

TAKING TIME TO REMEMBER: THIS IS ALL ABOUT LOVE

A message from Chief Executive Officer, Thomas Reynolds



Moving home to Washington and going to work to address hunger was one of the best decisions I've ever made. When I first started here, so much helpful information came my way: who to meet; what to work on; where to place my time and attention. But the single most important piece of advice I received was also one of the simplest: **"Love the people you work for."**

This year, we opened Northwest Harvest's SODO Community Market—a free grocery store full of fresh, healthy food and ready to eat meals. We hope the well-lit shopping space welcomes our guests to feel at home. We hope the always-replenished fruit and vegetable bins inspire our shoppers to try new recipes as well as traditional family favorites. And we hope the market supports the making and sharing of thousands of family-uniting Thanksgiving meals this year.

Northwest Harvest distributed tens of millions of meals across Washington this year. We loaded up on apples, squashes, pastas, pinto beans, and rice. We then trucked those and other nourishing staple foods to every county in the state. From food banks in Ocean Shores to

Issaquah, to residential centers in Yakima and Spokane, to vital distribution centers in Bellingham and Tacoma, we provided free nutritious food to neighbors who struggled at some point this year to make ends meet.

Sometimes I'm asked if the work is overwhelming. In fact, it's the opposite. When I see someone take home a bag full of healthy food that farmers, grocery stores, and food drive participants entrusted us to distribute, it feels amazing. For all the logistics and execution we undertake, at the end of the day, this is about love. Love of people whom we have the privilege of serving and love of people we stand shoulder to shoulder with as we strive for a society free from hunger.

During this upcoming holiday season, I wish you too have the privilege of connecting with others—sharing a moment, a meal, or a smile.

Best regards,

YOUR SUPPORT IS MAKING A DIFFERENCE

*"Do your little bit of good where you are;
it's those little bits of good put together
that overwhelm the world."*

—Desmond Tutu

We are infinitely grateful for all the good you are doing to help our neighbors who are struggling to get enough food and nutrition for themselves and their families. Your generous gifts of money, food, and time are making a tremendous difference in the lives of so many. We'd like to share just a few highlights that you've made possible.

- Your financial gifts allowed us to provide over 250,000 meals to children through our Three Squares backpack program and our Kids Summer Food Club. And because of you, two million healthy meals are freely distributed to children, seniors, veterans, and families each month.
- Your gifts of volunteer hours are equivalent to more than 35 full-time employees. Without this volunteer support, much of our work simply could not be done.
- Your food drives and food donations provide a variety of food that's distributed to our statewide network of 375 partner programs.

In 2020, we'll continue distributing free nutritious food to communities all across Washington. Additionally, we'll work even harder on addressing societal challenges and systemic barriers to healthy food that far too many Washingtonians face. Together, with your support, we'll be even more determined in our efforts to both provide food today—and eliminate hunger tomorrow.

Please give today at northwestharvest.org/donate, or by sending your gift in the enclosed postage-paid envelope.

Buy A Personalized Brick at SODO Community Market

One way you can help become a vital and lasting part of the market, is by purchasing a personalized brick in our market courtyard. You can leave a lasting legacy by choosing to have a brick inscribed with your name or in tribute to a loved one placed in front of SODO Community Market.

For more info or to order your personalized brick, visit: northwestharvest.org/sodo.



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DEEP DIVE: INCREASING AFFORDABILITY OF FRUITS AND VEGETABLES

Northwest Harvest works to create more equitable access to nutritious food for all in Washington.

Often the cost of a healthy diet of fresh fruits and vegetables is too expensive for households on a limited budget.

In our state, rich in agriculture, there are a number of wonderful programs, built in partnership between the private sector and government agencies, that help make fruits and vegetables more affordable for households that need SNAP or WIC to afford basic nutrition. The **WIC Farmers Market Nutrition Program** provides vouchers to households on WIC. WIC helps pregnant or nursing women, infants, and children up to the age of five buy food items that help meet specific nutritional needs. These vouchers help eligible households buy those items from local growers at farmers markets. The current voucher amount is \$20 per household per market season.

Since 2015, our state has been piloting three programs that help households on SNAP buy more fruits and vegetables: **Fresh Bucks** is available at 90 farmers markets throughout the state. When a shopper uses SNAP to buy fruits and vegetables, they get part or all of their SNAP dollars matched to buy even more fruits and vegetables. **Fresh Bucks Rx** are cash value vouchers, written as a prescriptions for people diagnosed as being food insecure, to be traded in for produce from participating farmers markets or grocery stores. **Complete Eats** coupons are available at every Safeway store in Washington. \$5 discount coupons are given at checkout when someone

uses SNAP to buy fruits and vegetables.

More than 77,000 low-income shoppers statewide have redeemed more than \$2.7 million in fruit and vegetable incentives. They have been valued by SNAP shoppers, as they help them to afford a greater quantity, variety, and in many cases, culturally appropriate, produce. According to a Department of Health evaluation, recipients of Fresh Bucks Rx vouchers have reported a 73% decrease in food insecurity in their households. Use of these programs not only helps struggling people afford more nutritious food, it's also led to improved health outcomes and has boosted revenue for Washington growers.

The SNAP incentives have been funded by a federal USDA grant, but that grant expires in early 2020.

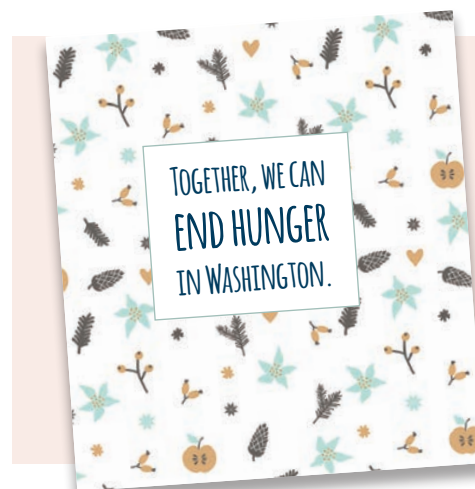
Last year, our coalition successfully passed legislation that created a state investment in the SNAP incentives programs and our Legislature allocated \$2.5 million to these programs. An additional investment is needed to keep these programs going while Washington applies for federal funding and to provide a much-needed increase to the voucher value for the WIC Farmers Market Nutrition Program. These programs are relied upon by thousands of low-income Washingtonians to not only buy nutritious food but in the case of our growers, support their struggling businesses.

Learn how you can help amplify advocacy efforts on issues like this one and more at northwestharvest.org/take-action.



"A client was trying to get a can of vegetable soup, but she wasn't able to find any, suddenly she saw our fresh produce table, and she realized that we have all fresh vegetables to make her own soup and even that was more healthy. She appreciated [the] fresh produce."

—Hopelink - Carnation, King County



HOLIDAY GIFT CARDS

A holiday themed card from Northwest Harvest demonstrates hope and a way to honor your friends, family, co-workers or clients.

You can place an order online at northwestharvest.org/greeting-cards, or email us at greetingcards@northwestharvest.org for more information.



ADDRESSING FEAR IN OUR COMMUNITIES

It's a long-standing, core value of Northwest Harvest to provide food to anyone in need, no questions asked. We believe that food is a basic right, a necessary ingredient to help struggling individuals and families maintain good health which is needed to focus on learning in school and to find and keep a job.

No one should fear asking for the help they need to feed themselves and their family.

A Department of Homeland Security rule that was published in August is causing fear in immigrant communities: the public charge rule could prohibit green card holders from returning back to their lives in the United States after a six-month or longer absence because of prior, lawful use of SNAP, housing assistance, cash assistance, or Medicaid (unless used when under 18, pregnant, or for 60 days after pregnancy). As of press time, five different courts, including the Federal District Court for Eastern Washington, have issued preliminary injunctions that block the implementation of the public charge rule. The injunctions will stand unless overturned or unless decisions in all five of those cases ultimately rule against the plaintiffs and their arguments that the rule violates procedural and constitutional grounds.

Nonetheless, this rule has had a widespread chilling effect on lawful use of basic needs services by immigrants. The rule does not apply to immigrants applying for help for US born children, asylees, refugees, or visa holders that have been victims of crimes. It also does not include the use of WIC, school meals, or food banks. But a recent study by the

Urban Institute found that the chilling effect of this rule has caused one in seven immigrant adults to disenroll or refuse to apply for services that they can legally access under the law.

Benefits are used temporarily and help people access the food, health care, and housing they need, which means that all of our communities are healthier and stronger when these needs are met. So when the fear that lawfully using benefits for which you are eligible is so great that you choose to refuse them, we are all at risk.

We've heard stories from partners: a Seattle area food bank received three calls in a single week from three different immigrant households, asking to be removed from their database even though none of those households had used the food bank in the last few years since finding work. A caseworker for another food bank told us that 100% of the program's immigrant participants have reported disenrolling from SNAP.

Northwest Harvest has stepped up our efforts to help: as our Access Programs Manager, Andrew Schlosser explains, "We were approached by a new grassroots community food bank this summer called the Alternative Food Bank Project, which has a focus on supporting the families of those currently detained in the ICE detention facility in Tacoma. Because of their small size and lack of storage (they currently operate on an all-volunteer delivery model) it did not make sense to provide them with food at this time. But we were able to share \$895 dollars in donated grocery gift cards with them to support the important work they are doing to serve families who might not otherwise

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GROWING
FOOD JUSTICE
ACROSS WASHINGTON

Immigration Rights & Resources Toolkit



ALL ARE WELCOME.

know about or feel comfortable visiting a traditional food pantry. Learn more and donate directly to this project at: alternativefoodbankproject.com.

Our Immigration Resources Toolkit was designed to equip our food bank partners to do outreach and help all who need the food bank know that they are welcomed. We recently updated the toolkit to include customizable postcards to help food banks explain the public charge rule and let communities know about specific services, including home delivery and mobile food pantries that can bring food directly to their neighborhoods.

The toolkit also provides advice about how to minimize the over-collection of personal data and safeguard that information. A partner food bank recently reported to us that they successfully used our toolkit to work with their county to report information about the ethnicities of their client population in the aggregate instead of reporting information that could be tied to individual households.

View online at northwestharvest.org/immigration-rights-and-resources-toolkit.

"One of our food recipients always brings his granddaughter to distribution day. They told me it's their special day together and they always bring a positive and fun attitude that they share with our volunteers and guests!"

—The Pantry of Moxee,
Yakima County

#GIVINGTUESDAY
December 3, 2019

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 December 3, 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).



BETTE RICHARDSON: A GREAT CHARACTER, A LASTING LEGACY

Bequest gifts to Northwest Harvest often represent legacy gifts by those who have been longtime supporters of Northwest Harvest. Their lives reflected a concern for those in need, and they wanted their estate plans to reflect those values. These gifts play an important role in supplementing the strong annual support we have throughout Washington. They allow us to meet the needs of our guests and help build our endowment and fund special initiatives to meet hunger needs in Washington. This summer, we learned of an estate gift from the estate of Bette N. Richardson. Her stepdaughter, Mary Richardson, has been working with us to ensure that the wishes of Bette be realized for Northwest Harvest. Mary's daughter, Deanna, shares a remembrance of her grandmother Bette.

Bette was my mom's stepmother, but because she married my grandfather before I was born and never had children of her own, she relished the role of being a grandmother to me.

From about the age of ten until my twenties, we spent holidays and several weeks throughout the year with them. We would pick out a Christmas tree on their property in the summer, and we would chop it down in December. She had bags, GIANT BAGS, of tinsel and firmly believed all trees should have tinsel

thrown at them until they shimmered. She made all her own bows and never put names on the presents—able to identify them by the bows. She was an accomplished knitter and would make us socks and sweaters, as well as buying us puzzles and games to play when we were together. I still remember the life size manhole cover puzzle that was black and took months to complete. Bette refused to ever do that one again!

Bette was an amazing cook. She made elaborate dinners every time we were there. Eating at Bette's was always a treat. She was very health conscious (my grandfather had a heart attack at the ripe old age of 49 but lived to be 83, probably thanks to Bette's cooking) and made amazing vegetable dishes and salads. I still love vegetables and salad to this day.

Bette always had a bathtub in her house, not because she liked baths, but because that is what housed her liquor operation. She made her own fruit-based liqueurs like blackberry wine, peach schnapps and my personal favorite, cherry bounce. She would serve it in little cordial glasses or poured on top of vanilla ice cream. These liqueurs were strong! When Bette wheeled out her liquor cart you knew you were spending the night. I still laugh about the time we got rip roaring drunk with my grandparents and in the morning, Bette was up early watching



Bette Richardson, right, with granddaughter Deanne.

our kids and making breakfast. She could drink anyone under the table.

In her sixties, Bette bought a red convertible to drive around town in, because she thought all women of a mature age should drive around in a red convertible. And because, clearly, she was a badass.

If some of this sounds like a movie, well, in my mind it kind of was. She was an amazing grandmother and we were so lucky to have her. So, while the movie has come to an end, I still have the reel in my mind to watch at any time. Goodbye Bette. I love you. And thanks for the memories.

For more information about Planned Giving, please contact Anne S. Knapp, Senior Planned Giving Officer, at annek@northwestharvest.org or 206.390.6094.

2020 LEGISLATIVE SESSION PREVIEW

Northwest Harvest has a two-tiered legislative agenda: we directly advocate with state and federal lawmakers on priorities that protect and strengthen public nutrition assistance programs. Our secondary agenda communicates our support for policies and investments for non-food essentials—housing, health care, and programs that promote economic stability, since struggling households will skip meals in order to pay for these other essential needs. Our state legislative agenda is built in conjunction with the Anti-Hunger & Nutrition Coalition, a statewide organization that includes membership from different parts of our food system, all with a focus on hunger. This session, we are looking to build upon last year's successes:

- Increase the purchasing power of low-income households to buy more fruits and vegetables using SNAP and farmers market vouchers for households on WIC.
- Provide support for food pantries to safely store and distribute fresh, locally grown food and commodities.

We are also working in partnership with a workgroup to successfully implement Breakfast After the Bell and improve access and participation in school meals for low-income students. This will be a short 60-day session, during which the Legislature will discuss adjustments to the budget.

Our legislative agenda was finalized after presstime. To learn the details of our full legislative agenda, sign up for our advocacy alerts for updates and to help us speak out to lawmakers at northwestharvest.org/take-action.



HUNGER ACTION DAY!

Monday

3 FEB 2020



*Join us Monday, February 3 in Olympia for **HUNGER ACTION DAY**, and tell your representative to protect programs that support families in need.*

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 Events & Volunteer Specialist Josette Gonzales at JosetteG@northwestharvest.org.

SEATTLE'S LAST WALTZ TRIBUTE

FRIDAY, NOV. 29

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

DEC. 11-12

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, December 11 and 12, 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.



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. 7 | 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!

- Everett Safeway | 4128 Rucker Ave, Everett
- Issaquah Highlands Safeway | 1451 Highlands Dr. NE, Issaquah
- Northgate Mall | 401 NE Northgate Way, Seattle
- Puyallup Safeway | 708 Shaw Road E, Puyallup
- Redmond Town Center | 7525 166th Ave NE, Redmond
- Tacoma Mall | 4502 S Steele St, Tacoma

KHQ HOMETOWN HARVEST FOOD DRIVE

SATURDAY, DEC. 14 | 7 A.M. - 12 P.M.

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:

- Shadle Safeway | 2507 W Wellesley
- Valley Safeway | 14020 Sprague Ave
- additional locations to be announced



NBC RIGHT NOW HOMETOWN HARVEST FOOD DRIVE

SATURDAY, DEC. 14 | 7 A.M. - 12 P.M.

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:

- Yakima Safeway | 905 E. Mead Ave. (off S. 1st St.), Yakima
- Kennewick Safeway | 2825 W. Kennewick Ave, Kennewick
- Richland Albertsons | 690 Gage Blvd, Richland



THANK YOU, 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!

HUNGER STOPS HERE

Thank you for being a part of the **Hunger Stops Here** campaign! As of press time we are still collecting donations, but we are well on our way to reaching our goal of providing 5 million nutritious meals to hungry Washingtonians. Your gift will help put food on dinner tables today—and tackle issues aimed at eliminating hunger tomorrow.

KZOK ROCK THE HARVEST

Thanks to KZOK-FM staff, Delta Air Lines, and listeners for their support of the 22nd annual Rock the Harvest Radiothon! Proceeds from this one-day event raised enough to provide well over **456,000 meals**.

CARVE OUT HUNGER (YAKIMA)

A lot of sips, carves, and bites happened at the 4th Street Theatre on October 12. This event raised just over 77,700 meals! Congratulations to our Carving Contest Winner (pictured at right), **Cheyenne from 92.9 The Bull!** Special thanks to our main sponsors, the **Yakima Valley Farmworkers Clinic** and **Yakima Federal Savings & Loan!**





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RECURRING GIVING

YOUR MONTHLY GIFTS MAKE A HUGE DIFFERENCE!

Become a **Hunger Hero** by supporting those we serve 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.

- A donation of \$100 provides nearly 500 nutritious meals to children, seniors, veterans, and families throughout Washington

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 Jeff Peterson at 206.723.7480.

HOLIDAY GIFT IDEAS

With the holiday season approaching, now is an ideal time to consider thoughtful gifts that will make a big difference in our community. Find ideas throughout this issue noted by the apple icon.



"One of our volunteers who is also a client shared that he has been able to make huge progress in his physical therapy and his doctors think that volunteering at the food bank has helped significantly. He says he is enjoying being more active and social."

—Pike Market Food Bank, King County

"Our families really enjoy having fresh fruits and vegetables more than canned or frozen. We were happy to be able to provide them with more."

—NMCCC Food For Kids, Mason County

