

## NORTHWEST HARVEST

# Providing food today, eliminating hunger tomorrow

Northwest Harvest is Washington's leading hunger relief agency. They supply free, nutritious food to a statewide network of 375 food banks, meal programs, and high-need schools. Providing the equivalent of 25 million meals this year, they believe everyone in Washington should have access to nutritious food that feeds the body, mind, and spirit.

Last year, the agency passed the 500 million meals mark and proudly distributes fresh fruits, vegetables, whole grains, and proteins to every county in the state.

In addition to making sure those who suffer from hunger are being fed, Northwest Harvest aims to shift public opinion, as well as impact institutional policies and societal practices that perpetuate hunger, poverty, and disparities in our state.

### Growing Food Justice Across Washington

Northwest Harvest continually asks two basic questions: How can food better reach people in need? And, why are people hungry in the first place? The first question addresses the issue of access. The second deals with justice. The answers to both seem to be inseparable from each other. Hunger does not manifest itself due to an equation of too many people and not enough food. After all, there's plenty of food to feed all of Washington. The primary reason hunger exists here at home is because of failing societal structures. Failing in the ability to get nutritious food to communities most in need. Failing at supporting common-sense policy and legislation that protect the most vulnerable. And failing to effectively break down systemic social barriers and discriminatory practices that perpetuate generations of lost opportunities for education, employment, health care, and housing.

Every day, this region sees the growing divide between rich and poor. The Seattle metro region now ranks third on our nation's list of "most inequitable" urban areas. And while the face of this inequity is Seattle's homeless population, the bigger truth goes much farther, deeper, and wider than most know or are willing to



*In addition to providing food to anyone who asks for it, Northwest Harvest is dedicated to addressing the root causes of poverty and hunger in our state.*

acknowledge. People across the whole state are hurting.

As an agency that serves all of Washington, Northwest Harvest has become a beacon of hope and tolerance. A place where culturally relevant food is accompanied by appreciation, respect, and warmth. Where food is designated as a basic right for all our neighbors. And where everyone has a choice in the food they wish to bring home and enjoy with their families. Until this is a reality, any sense of equity or justice will be unrealized.

It is under this premise that Northwest Harvest has unveiled a new decade-long goal of cutting Washington's hunger rates in half by 2028. To achieve this, they have begun building a new statewide platform where food justice allies and community leaders of all kinds from across Washington come together with the basic common goal of providing food today – and eliminating hunger tomorrow.

Northwest Harvest asks you to join them in their focus of bringing equitable access to nutritious food for all our Washington neighbors. Please donate, volunteer, or raise your voice. **Together, we can end hunger in our state.**



*Northwest Harvest has programs that fulfill the special nutritional needs of infants, toddlers and school-age children.*

**Northwest Harvest, the largest independent hunger relief agency in Washington, is leading the fight for hungry people statewide to have access to nutritious food – while respecting their dignity and promoting good health. Their vision is ending hunger in Washington**

**To find out how you can help, please visit [northwestharvest.org](http://northwestharvest.org).**