

WASHINGTON, HOW ARE YOU? ARE YOU OK?

A MESSAGE FROM CHIEF EXECUTIVE OFFICER, THOMAS REYNOLDS



The circumstances of the past several years have been hard. Really, really hard. I get the sense that our reservoirs are depleted. Emotional, financial, and even reservoirs of patience seem to be nearing the empty mark for a lot of households across our state.

As we head into our second winter navigating a pandemic that has pushed us to our limits, I am surrounded by circles of colleagues, family, and friends discussing the importance of wellness, finding strength, and choosing joy. For me, sharing a word of encouragement, an act of kindness, or a helping hand is giving me the most positive moments in my days and restores my energy.

At Northwest Harvest, we strive to be nimble; we seek to get the right foods to the right people at the right time, no matter the obstacles in the way. And there will be obstacles this winter. Food supply chains are disrupted. We could see that basic items like water are scarce on grocery store shelves. The systems that we often take for granted have been teetering for months.

At the same time, we recognize that it takes more than food to end hunger. Food insecurity is going up dramatically in households that earn less than \$35,000 a year. While addressing challenges in supply chains, we also continue to work alongside families experiencing poverty – many of whom describe the oppressive effects of racism and other forms of discrimination. These are the obstacles we are facing as a community of Washingtonians.

I work with creative, caring people who source food, ready it to be shipped in times of difficulty, and distribute it to the communities where it is most needed. I am in awe of their skill and determination.

Despite depleted reservoirs, we must continue to collectively lift each other up, care for each other and consider what can make this winter season just a bit easier for people and families who face the most risks in Washington.

INTRODUCING THE NORTHWEST HARVEST PERENNIALS!

Sustained giving leads to sustainable change. At Northwest Harvest, we are honored to have a strong and reliable ecosystem of donors who regularly give to support our work. These special donors now have a special name: the Northwest Harvest Perennials.

Perennial plants have deep, expansive root systems that allow them to weather storms and prevent erosion. NWH Perennials provide an added layer of stability and sustainability to our programs, supporting the critical work of ending hunger. Their gifts have been particularly important as the world has become more uncertain and unpredictable—consistency has been our best tool to meet crisis-level need with a steady hand.

By becoming a Northwest Harvest Perennial, your recurring gift of any size provides support we can count on, again and again.

Join the NWH Perennials to help cultivate and sustain the hearty efforts in Washington—because it takes more than food to end hunger.

For more information, please contact Jeff Peterson, Annual Fund Manager at jeffp@northwestharvest.org.

“It isn't just about food security at the EFB, we work with partners to provide other services that our customers need. One customer who had visited our Medical Team International Dental Van over a number of months was all smiles last week. They could not only smile but eat hard foods again with their new dentures!”

—EDMONDS FOOD BANK, SNOHOMISH COUNTY

FOLLOW US ACROSS THE STATE!

To stay in the know about volunteering and other opportunities in Central and Eastern Washington, “like” our regional Facebook pages—@NWHarvestYakima and @NWHarvestSpokane!

LOOKING TO UPSTREAM SOLUTIONS WITH GHP FISH

Northwest Harvest's partner, Gig Harbor Peninsula FISH Food Bank and Community Services (GHP FISH) is an impressive organization by the numbers. Last year alone, it served more than 10,000 people, provided more than 200,000 meals, and gave \$300,000+ in rental assistance to those in the Gig Harbor and Key Peninsula region.

Throughout the pandemic, the dynamic GHP FISH team provided access to food through home delivery and low-exposure service methods. The surrounding community continues to rise to the occasion to support its mission—from putting in more than 25,000 volunteer hours last year, to donating record amounts of food and funds, even jumping in to donate shopping bags in a pinch. Strong community support is integral to its success.

But it takes more than food to end hunger. Looking to upstream solutions while balancing immediate need, the team connects clients with services including student aid for college and trade schools, testing fees, and kids' summer programs. Its caring ecosystem enables volunteers and clients to form lasting connections with one another.



Photo credit: GHP FISH Food Bank: (left, Digital rendering by RGA GIG HARBOR; right, official groundbreaking on June 29)



GHP FISH considers the organization mutual aid rather than charity. “We keep seeing people that were once clients return to give back—no matter how long it takes,” explained GHP FISH Founder and Food Bank Coordinator Jan Coen. “I remember meeting a woman with her car filled to the brim with over \$500 of food to donate. She explained that back in the 80s, she had received help from GHP FISH to feed her family and she wanted to return the favor.”

Looking to the future, GHP FISH is gearing up to increase services and capacity with its new building, set to open doors by summer 2022. At double the size, it will serve even more households, create privacy for clients, and have room for clothing and small household goods.

PLANNED GIVING:

Qualified Charitable Donations

Northwest Harvest encourages donors over 70.5 years of age with traditional IRAs to consider the Qualified Charitable Distribution for funding their charitable gifts to organizations like Northwest Harvest. Doing so may be a tax-wise move if done prior to any Required Annual Distribution for the year. Please consult your financial advisors to learn more about this option.

At Northwest Harvest we recognize that donors like you have been with us through thick and thin. Whether you give monthly, quarterly, or annually, your \$25, \$50, \$100+ gifts reflect your steadfast commitment to our community, and we deeply value your contributions.

If you are interesting making a QCD contribution to Northwest Harvest, reach out to Anne S Knapp, CFP®, Senior Planned Giving Officer 206.390.6094 or annek@northwestharvest.org. You may write to us at: Northwest Harvest, P.O. Box 12272, Seattle, WA 98102.

OPERATION HARVEST

The Yakima “Downtown” Rotary has 300 active members, it is the largest Rotary club in its District and the 3rd largest Rotary club in the world! Community service and Service Above Self is Rotary's prime directive.

Positively impacting their community through service projects from New Playgrounds, Education and supporting Social Service efforts like Operation Harvest.

Yakima Rotarians have partnered with Northwest Harvest for 38 years by hosting Operation Harvest. The generosity of Yakima Valley exceeded prior years as nearly 90,000 pounds of food was collected to be distributed to Northwest Harvest partners to assure that no family or child must go to bed hungry.



“Rotarians were thrilled and full of gratitude to their community for the astounding generosity in hopes that no family goes hungry”

—QUINN DALAN, CO-CHAIR OPERATION HARVEST

EVENTS

WASHINGTON
WESTERN | CENTRAL | EASTERNMore events and up-to-the-minute details at: northwestharvest.org

Join us on December 4th on KING 5 TV for the 21st annual Home Team Harvest and help us meet our goal of raising 21 million meals!

CORPORATE
SPOTLIGHT:

Coordinated Care

Coordinated Care's vision is to transform the health of the community—one person at a time. The managed care organization (MCO) serves over 280,000 people across Washington with Apple Health (Medicaid) and Marketplace insurance plans, and they are the only MCO that covers children and youth in foster care with programs designed to meet their individual healthcare needs.

Focusing on the whole health of a person, Coordinated Care goes beyond the treatment of the physical body through traditional medical care—they also help to provide access to nutritious food. Coordinated Care recognizes that food security is a key factor in a person's health, and they are committed to helping make nutritious food more accessible in our communities.

After the onset of the COVID-19 pandemic, Coordinated Care launched a One Million Meals campaign to help address food insecurity. This campaign included an employee giving campaign, company-matched donations, support to local community food agencies, and monthly volunteer projects at local food pantries and distribution centers. A critical part of the One Million Meals campaign was teaming up with food agencies like Northwest Harvest to support innovative hunger relief programs, and this year's campaign will be no different.

We at Northwest Harvest are thrilled for our newest collaboration with Coordinated Care supporting the new Yakima Distribution Center through a \$100,000 donation.



Coordinated Care volunteers

LEADERSHIP IN ADVOCACY FELLOWSHIP AIMS TO EMPOWER
COMMUNITIES ALONGSIDE FIRST-PERSON ADVOCATES

In partnership with community organizations and leaders throughout the state, Northwest Harvest's Advocacy department has launched a Leadership in Advocacy Fellowship, aimed at empowering communities with the skills and knowledge of community organizing, political activism, and lobbying at a grassroots level.

The fellowship follows a mentorship model with a 12-class series taught by majority Black, Indigenous, People of Color. It is facilitated by Bliss Collins, Northwest Harvest's Community Organizer.

The goal of the fellowship is to foster more awareness of the different levels of community organizing and systems change while simultaneously working together to create an inclusive and equitable Right To Food framework.

"We want to underscore that enduring unfair systems gives people the most powerful credential they need to demand justice for themselves and for their communities," says Collins.

The program is a community-driven initiative that Northwest Harvest has been developing for more than three years and is currently supported by Albersons Companies Foundation and Adobe Employee Community Fund. Northwest Harvest looks to community-based organizations to recruit mentors and fellows from Black, Indigenous, and communities of color who represent a diverse age, socio-economic, and ethnic groups.

"It is critical for us to build this program with, not for, the communities involved," states Northwest Harvest's Movement Building Manager, Chris Suh. "Trust, constructive feedback, transparency, and accountability should be a baseline when engaging in work that centers first person advocates."

As an anti-racist organization committed to ending hunger at its root causes, Northwest Harvest hopes to continue to share spaces that uplift and empower the most powerful voices in Washington.



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Interested in learning more about working for Northwest Harvest? Check out our job openings at northwestharvest.org/careers.

BALANCING UNCERTAINTY WITH HOPE

As we near year two of this pandemic, we continue to balance uncertainty with hope. As a community, we are still creating new ways to connect for support, generosity, and grace—all of which we have felt from you, our Northwest Harvest family.

Yet, hunger remains above pre-pandemic levels. We know that we can and must do better. Our current systems are steeped in inequity, and are leaving too many folks even farther behind, without access to food and basic needs.

Half of households with kids relied on food assistance both before and during the pandemic, and while students are finally back in the classroom together, not everyone is walking in with enough to eat. While SNAP, WIC, and Child Tax Credits help to bridge gaps—this is not enough to end hunger. 27% of households reported benefits not covering their needs, with many more reporting poor quality food and impossible food pick-up times as barriers to assistance.

These needs will persist until we address the root cause of hunger – injustice.

There is enough food for everyone, but justice is in short supply for communities of color, low-income families, and folks in rural areas. Systemic barriers around education, employment, and support services ensure these families are often forced to make choices between eating and other essential needs like rent or medicine. Our advocacy team fights to eliminate those difficult choices by advocating for public resources that truly serve people who struggle with food insecurity.

We know that our work is making a difference, and your generosity has made this work possible. Despite persistent barriers, we continue to create equitable access to nutritious food.

Join us in our commitment to grow food justice. There is no time to wait. Consider a gift today to support Northwest Harvest at northwestharvest.org/donate, by sending your gift in the enclosed postage-paid envelope, or scanning the code below.

THANK YOU RECEIPTS

Northwest Harvest works hard to make sure every dollar you give goes directly to our mission. One way we do this is to send your official tax receipt via email instead of by regular mail. This not only saves postage and staff time, but also has less environmental impact.

If we have your email address on file, you will receive a receipt via email. If you would like to make changes to the address on file, add an email address to your account, or request to receive only one receipt for all giving at the end of the year, please email us at donorrelations@northwestharvest.org. Thank you!

SCAN HERE

