest Harvest by collecting food and funds throughout the day. Your favorite NBC RIGHT NOW personalities will broadcast live from these Albertsons and Safeway locations in Yakima and Tri-Cities:

- Yakima Safeway | 1610 W. Lincoln Ave, Yakima
- Kennewick Safeway | 2825 W. Kennewick Ave, Kennewick
- Richland Albertsons | 690 Gage Blvd, Richland

**THANK YOU, EVENT SUPPORTERS!**

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

Heritage Helps:

Thank you to Heritage Bank for raising 51,176 meals during Heritage Helps, a bank-wide food drive in support of Northwest Harvest, Emergency Food Network, and Oregon Food Bank.

THANK YOU FOR CARVING OUT HUNGER IN YAKIMA!

A lot of sips, carves, and bites happened at the Selah Civic Center on October 13. This event raised just over 85,500 meals! Congratulations to our Carving Contest Winners (pictured at right), the team from 104.1 KXDD! Special thanks to our event sponsor, **First Fruits Marketing of Washington!**





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BECOME A HUNGER HERO TODAY!

You can 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 on our website for automatic contributions from your credit or debit card. You have full control over the amount you select and can change or

stop your gift at any time.

- Or, you can direct your bank or credit union to automatically send monthly donations to Northwest Harvest. Call us and we can walk you through that process.

Giving throughout the year is an efficient way to contribute and put more of your money to work right away. And it feels good! To become a **Hunger Hero** today, sign up at northwestharvest.org/donate-now, check the recurring gift box on the attached envelope, or call us at 206.923.7480.

GIVING TUESDAY

Looking for a great way to balance out the annual Black Friday and Cyber Monday craziness? Then

we invite you to make a positive impact this **#GivingTuesday**. By putting Northwest Harvest on your list this November 27, you'll make an immediate impact on those in need of a healthy meal this holiday season. Watch for details at northwestharvest.org and on social media at [@NWHarvest](https://twitter.com/NWHarvest).



"A client came to the food bank for the first time to get food (and was) feeling embarrassed and ashamed of needing the food assistance. She was in tears before she left, because she felt so welcomed and shown respect instead of being looked down upon. Plus, she was not expecting to get to shop for her own food and get the amount she did. She gave a big hug and said thank you and that she would continue to come for food if she needs it in the future."

—The Salvation Army, Lewis County

HOLIDAY GREETING CARDS

Now accepting orders for our holiday cards. These cards are multi-purpose—they honor your friends, family, or co-workers—and at the same time, provide a gift of hope to those who struggle with hunger in our community.

If you have questions or would like to place an order, please email us at greetingcards@northwestharvest.org, or order online at northwestharvest.org/greeting-cards.