

THE WONDER OF THE CARROT

A message from Chief Executive Officer, Thomas Reynolds

I love the color palette of summer meals in Washington. Dark greens and rich reds are accompanied by bright orange and yellows. Just as summer salads, vegetable dishes, fruits, and desserts represent a diversity of color—they boldly advertise all the deliciousness and healthfulness our region has to offer. But my favorite has to be the carrot.

From across the state of Washington, to the East Coast, and countries around the world, carrots are a bright and colorful part of so many cuisines. They're an easy addition to a salad or soup, a perfect accompaniment to all of summer's grilled offerings, or taken simply by themselves as a crisp snack on the go for kids and adults alike. Packed with essential vitamins, they are also a relatively inexpensive and welcome addition to any table. For all these reasons: accessibility, seasonality, nutrition, and affordability—carrots feature prominently in Northwest Harvest's distribution efforts.

Thanks to the generosity of our agricultural community, our trucks will be on the road from dawn to dark all summer, moving fresh product from the gates of farmers who support our communities to the people who need it

most. At Northwest Harvest, we are so grateful for the bounty of agriculture we have available in Washington—and even more thankful for the agricultural community that is willing to partner with us to help fight hunger.

With the support of these partnerships, we are determined to create a Washington state known for equitable access to nutritious food for all. The distribution of fresh fruits and vegetables, including the ubiquitous carrot, to our food bank partners across the state helps to ensure that healthy, culturally appropriate foods are available to everyone who calls Washington home.

As you sit down to your summer meals with friends and family or just by yourself, take a moment to savor a carrot salad or carrot-ginger soup and be reminded of the connectedness we have to each other.

Best regards,



NORTHWEST HARVEST'S



**SODO
COMMUNITY
MARKET**

1915 4th Ave S, Seattle, WA 98134

OPENING JUNE 24: NORTHWEST HARVEST'S SODO COMMUNITY MARKET

We are getting ready to open Seattle's newest food bank!

Northwest Harvest's SODO Community Market opens its doors on June 24. This is a monumental change for everyone in the community who has come through our food bank doors over the past 36 years looking for a safe, inviting place to pack up a cart, backpack, or shopping bag with fresh produce, grains, and proteins to take back and share with their families.

SODO Community Market includes a new, inviting marketplace experience, as well as a much-needed community meeting space. As we embark on our new phase of building community, we invite you to join us in this opportunity to deepen relationships and generate a welcomed source of nourishment for all.



"The food bank is a gateway to social services in general for the community. Exploratory conversations with clients have proven very fruitful in identifying a variety of needs other direct service providers can help with. The food bank, if the culture is welcoming enough, can be a front line identifier of clients and issues the community needs to address through all of its direct service providers."

—North County Community Food Bank, Clark County

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PILOT PROGRAM FOCUSES ON IMPROVED ACCESS TO NUTRITIOUS FOOD

This year, Northwest Harvest launched a pilot version of the Northwest Harvest Access Fund, which sets aside funding for emergency food organizations to help them increase capacity and provide greater food access to their communities. The pilot version of the Access Fund was rolled out in the Tri-County region (Pend Oreille, Stevens, and Ferry counties). This region was chosen because of its active coalition of food banks and Northwest Harvest's existing partnership with sub-distributor Rural Resources, as well as our strategic focus on the areas of our state's greatest need—rural communities and communities of color. Pend Oreille, Stevens, and Ferry are also three of the most rural counties in Washington.

Our Hunger Response Network received promising and innovative applications for the Access Fund pilot program, and we are optimistic that they will lay the foundation for future collaborative work:

- **N.E.W** (Northeast Washington) **Coalition: Pork Farm to Food Pantry Pilot Project**

In conjunction with WSU Extension, the coalition will purchase several piglets to raise as meat for food banks. Everything about this proposal was local, ensuring that funds are kept in the area.

- **N.E.W Coalition: PantrySOFT software**
The coalition plans to purchase food bank management software licenses for programs that are not currently using software to track their clients, inventory, and donations. This data can be used to apply for grants, demonstrate need in the community, and help inform decisions about the type of food and services provided.
- **Volunteer Food and Resources Center: Kids Summer Food**
VFRC has been unable to partner with schools and other local organizations to serve summer meals to kids. They will use funds to purchase food specifically for kids during the summer months.

Our partners know their regions well and can create proposals that will lead to community-targeted solutions. We are excited to continue learning from their efforts as we develop and refine the Access Fund in the future.

"A young mother (just ready to have her baby) was so grateful we were able to help her with some baby products and healthy food for herself."

—Loon Lake Food Bank,
Stevens County



CONFERENCE FOR THE GREATER GOOD EMPHASIZES LEARNING FROM LIVED EXPERIENCE

On Wednesday, April 24, Washington Nonprofits held their annual Conference for the Greater Good in Yakima.

Washington Nonprofits provides organizations throughout the state with the resources necessary to achieve their missions. As a proud partner and supporter of Washington Nonprofits, Northwest Harvest hosted a track at the conference. We were excited to offer this opportunity since many Eastern

Washington partners are not able to make it to Western Washington for Northwest Harvest's biennial conference.

Three sessions were offered in this track: Ripple Mapping Evaluation, Food Banking Fundamentals, and Innovative Service Models for Emergency Food Programs. These sessions were designed to provide Northwest Harvest partners with a holistic approach to operating their food programs and the tools needed to evaluate their effectiveness. Each session highlighted the importance of including the voices of people being served when making programmatic

decisions, whether it be determining hours of operation, designing new services, or evaluating program success.

In a continued effort to provide partners in rural areas with trainings and learnings, Northwest Harvest's Hunger Response Network team will continue partnering with organizations on opportunities like the Conference for the Greater Good. It is our hope that investments in our partners' development will help create a more equitable food system that moves beyond the traditional emergency food model to a food system that is for all Washingtonians.

POLICY WINS PROTECT SAFETY NET PROGRAMS

Join us in celebrating an incredibly successful state legislative session, as this year, state lawmakers passed a budget and legislative priorities that will help reduce hunger and build stronger communities. Here are some of the victories that make us most proud!

In Washington, the average SNAP recipient gets just \$4 per day for their basic nutrition. The cost of nutritious fruits and vegetables can be a barrier on such a limited food budget. HB 1587 provides resources that will help struggling households be able to afford to buy more fruits and vegetables. These resources include matching dollars when SNAP is used to buy fruits and vegetables at grocery stores and farmers markets and providing prescriptions for fruits and vegetables for people whose doctors diagnose them as experiencing food insecurity. If this sounds familiar to you, it's because Washington has been testing out these ideas for the last few years, thanks to federal funding (i.e., Fresh Bucks at participating farmers markets and Complete Eats coupons at Safeway stores.) Our bill creates a state investment in these programs to keep them going when federal funds run out early next year.

These programs have been incredibly successful: 71% of people who have received a fruit and vegetable prescription report decreased food insecurity, and farmers markets have seen a dramatic increase in SNAP sales, enough of a boost that many small growers have said that this program has made the difference in keeping them in business. We are thankful to State Rep. Marcus Riccelli from Spokane



Legislators, community organizers, and advocates join Gov. Inslee for the official signing of HB 1587.

and State Senator Claire Wilson from Auburn for championing this bill!

We also passed legislation that will expand access to SNAP ("food stamps") for struggling college students. One out of 5 college students and 1 out of 4 community and technical college students struggle with hunger. This is why Northwest Harvest, the Anti-Hunger & Nutrition Coalition, and the University District Food Bank worked with State Rep. Debra Entenman to introduce 1893, legislation that will provide assistance and resources to college students that struggle with hunger and poverty. It clarifies existing federal law, identifying students that are eligible for workstudy as being potentially eligible to receive SNAP. Colleges will be required to notify these students that they may be eligible and tell them how to apply. The bill also creates an emergency basic needs grant fund for community and technical colleges to help students who face a financial emergency that might otherwise cause them to miss class or drop out of

school altogether (e.g., a car payment, the rent to avoid an eviction notice, etc.)

Our support agenda fights hunger by securing investments and policy changes in the areas of housing, health care, and income and job supports so that struggling households don't have to sacrifice food for these other basic needs. We applaud the Legislature for enacting improvements for tenant rights, including giving tenants more time (up to 14 days instead of three) to pay the rent after an eviction notice—this could make a real difference in preventing homelessness for a family living from paycheck to paycheck.

None of these legislative victories would be possible without your support, including calls, emails, and participation in our annual Hunger Action Day in Olympia. With our thanks to you, please join us in thanking lawmakers for supporting policy changes and budget investments that help us build a better, more equitable food system!

KEEPING KIDS NOURISHED THROUGH SUMMER MEAL GAPS

SODO Community Market joins our statewide network of agencies that strives to ensure children and their families have enough to eat, especially during the

summer months when schools are out and the need for assistance from food banks increases.

This is a time when we see a spike in demand as many children are no longer receiving free or reduced cost meals

at school. Please consider making a gift today. Your gift will be put to work immediately to support Northwest Harvest, SODO Community Market, and our network of food banks across the state, making sure shelves are kept full of nutritious and healthy food.

"A family with a little girl recently visited our food bank for the first time. While standing in line, my co-worker asked the little girl what her favorite fruit was. The little girl said, 'Strawberries, but we can't eat those because we can't afford them.' It was a heartbreaking moment. It reminded us how important it is to provide fresh fruits and vegetables—'luxuries' that families would otherwise do without."

—Seattle Children's Hospital Food Bank

SERVING DIGNITY, BUILDING COMMUNITY:

CAMPAIGN FOR NORTHWEST HARVEST'S NEW SODO COMMUNITY MARKET

As you read this, we are preparing to open Northwest Harvest's SODO Community Market, our new food bank in the SODO neighborhood of Seattle, replacing Cherry Street Food Bank. With this space, we are redefining what it means to be a food bank. SODO Community Market is a safe, community-oriented space centered on the idea of destigmatizing the experience of taking home a bag of nutritious food at no cost.

While opening our new market will be a historic moment for Northwest Harvest, there is still more work to be done to put the finishing touches on the building and to stock the shelves with food for our neighbors.



Architect rendering of Northwest Harvest's SODO Community Market storefront.

One of the ways you can support our efforts is to become part of the outdoor community courtyard with a personalized brick. Visit us at northwestharvest.org/SODO to learn more.

Placed in the courtyard in front of SODO Community Market, your tribute gift, displaying your name or in honor

of a loved one, will ensure we have the resources to offer life-changing programs throughout Washington.

Your commitment to and investment in Northwest Harvest is a crucial component of our sustainability and growth. Thank you for making opportunities possible.

"We have been signing up quite a number of new families to shop at the Shoreline food bank. One of the new clients who I gave a tour to was a young woman who only had her small child as the other member of their household. I could tell she was a little on guard and self-conscious about being in a food bank, as there still is a lot of stigma associated with utilizing this resource, and she was very tense. That said, you could see her relax and ease up once we walked further into the food bank and she saw that it was set up on grocery shelves and how bright and clean the location was, and she left with a smile on her face."

—Hopelink Shoreline, King County

GOVERNOR'S POVERTY REDUCTION WORK GROUP

In Washington, 1.9 million people struggle to make ends meet. This includes more than 500,000 children who are living in poverty. Washington needs effective and comprehensive solutions to reduce poverty and support struggling individuals, families, and communities. Since February 2018, Northwest Harvest has participated in Governor Inslee's Poverty Reduction Workgroup (PRWG), a statewide convening of community based organizations, racial and ethnic commissions, legislators, state agencies, tribes, and workforce development councils to develop a 10-year strategic plan to reduce poverty in our state.

At the heart of the workgroup is a Steering Committee of individuals who are living with low incomes. The Steering Committee provides input and feedback in developing the strategic plan and ensures that the final plan will include a race equity analysis.

C'Zar Carter, a shopper at our Cherry Street Food Bank, decided to join the PRWG's Steering Committee, after hearing about it at a meeting of our food

bank's participant advisors. "I did this hoping to give voice to issues that affect me personally with racial and financial inequality," he said.

"To truly eliminate income inequality we need to take a multi-pronged approach that recognizes systemic bias as a central component," added C'Zar. The work group centers root causes of poverty, including racial bias, in its approach to developing poverty reduction recommendations, recognizing that racial bias has created income disparities as it is embedded in policies, institutions, and in the interpersonal relationships between service providers and clients.

Affordable housing, child care, and health care are at the forefront of issues that C'Zar is ensuring stay in front of the PRWG. C'Zar also wants to make sure that that low-wage workers can access these services as they build financial stability. "It's important that there be a social services network that allows people to access benefits while doing so, and then transition out at a gradual rate. This gradual exit strategy prevents people from having the rug pulled out from under them, so to speak, and allows for a smoother transition."

EVENTS

WASHINGTON
WESTERN | CENTRAL | EASTERN*More events and
up-to-the-minute details at:
northwestharvest.org***HERITAGE HELPS**

MAY 30-JUNE 30

Northwest Harvest is grateful to partner with Heritage Bank in Washington on Heritage Helps! Did you know—1 in 6 kids live in a household that struggles to put food on the table? That's why from now until June 30, all Heritage Bank branches will have collection bins for kid-friendly non-perishable food items. You can also help by donating online at <https://bit.ly/2IVihjq> or by texting **HERITAGEHELPS** to **41444**. Together, we can end childhood hunger! #HeritageHelps



Watch for more details at northwestharvest.org/events.

BACON EGGS & KEGS

JUNE 22-23

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 local breweries and cideries, and the famous 30-foot Bloody Mary Bar. Don't forget the games, dueling pianos, and more! Tickets available at baconeggsandkegs.com/tickets.



SAVE THE DATE FOR YAKIMA'S SIGNATURE EVENT!

**CARVE OUT HUNGER**

SATURDAY, OCTOBER 12

6 P.M. - 9 P.M.

4TH STREET THEATRE

Save the date for the 6th 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: The team from 104.1 KXDD took the win at the 2018 Carve Out Hunger Carving Contest with a Harry Potter-themed entry.

"It feels as if we have been having a lot of new clients lately who have never used the food bank before... I had one client tell me that he just started using the food bank this month. He lost his job a while back and has been struggling to find a new one. This month his unemployment ran out. He has had trouble signing up for SNAP benefits for [himself] and his son. He shared that he has many friends who are in similar situations. His story struck me as a poignant example of someone who has a new need for food bank services."

—Pike Market Food Bank, King County

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 KONNECTED

KING 5 Konnected is a "Party with a Purpose," an exciting evening where people get connected with the nonprofits and individuals that make the Pacific Northwest the philanthropically unique region that it is and inspire deeper involvement with community groups in need of support. Thank you to KING 5 for including Northwest

Harvest and supporting the greater nonprofit community with this event!

GIVEBIG

Our thanks to 501 Commons, Encore Media, and to all who gave BIG, thank you! Your support allows us to provide millions of nutritious meals across Washington. A special thank you goes to Wyncote Foundation NW for helping us reach our goal.

FORD PEANUT BUTTER DRIVE

Ford auto dealers throughout Washington partnered with Northwest Harvest and your local food bank to collect peanut butter to help provide nutritious food to kids during the summer.



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ADVOCACY WORKS! BREAKFAST AFTER THE BELL SUCCESS STORY—BELLINGHAM

Last year, we celebrated the final passage of Breakfast after the Bell legislation—a culmination of over five years of hard work in Olympia and your repeated calls and emails to legislators urging their support. This was also a big year one milestone for our organization as we work towards our goal of cutting hunger in half by 2028.

KING 5 shows in a short article and video (viewable on our website at northwestharvest.org/advocacy-works) how this legislation is already making a huge impact on access to school breakfast for low-income kids: Bellingham School District has not only

implemented breakfast after the bell at all schools required by our law to provide breakfast during the school day instead of beforehand, but they've also utilized the clarification that our bill provided that breakfast served in the classroom during normal classroom activities counts as instruction time. Furthermore, they've added the full 1-2 punch of using a federal provision to provide breakfast universally, free of charge. The result? **At one school alone, breakfast participation has gone up from 16% under the old practices to 80%!**

So thank you again—a heartfelt thank you—for speaking up with legislators and educating others that breakfast after the bell, breakfast in the classroom, and universal breakfast works and helps our kids get the fuel they need to focus on their studies.



Thank you to all for lending your voices to the fight against hunger!

Learn more about the issues and what you can do on our website at northwestharvest.org/take-action.

"I spoke to a woman customer on Friday. [She told me] how much the food bank helps her and her daughter. The food bank is helping to get her daughter through college, where she is studying to be an engineer. The woman is divorced from her husband. The daughter does not qualify for FASFA support as her father's income is too high, although he is no longer providing support to her or the family. By getting food at the food bank, the pair [can] save money that can go toward paying for college."

—Marysville Community Food Bank, Snohomish County