

ADDRESS SERVICE REQUESTED

MOBILE FOOD PANTRY CELEBRATES 1 YEAR ANNIVERSARY



Living in small rural communities can sometimes mean living far away from the conveniences of grocery stores, farmers markets and produce stands. For families and individuals already struggling to get food on the table, the lack of resources can be an even bigger challenge.

At Food Lifeline we believe that everyone deserves to have access to nutritious food regardless of where they live. That is why one year ago, we created the **Mobile Food Pantry**. Through partnerships with organizations already working in these communities, we are able to bring truckloads of fresh foods directly to families and individuals in need.

Mobile Food Pantry currently operates in two counties in Western Washington, Cowlitz and Whatcom. Over the past year, these two Mobile Food Pantry locations distributed over 62,000 pounds of food to families and individuals in need. During one recent Mobile Food Pantry stop in Whatcom County, Philip and his two sons stopped by and picked up bags full of fresh spinach, squash, yogurt, salmon and pantry essentials. "This really helps us get from one month to the next," said Philip.

Your support of Food Lifeline makes this program possible and helps families like Philip's get the healthy food they need. Thank you.

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DID YOU KNOW?

Mobile Food Pantry provided over 51,000 meals to high need areas in Cowlitz and Whatcom Counties this year.

John, Operations Manager at Skagit Valley Best Produce, meets with Jessica, Food Lifeline staff, to examine potatoes ready to be donated to Food Lifeline.



FOOD LIFELINE FILLS THE GAP BETWEEN FARMERS AND PEOPLE STRUGGLING WITH HUNGER

The first thing you learn when taking a tour of Skagit Valley Best Produce is nothing goes to waste. From pond filtration systems that make sure the water used to clean the potatoes is recycled to the crop rotation plans that ensure that fields stay nutrient rich and perfect for growing beautiful potatoes, it is clear that the farmers of Skagit Valley understand efficiency.

Formed in the late 1990s, when Smith farms and Morrison farms, merged, Skagit Valley Best Produce planted and harvested millions of pounds of potatoes last year. Not only are those potatoes shipped all over the United States and Canada, but Skagit Valley donated 1,113,657 pounds of them to Food Lifeline.

"When we are filling an order for 12 truckloads of size 1 or size 2 potatoes, generally 10% of the potatoes don't fit the bill," said John, Operations Manager of Skagit Valley. "Sometimes they are just too small; maybe they aren't round enough or have a little bruise on them."

That's where Food Lifeline steps in and makes it simple for Skagit Valley to donate their potatoes. Food Lifeline provides the trucks needed to pick up the food, volunteers to pack it, warehouse space needed to store it and the system to distribute the food back out to the communities that need it. In other words, Food Lifeline fills the gap between farmers and people struggling with hunger.

"Food Lifeline is the easy button," said John, "With one call we can make sure our bottom line is met while still helping our community."

We want to thank Skagit Valley Best Produce for their donation of over 4 million pounds of potatoes over the past 4 years. In addition to our incredible food donor partnerships, we are so grateful for donors like you. Your support makes it possible for us to accept these donations, run our warehouses and do the work of stopping hunger.

To find out more about Skagit Valley potatoes and how Food Lifeline can make it easy for your farm to donate, visit www.foodlifeline.org/potato

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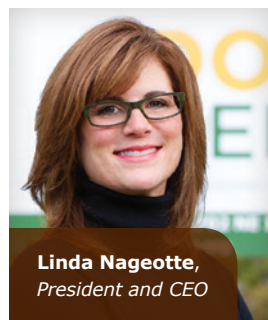
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MOBILE FOOD PANTRY

STAY UP TO DATE

Which Food Lifeline programs can benefit from your help? Where is the greatest need today? What fun events and cool volunteer opportunities lie ahead? Get up-to-the-minute news by following us on Twitter, liking us on Facebook, or signing up for our e-newsletter. Access all these news sources at www.FoodLifeline.org.



DEAR FRIENDS,



Linda Nageotte,
President and CEO

If you, like me, love biting into a ripe apple grown in Whatcom County or enjoying handfuls of fresh blueberries grown in Snoqualmie, you know the importance of fresh local produce. In Washington State, we are lucky to enjoy some of the country's best fruits and vegetables.

Here at Food Lifeline, we believe that fresh wholesome food is a basic right for everyone. This is why we are always working hard to find creative and sustainable ways to get more fruits and vegetables out to our network of food banks and meal programs.

In this newsletter, we highlight our programs that connect farmers, produce wholesalers, and other important food partners with families and individuals struggling with hunger. These efforts make a real difference and these partnerships help Food Lifeline distribute over 860,000 pounds of fresh produce every month.

But all of this would not be possible without supporters like you. When you donate to Food Lifeline, you make it possible for us to put fuel in our trucks, stock our warehouses, send staff out to visit farmers, and create the solutions that serve as a reliable source of nutritious food for families in need year-round.

Sincerely,

Linda Nageotte, LindaN@FLL.org



At the Table is a publication of Food Lifeline, a 501(c)(3) nonprofit organization. To learn more, visit our website at www.FoodLifeline.org or call 206-545-6600.



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Questions or comments about this issue of *At the Table*? Want to share a story about your experience at Food Lifeline? We would love to hear from you at info@FLL.org.

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UPCOMING EVENTS

Groupon Bite of Seattle

FRIDAY, JULY 18 – SUNDAY, JULY 20

The Alley hosted by Jason Wilson benefiting Food Lifeline sponsored by Alaska Airlines.



Stop by The Alley to double-time your dollar while sampling from Seattle's best. Enjoy tastes from both iconic Seattle restaurants and exciting up-and-comers and help to feed your hungry neighbors, all at the same time! Admission through The Alley includes a multi-course meal of tastes from a selection of the area's best restaurants.

Be a part of the Northwest's Premier Food Festival and help to raise funds to end hunger in Western Washington. Volunteer to help staff The Alley! We will need 90 volunteers to help over the 3 days. For information on volunteering contact volunteer@fll.org.

Dress Down Hunger SATURDAY, SEPTEMBER 27



Join us for the fourth annual fundraiser in the warehouse featuring dinner by John Howie catering, drinks from local breweries and wineries, the Ending Hunger Awards and opportunities to support Food Lifeline. Tickets are \$100. Be a table captain, donate an auction item or learn more at dressdownhunger.org or contact us at: 206.545.6600 or events@FLL.org.

Hunger Action Month SEPTEMBER 2014



Join your community and raise your voice to end hunger. All throughout September Food Lifeline will be showcasing opportunities for you or your company to be visible in the fight against hunger. Get involved

at FoodLifeline.org/HungerActionMonth.



Congrats to Hellam, Varon, & Co. Inc PS for winning the Accounting sector Per Capita award in 2013!

FOOD FRENZY TURNS 25!



PRESENTING SPONSOR:



What could be better than a gift of meals for hungry children on your 25th birthday? Food Frenzy turns 25 this year and has a goal to raise nearly 2 million meals! Founded in 1989 by Kathleen Anamosa at Davis Wright Tremaine LLP, this creative competition between local businesses to raise funds, donate food, and volunteer time takes place July 11 through July 25 and the competition is going to be fierce!

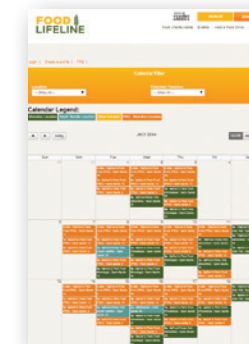
From bake sales to silent auctions, mini golf in the office and more, companies are going the extra mile to make this 25th Anniversary a big one. Food Frenzy plays an important role in Food Lifeline's work to stop childhood hunger in the summer. When school meals are unavailable, many families are turning to their local food bank and meal program.

We have a special Food Frenzy Match Day on Tuesday July 15th.

All donations made through the Food Frenzy Crowdrise pages, up to \$20,000, are matched, thanks to a group of generous Anniversary Sponsors. Support your favorite company and check out the competition online at www.foodfrenzy.org.

Get out there and support your favorite professional office and their wacky fundraising activities this summer! For more information visit www.foodfrenzy.org or contact us at events@fll.org.

VOLUNTEERING WITH FOOD LIFELINE GETS EVEN EASIER



When you choose to help stop hunger by volunteering, you make it possible for Food Lifeline to provide 82,000 meals a day across Western Washington. Because volunteers are so important we want to make it easy for you to sign up and get involved. Our newly redesigned volunteer registration system does just that.

Here are three of the new features that we think you will love:

- **Live calendar** — Now you can see what volunteer sessions are available up to 90 days out and select dates and times that work best for you.
- **Personal profile** — This feature allows you to keep track of your volunteer hours and see all your sessions in one place.
- **Group leader page** — This lets you easily see who in your group has signed up for your session and update your reservation.



Plus once you set up your account, signing in for your volunteer session becomes literally a one-click process. We hope you find this new system helpful and easy to use but if you have any questions, feel free to reach out to the Volunteer Team at volunteer@fll.org.



Michael & Lori Cunningham have donated a combined 300 volunteer hours since November of 2012 to help in the fight against hunger.

SUMMER FOOD DRIVE ROUND-UP



Seattle Seahawks drumline, Blue Thunder, rocked out hunger at the Seattle Carrier Annex during Stamp Out Hunger.

STAMP OUT HUNGER

Once again our community rallied together to support the nation's largest single day food drive, **Stamp Out Hunger**. Thanks to the National Association of Letter Carriers, volunteers, staff and most importantly neighbors like you, for stocking the shelves of food banks across Western Washington. This year, Stamp Out Hunger brought in over half a million pounds of food, and more than \$10,000 in funds. Special thanks to Design Laboratory, Inc for their \$2,500 match challenge.

"Stamp Out Hunger Food Drive is such an easy way to help feed people in our area. One grocery bag full of non-perishable food items CAN really make a difference!"

— **Lyndsy Atkins**, Design Laboratory, Inc

NORTHWEST FARMERS FIGHTING HUNGER

During June, National Dairy Month, dairy farmers across Washington and Oregon collected food and funds to fight summer hunger. Teaming up with Fred Meyer, the Northwest Farmers Fighting Hunger campaign pitted Washington against Oregon to see which state could raise the most food and funds for their local food bank. Visit www.foodlifeline.org/dairy to learn more.

GREAT AMERICAN MILK DRIVE

Milk is one of the most requested foods in our food bank network, however, it is also one of the least donated. Seattle Seahawk and Super Bowl MVP, Malcolm Smith, is helping to change that by his participation in the **Great American Milk Drive**.

"You can't expect to get the best out of a kid in class if they haven't eaten," said Malcolm Smith during his delivery of nutrient-rich milk to Food Lifeline. Ready to join him? Check out www.milklife.com/give to get involved and get more milk to hungry people in Western Washington.



Malcolm Smith delivered 500 gallons of Darigold milk to Food Lifeline's south Seattle warehouse.



Representatives from Washington's statewide hunger relief agencies: Food Lifeline, WA Dairy Farmers, Second Harvest Inland Northwest and Feeding Washington.

CAMBIA HEALTH FOUNDATION AND THE NOURISHING HEALTHY KIDS PRODUCE INITIATIVE



Getting vegetables into kids can be a tough problem to solve. Some nutrition experts say it can take 15-20 tastes of a new food before children adapt to it, and that takes persistence. Here at Food Lifeline, we are tenacious about getting food to people in need, including fresh fruits and vegetables to hungry kids. We don't just try a program once and give up, we continue to adapt to make sure our food assistance programs meet the needs of our community. A new partner is making it possible for us to get more healthy food to some of most vulnerable populations — underserved kids.



"With the abundant supply of food on our farms and grocery shelves, communities have an opportunity to work together to create better access to healthy food for children and families who are in need in our communities. The Cambia Health Foundation is pleased to join with Food Lifeline to address the link between hunger, poor nutrition and long term health of children in our community," said Peggy Maguire, Board Chair and President of the Cambia Health Foundation.



Many people are surprised to hear that we already source 1-2 truckloads of fresh

produce every month from area farmers, grocers, and wholesalers. However, there is even more fresh produce going to waste because the capacity to process it and get it to those in need isn't there. Thanks to the support of a \$200,000 grant from Cambia Health Foundation, Food Lifeline is launching the Nourishing Healthy Kids Produce Initiative to not only provide good nutrition for children and families in need, but help them get a healthy start on good long-term health.

With this generous funding, we plan to bring in an additional 1.3 million pounds of fresh produce over the next 2 years. These fresh fruits and vegetables will go out to children and families in need through programs such as Target Meals for Minds, Mobile Food Pantry and more.



INNOVATIVE PROGRAMS BRING NEW SHOPPERS TO FARMERS MARKETS

For many people facing hunger, shopping at a farmers market seems like a luxury. Luckily, many communities are providing ways to make local, healthy produce accessible for everyone. Here are a few innovative programs that are helping feed those in need, while supporting local farmers.

The Washington State Farmers Market Association (WSFMA) encourages food banks to glean leftover produce at the end of the day from their local markets. In 2012, 54 farmers markets provided 152,000 pounds of donated food through gleaning, keeping more fresh produce out of landfills and on tables.

In addition, some government programs support low-income shoppers at farmers markets, from accepting Supplemental Nutrition Assistance Program benefits (SNAP, or food stamps), to the Farmers Market Nutrition Program vouchers. Many markets provide additional dollars when clients use their SNAP cards.



A SNAP recipient using Fresh Bucks to make a purchase from Alm Hill Gardens at Wallingford Farmers Market.



In its second season, 16 farmers markets in Seattle are participating in Fresh Bucks, a private-public partnership providing up to \$10 in matching vouchers to spend per market visit. Last year, 3,000 participants used Fresh Bucks, receiving a total of more than \$74,000; money that not only purchases nutritious produce, but also benefits local farmers and the economy. The program is successful in bringing SNAP clients to the farmers market, many for the first time, instilling a sense of community while supplementing a healthy diet. Seattle has one of the few programs where city government commits both staff time and dollars to these programs.

The Bremerton Farmers Market is also in its second year of a SNAP match program. This year the match increased to \$10 due to creative fundraising efforts including competitions between local neighborhood coalitions who have challenged each other to raise funds with proceeds going to the program. Markets throughout the state are setting up these programs with grant funding, community fundraisers, and local businesses.

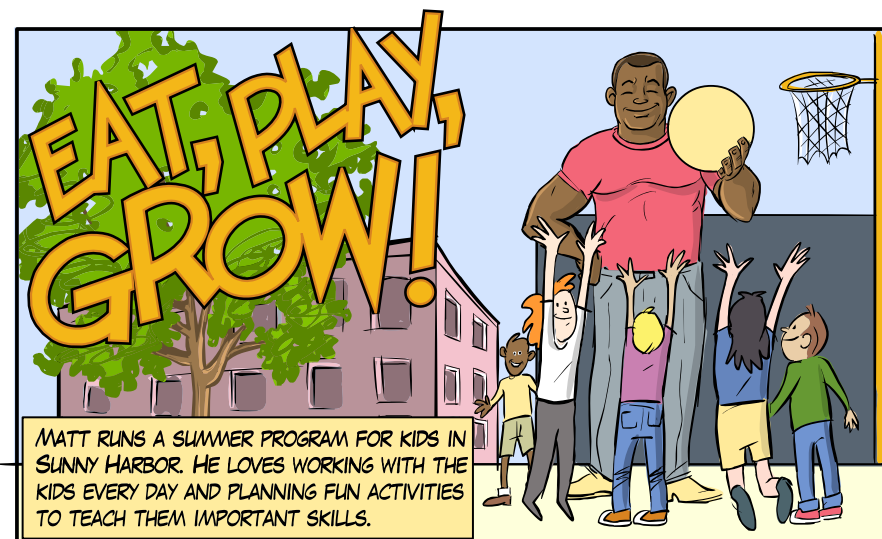
These programs can't operate without the support of local communities. We encourage you to support your local farmers markets, and talk with your local government officials about playing a more prominent role in supporting those struggling to access nutritious food.

DID YOU KNOW?

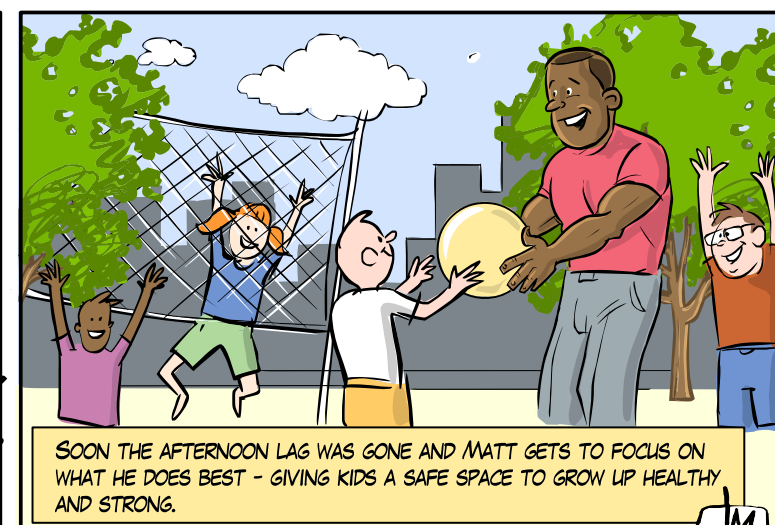
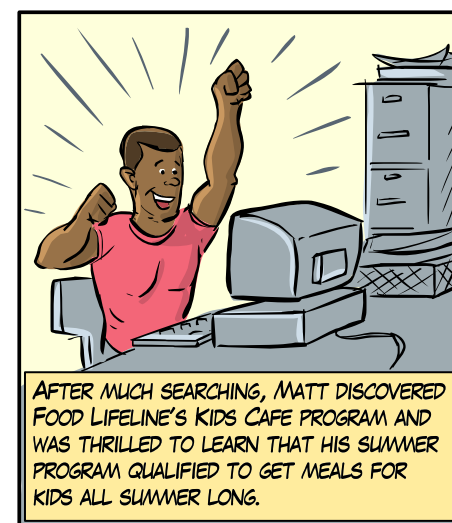
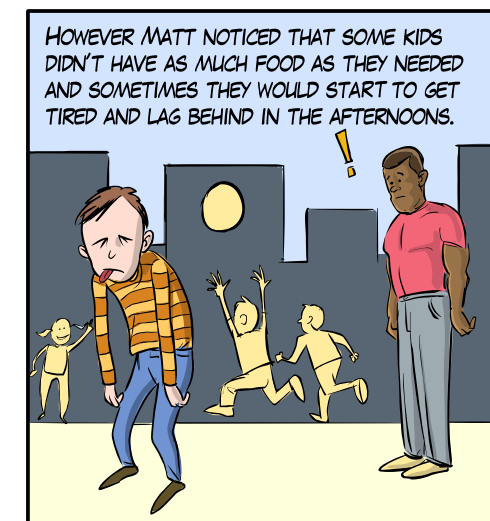
In 2013 more than 46,000 low income seniors, pregnant women, moms and children were able to shop at farmers markets and farm stands thanks to the Farmers Market Nutrition Program funded by the state and federal government.



A shopper using Fresh Bucks to purchase fresh produce from Seattle Tilth Farm Works at Madrona Farmers Market.



MATT RUNS A SUMMER PROGRAM FOR KIDS IN SUNNY HARBOR. HE LOVES WORKING WITH THE KIDS EVERY DAY AND PLANNING FUN ACTIVITIES TO TEACH THEM IMPORTANT SKILLS.



ILLUSTRATED BY JOHN MCCOLLOCH JM

FOOD LIFELINE

FOOD LIFELINE KIDS CAFE SERVES FREE MEALS AND SNACKS TO KIDS YEAR ROUND, FILLING THE GAPS LEFT OUTSIDE SCHOOL HOURS. SINCE JUNE OF 2012, OVER 36,000 SNACKS AND MEALS WERE SERVED IN 10 COMMUNITIES ACROSS WESTERN WASHINGTON. THANKS TO THE BOEING COMPANY FOR THEIR MAJOR SUPPORT OF OUR KIDS CAFE PROGRAM.