



Faith and her mother Felicia, filled their cart with nutritious and delicious food from the Highline Area Food Bank.

## KIDS HELPING KIDS THROUGH ALPHABET SOUP

Five year old Faith lives with her parents and older brother in Burien, WA. Faith likes visiting the Highline Area Food Bank because that is where she and her mother, Felicia, pick out milk, meat, bread, fresh fruit, and her favorite — alphabet soup. When Faith's dad struggled to find work as a painter and they fell behind on rent payments, Felicia began coming to the food bank. "The food bank changes people's lives. It helps kids, [like mine] to develop and grow, and to know they won't go to bed hungry", Felicia says.

But where does Faith's alphabet soup, and the other healthy food her family gets at the food bank come from? Highline Area Food Bank is one of 275 food banks and meal programs that receive nutritious food, like Faith's favorite soup, from Food Lifeline. Ninety-five percent of the food that Food Lifeline distributes has been donated by grocery stores, manufacturers, farmers & more. Before Food Lifeline can send that food to programs like Highline Area Food Bank, it often needs to be re-labeled, re-packed or sorted to make it appropriate for families. This is where the almost 9,000 Food Lifeline volunteers who donate their time jump in.

One recent volunteer, Luca, age 12, knows that the work he does at Food Lifeline makes a difference. "I volunteer because when I hear numbers such as 1 in 5 kids don't know where their next meal is coming from, that is just crazy. I want to help. Volunteering feels good, and even though I may never meet the people I am helping, I know they need the help." While Luca and Faith may never meet, Food Lifeline is happy to be a place where kids can help other kids.

[www.FoodLifeline.org](http://www.FoodLifeline.org)

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## 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](http://www.FoodLifeline.org).



# DEAR FRIENDS,



Linda Nageotte,  
President and CEO

We all like to eat different things, don't we? At Food Lifeline, we get that. We tailor our programs to ensure that we can feed every type of person who needs help putting food on the table — whether that's a senior, a child, a busy mom or a new immigrant.

This really came to life recently when I took Jane, one of our donors, on a tour of our distribution center. As we walked the warehouse floor I pointed out the diverse food our Full Plate program had brought in. We talked about which local farms had donated truckloads of fresh potatoes and onions, the generous company that contributes dozens of pallets of breakfast cereal and granola.

We took a quick walk through our cooler (brrr!). There we saw how much healthy yogurt, milk, cottage cheese and sour cream we receive through our Grocery Rescue program.

Across from the cooler we looked at the schedule of food banks, meal programs and shelters that would soon be pulling up to our loading dock to pick up their weekly order. She was excited to learn that they actually shop online for their Food Lifeline food. By allowing the agencies we support to pull up our live inventory and order just what they want, in amounts that are right for them, we give them the power to select what their community needs the most.

The next time you're in the grocery store think about how much you love picking out your meals, tailored to what you like. Then know that by supporting Food Lifeline you're allowing this to happen every day for hundreds of agencies and the thousands of people they're helping.

Wamly,  
Linda *Linda*

# EVENT ROUND-UP

## Groupon Bite of Seattle

FRIDAY, JULY 19 - SUNDAY, JULY 21



GROUPON  
**BITE  
OF SEATTLE**

**The Alley** hosted by Tom Douglas 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](mailto:volunteer@FLL.org).

## Dress Down Hunger

SATURDAY, SEPTEMBER 28



Join us for the third annual fundraiser in the warehouse featuring a silent auction,

raffle, awards program, live auction, wine and beer, and food from Tom Douglas catering. Tickets start at \$75 with a VIP level at \$150. For more information call **206.545.6600**, email [events@FLL.org](mailto:events@FLL.org) or visit [www.DressDownHunger.org](http://www.DressDownHunger.org).

## Hunger Action Month

SEPTEMBER 2013

Join your community and raise your voice to end hunger. All



throughout September, Food Lifeline will be showcasing opportunities for you, your organization or company to get visible in the fight against hunger. Get involved at [FoodLifeline.org/HungerActionMonth](http://FoodLifeline.org/HungerActionMonth).

**FOOD  
LIFELINE**  
FEEDING HOPE FEEDING WESTERN WASHINGTON

**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](http://www.FoodLifeline.org) or call **206-545-6600**.



United Way of King County

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AMERICA  
A member of

DESIGN: [DavidOwenHastings.com](http://DavidOwenHastings.com)

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**A huge thank you to these exiting Board Members for their combined 29 years of service:**

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**Kerwin Higashi**, *Sodexo Education Services*

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](mailto:info@FLL.org).

# FOOD FRENZY LEADER SHARES HER PASSION FOR ENDING HUNGER

As a child, Ashley Rindero, vividly remembers the day her family received a holiday dinner donation from a local fire department and radio station. "Though it feels like a brief moment in time, that experience played a pivotal role in my life going forward. It shaped my drive and perseverance to succeed, while also reminding me to always give back," says Ashley.

After learning about Food Lifeline's Food Frenzy competition six years ago, Ashley has taken a lead role in organizing Food Frenzy both at her previous accounting firm and now at her current firm, Hellam Varon & Co, Inc. P.S, as well as participating on the Food Frenzy committee. This annual competition challenges close to 100 local businesses from a variety of sectors to donate food, time and money to help end childhood hunger. Ashley adds, "It's easy to get caught up in our own lives as we get older and forget the community around us; a community that is stronger if we all help one another, a community that once came together to help me."

Food Frenzy runs July 12-26th and offers businesses a creative and fun way to raise funds, food and volunteer to end summertime childhood hunger. Follow along at [www.FoodFrenzy.org](http://www.FoodFrenzy.org) to learn more and cheer on your favorite local business.



A childhood holiday dinner donation inspired Ashley Rindero to join Food Frenzy.

## Food Frenzy Challengers

Each of these Seattle business are challenging their sectors to raise more money, donate more food and volunteer more hours during this year's Food Frenzy.

**petersonsullivan LLP** ACCOUNTING SECTOR:  
**Peterson Sullivan**

 DESIGN & CONSTRUCTION SECTOR:  
**Ankrom Moisan Architects**

 FINANCIAL SECTOR:  
**Sound Community Bank**



KITCHEN SINK  
(ALL COMPANIES WELCOME):  
**Hitachi Consulting**



LAW SECTOR:  
**Davis Wright Tremaine, LLP**



PUBLIC SECTOR:  
**King County Prosecuting Attorney's Office**

## A BIG THANK YOU TO GROUPON BITE OF SEATTLE

Groupon and the Bite of Seattle have joined forces to promote dining out in Seattle while supporting Food Lifeline. Groupon wants you to know how proud they are to take part in this annual celebration of Seattle cuisine. They hope you enjoy the event and make the most of this opportunity to sink your teeth into some of the finest fare that your city's chefs and restaurants have to offer. Groupon will be donating \$25,000 of the proceeds from Bite Month to Food Lifeline in an effort to help end hunger throughout Western Washington.



# HOW TO TALK TO YOUR KIDS ABOUT HUNGER

Kick-start your conversation about hunger by reading this cartoon with your child.

We all want our kids to grow up to be compassionate adults, but it can be difficult to know how to talk to your child about a complex issue like hunger. Seattle area teacher and educational contributor to Food Lifeline, Jen Cassarino, has these suggestions about how to begin this important conversation with the children in your life:

## 1. TALK ABOUT WHO IS HUNGRY.

Children might assume that hunger is directly linked to homelessness, because of the higher visibility of people living on the streets. However, 90% of individuals who come to food banks in Western WA are not homeless, 45% have education beyond high school and 35% are children. Talking to your child about these statistics can

give them a more accurate understanding of hunger and who it affects.

## 2. THINK OF WAYS TO HELP.

Talking about an issue like hunger can feel a little overwhelming for kids, but suggesting ways that they can make a difference allows them to take action. There are many ways to make a difference — volunteer as a family, suggest donations in lieu of birthday presents, or start their own neighborhood food drive. Your creativity can feed a family.

We have additional resources to help you talk to your kids about hunger issues curated by Jen at [www.FoodLifeline.org](http://www.FoodLifeline.org).

## LEARN MORE ABOUT HOW YOUR COMMUNITY IS FIGHTING HUNGER

"Packing a ton of potatoes and knowing they end up at our local food banks in family portions and that someone can be eating them in the next few days really resonates with my kids. They actually can see it and conceptualize it. They feel useful. Each time they walk out of Food Lifeline, they are happier than when they entered the premises. Which is quite a feat and a testament to the program, given they are now teenagers"

— **Ruth Pappas**, parent volunteer coordinator



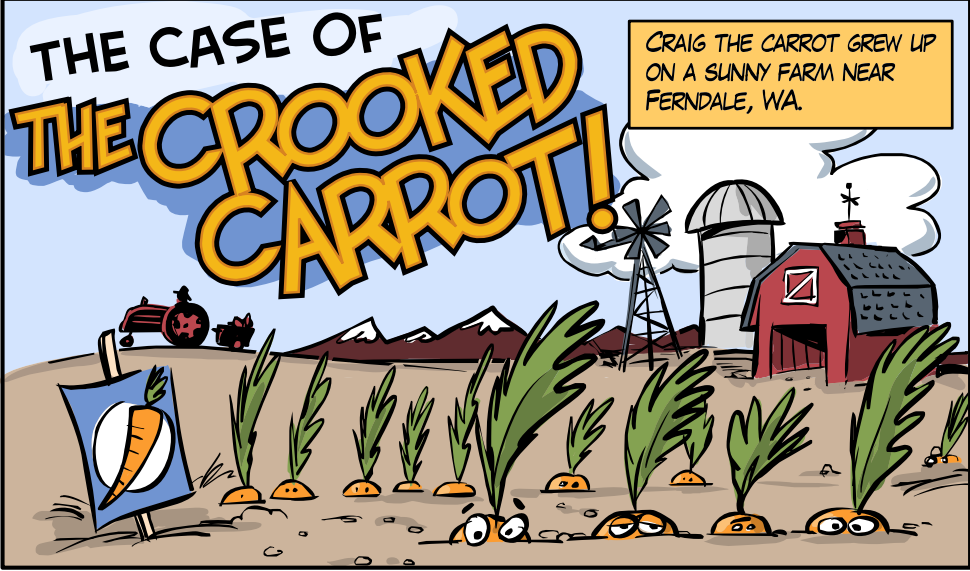
As a part of her service learning project at school, Bella raises chickens in her backyard. She uses her thriving egg business to benefit Food Lifeline.



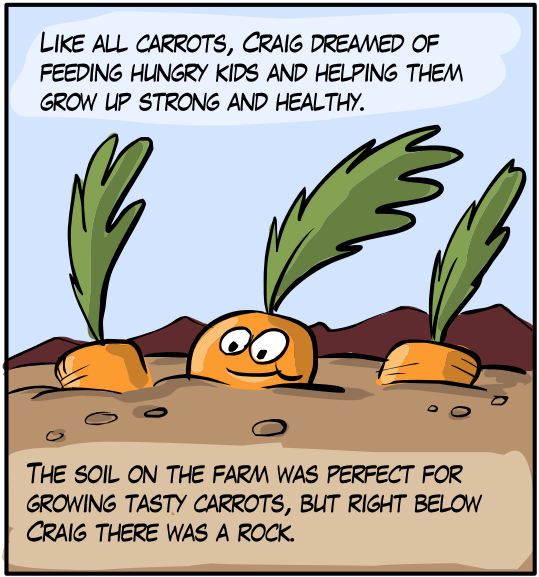
Fourth graders at Villa Academy grow onions, potatoes and more in their school garden. Then they use these vegetables to make soup for their annual Food Lifeline empty bowl fundraiser.



During the summer, the food Lan Lam receives from her neighborhood food bank is even more important since both her teenage kids are home during the day. Without help from the food bank, Lam says, "I couldn't do it."

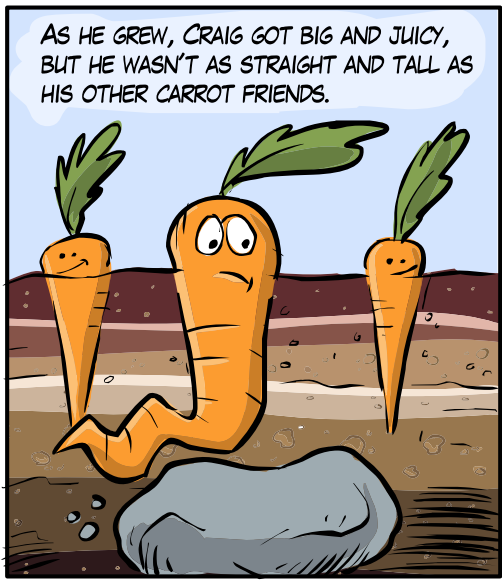


CRAIG THE CARROT GREW UP ON A SUNNY FARM NEAR FERNDALE, WA.

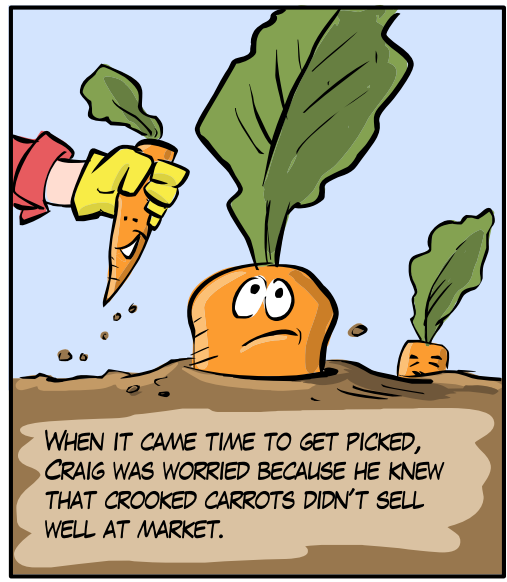


LIKE ALL CARROTS, CRAIG DREAMED OF FEEDING HUNGRY KIDS AND HELPING THEM GROW UP STRONG AND HEALTHY.

THE SOIL ON THE FARM WAS PERFECT FOR GROWING TASTY CARROTS, BUT RIGHT BELOW CRAIG THERE WAS A ROCK.



AS HE GREW, CRAIG GOT BIG AND JUICY, BUT HE WASN'T AS STRAIGHT AND TALL AS HIS OTHER CARROT FRIENDS.

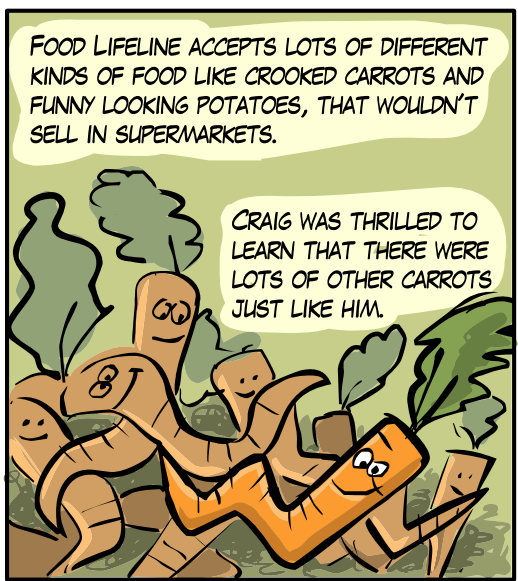


WHEN IT CAME TIME TO GET PICKED, CRAIG WAS WORRIED BECAUSE HE KNEW THAT CROOKED CARROTS DIDN'T SELL WELL AT MARKET.



WOULD CRAIG EVER GET TO FULFILL HIS DREAM OF HELPING KIDS GROW STRONG AND HEALTHY?

FORTUNATELY, CRAIG'S FARMER HAD HEARD OF FOOD LIFELINE.

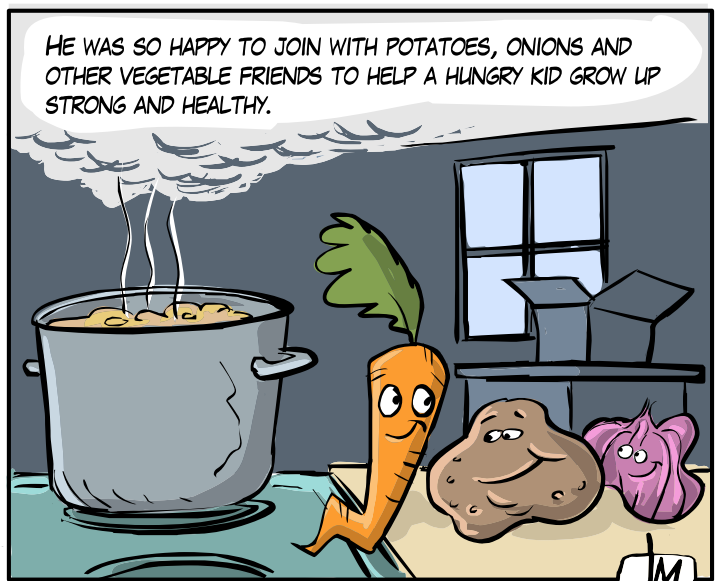


FOOD LIFELINE ACCEPTS LOTS OF DIFFERENT KINDS OF FOOD LIKE CROOKED CARROTS AND FUNNY LOOKING POTATOES, THAT WOULDN'T SELL IN SUPERMARKETS.

CRAIG WAS THRILLED TO LEARN THAT THERE WERE LOTS OF OTHER CARROTS JUST LIKE HIM.



THE GREAT FOOD LIFELINE VOLUNTEERS WEIGHED, PACKED AND LABELED CRAIG AND SENT HIM OFF TO A NEARBY SOUP KITCHEN.



HE WAS SO HAPPY TO JOIN WITH POTATOES, ONIONS AND OTHER VEGETABLE FRIENDS TO HELP A HUNGRY KID GROW UP STRONG AND HEALTHY.

**FOOD**  
LIFELINE

LAST YEAR, FOOD LIFELINE PARTNERED WITH GROCERS, FARMERS AND PRODUCE WHOLESALERS TO PROVIDE OVER 3.4 MILLION POUNDS OF PRODUCE LIKE CRAIG TO HUNGRY FAMILIES ALL OVER WESTERN WASHINGTON. NOT ONLY DOES THIS KEEP DELICIOUS, BUT DIFFERENT LOOKING PRODUCE OUT OF THE WASTE SYSTEM, IT PROVIDES MORE FRESH FOOD TO THOSE WHO NEED IT MOST.

ILLUSTRATED BY JOHN MCCOLLOCH

# WASHINGTON STATE LEGISLATORS SPEAK OUT AGAINST HUNGER



Senator Joe Fain with members of the Marshallese community who rely on State Food Assistance.

During the 2013 Washington Legislative session many legislators stood up with a strong voice for strengthening our state's hunger relief system. However, two legislators went above and beyond in the fight against hunger. **Senator Joe Fain** (47th district, South King County) and **Representative Derek Stanford** (1st district, Bothell) both worked hard to ensure that no one has to go to bed hungry in Washington state.

Senator Fain was a champion for State Food Assistance, a food stamp look-alike program providing benefits to legal immigrants not qualifying for federal benefits. In 2012 benefit levels were cut 50%, but Senator Fain led the charge to fully restore funding for the program.

## YOUR VOICE MATTERS GET INVOLVED

**It's time for Hunger in America again!** From May through August this year, a team of data collectors will be collecting information from clients at our food banks, meal programs and shelters throughout Western Washington for the 2014 Hunger Study. These statistics help Food Lifeline paint an accurate picture of hunger in western Washington.

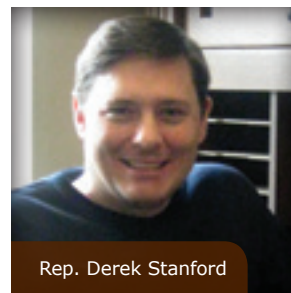


Follow updates from food banks around the country on Twitter at:

**#hia2014**

"Washington's food assistance program is an essential resource to ensure children have access to the food they need to be healthy," said Fain. "Restoring food assistance is also the first step toward ensuring students show up to the classroom ready to learn."

State Food Assistance is an important program to Food Lifeline, helping to shorten the lines at the 275 food banks, meal programs and shelters we support.



Rep. Derek Stanford

Representative Stanford was a champion for all pieces of the Food Lifeline legislative agenda. "Hunger prevents families from focusing on anything else. When we help with food, we are helping with everything else." He was the go to person in the House for updates on all hunger

relief programs and took time to get signatures of support from his colleagues and speak with key budget writers. "We work especially hard to address the needs of children, and hunger relief is a critical part of that work. Food programs go hand-in-hand with education, healthcare, and safety."

Food Lifeline thanks Representative Stanford, Senator Fain, and their colleagues who continue to push hunger to the forefront of conversations in Olympia.

# REGENCE HELPS CREATE KIDS CAFE

**Imagine if you counted on your school's lunch or snack program for the majority of your food every day? Where would you turn come summer, with your school closed? Thanks to a partnership with Regence, Food Lifeline created the Kids Cafe program to fill the gap of summer-time meals across Western Washington.**

According to the Food Research and Action Center, only 1 out of 10 kids who depend on free & reduced lunch during the school year are able to replace to those meals during the summer. With 9 out of 10 kids missing those meals, Washington state ranks in the bottom 20% of the country. "There's no question that food insecurity is a reality for children in our community, yet we believe that no one should be hungry. It takes all of us putting forth innovative efforts to tackle the issue of hunger," says Jonathan Hensley, President of Regence.



As we enter into our second year operating Summer Meals, we know that the strongest Kids Cafe sites are where kids naturally go to live, learn, and play in the summertime. That's why we've partnered with apartment complexes, and organizations like the Bellevue Boys and Girls Club. This way, kids get nourishment along with the supervision and positive relationships they need to have happy healthy summers.

Food Lifeline takes on many of the responsibilities for operating the program, such as purchasing food, planning menus, and providing equipment, training, and outreach materials. That way our partners can focus on what they do best — providing a positive place for kids. "To be able to run these programs for our teens, we have to have partners to help keep the doors open. It's huge to have Food Lifeline as a partner," says Lance Latimer, Teen Services Director of the Bellevue Boys and Girls Club.

These partnerships have helped Food Lifeline's Kids Cafe to grow from 2 sites, and 900 meals last summer to a projected 7 sites and 15,000 snacks and meals in summer 2013!



Major funding for Kids Cafe has been provided by Regence Blue Shield. Additional support has been

provided by ConAgra Foods Foundation Hunger-Free Summer Program, SAFECO Foundation, RealNetworks Foundation, The F. Danz Foundation, Snoqualmie Tribe Fund, Kawabe Memorial Fund and the Cooper-Levy Trust.

## ANOTHER SUCCESSFUL STAMP OUT HUNGER



Employees from Sam's Club and Food Lifeline CEO, Linda Nageotte lend their support to Stamp Out Hunger.

What do you get when you combine 136 volunteers, 65 staff, the letter carriers union and the generosity of individuals all over Western Washington? You get the country's largest single-day food drive — **Stamp Out Hunger!**

Over the past 8 years, Stamp Out Hunger has provided over 4.9 million meals to hungry neighbors and this year your generosity increased that number by almost 400,000 meals. Taking place in mid-May, Stamp Out Hunger comes at an important time for food banks, meal programs and shelters as they face a seasonal low point for food donations.



## DID YOU KNOW?

Half the people who rely on food banks do not qualify for food stamps or other public assistance because they earn too much money — \$28,600 for a family of four. Nearly half of food bank clients have some post-secondary education.

Thank you for filling your plastic bag with food year after year and making a difference in the lives of so many individuals across our community.

We also want to thank our generous Stamp Out Hunger media sponsor, **The Seattle Times**. Through their donation of media outreach, a wider audience learned about Stamp Out Hunger and took action.

**The Seattle Times**