

FRESH FOOD FOR COMMUNITIES IN NEED

Imagine if your nearest grocery store was more than a mile away and you didn't have a car? What if your local food bank could only be open one day a week? How would you get fresh fruit and vegetables to your family's table? For people living in small towns across Western Washington, these questions are not hypothetical, but every day realities.

Located in southwestern Washington, the community of Longview took those every day realities and rallied together to partner with Food Lifeline on our newest program — **Mobile Food Pantry**. Created through a coalition with the Lower Columbia Community Action Program, the Highlands Neighborhood Association and the Longview Parks and Recreation Department, the Mobile Food Pantry is a traveling food bank that delivers food directly from Food Lifeline to hungry people.

On a sunny Saturday in July, the Food Lifeline truck pulled into the Archie Anderson Park loaded with apples, potatoes, yogurt, frozen salmon and canned goods. Eager volunteers from the Longview community helped set up 12 tables with coolers and boxes full of food. Almost 40 excited families from the neighborhood arrived to choose the food they needed to fill their tables. On just this first Saturday of distribution, the Mobile Food Pantry provided over 5,000 pounds of food to Longview community members in need.

"The launch of the Mobile Food Pantry brought together neighbors, organizations and volunteers to create something truly special that will strengthen the entire Longview

community," said Lois Shelton, Program Manager from the lead partner agency Lower Columbia CAP. Designed to get fresh nutritious food directly to the people who need it, Mobile Food Pantry is starting with a once a month distribution in Longview, but will continue to expand to other high need areas in Western Washington.

Your donation to Food Lifeline provides vital support for innovative new programs and our common goal of ending hunger. Major funding for Mobile Food Pantry was provided by CoBank with additional financial support by Wells Fargo Foundation and the Cowlitz County Community Fund. Thanks to Allrecipes.com for donating the reusable shopping bags.

www.FoodLifeline.org

Inside this issue

PAGE 2
EVENT ROUND-UP

PAGE 3
ENDING HUNGER
AWARD WINNERS

PAGE 4
WELCOME
NEW AGENCIES

PAGE 5
SEATTLE'S TABLE
CARTOON

PAGE 6
FOOD LIFELINE
& FOOD STAMPS

PAGE 7
CELEBRATING NEW
SDC SORT LINE

PAGE 8
SPEAKING OUT



The youngest volunteer for Mobile Food Pantry shows off some of the delicious food available.

PHOTOS: Alan Rose



Don Jenson, Mayor of Longview, celebrates the launch of the Mobile Food Pantry with Tiffani Kaech, Food Lifeline Director of Agency Relations and Dani Turk, Food Lifeline Program Manager.

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

Imagine if your only grocery store was 45 minutes away and your local food pantry was only open once a month. How hard would it be for you to have healthy food for your family? Now imagine it's not a grocery store, but instead

the neighborhood food pantry that you rely on to provide you with the food your family is having a hard time affording.

This scenario is real for many communities in Western Washington and the impetus for Food Lifeline launching a Mobile Food Pantry this summer. This program is a partnership with neighborhood food pantries and makes it easier for people in need to get the food they need on a regular basis.

Food Lifeline has a long history of innovation in our mission to feed people in need. Our Seattle's Table program was one of the first in the country to make the critical link between restaurants with extra food and the meal programs that can serve it. Just this month Food Lifeline staff will be presenting to our peers at Feeding America about how to replicate our Grocery Rescue program, which now provides nearly 16 million pounds of quality food every year.

Do you have an innovative idea of how Food Lifeline can get nutritious food to our neighbors in need? Email me with your ideas at LindaN@FLL.org

Warmly,
Linda *Linda*

EVENT ROUND-UP



Find out more about how you can speak out against hunger on page 8.

A Place at the Table Screenings

THURSDAY, SEPTEMBER 12 & FRIDAY, SEPTEMBER 13

To kick-off Hunger Action Month, we are hosting two free screenings of **A Place at the Table** documentary. In our work to end hunger, Food Lifeline strives to educate and unite our communities around the issue of hunger. *A Place at the*



Table is an 84 minute family-friendly documentary that seeks to spark conversation around the impact hunger has on communities across America. Get all the details and RSVP at www.FoodLifeline.org/hungeractionmonth.

Dress Down Hunger

SATURDAY, SEPTEMBER 28

Tickets are going fast for the third annual party in the warehouse. Celebrate our Ending Hunger Award winners, enjoy a delicious dinner by Tom Douglas and drinks from local breweries and wineries and support Food Lifeline. Tickets start at \$75 with a VIP level at \$150. For more information call **206.545.6600**, email events@FLL.org or visit www.dressdownhunger.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**.



BOARD OF DIRECTORS

CHAIR: **Amy Kirtland**, *Vice President*, Nature's Best

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Jonathan Hensley, *President*, Regence Blueshield in Washington

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.

Sang Kim, *Owner*, Denali Fitness

Adam Lemieux, *District Director*, Representative Rick Larson

Katie Quinn, *International Logistics Manager*, James Farrell & Co

Thierry Rautureau, *Chef & Owner*, Rover's and Luc Restaurants

Kathy Sheehan, *Associate General Counsel for Compliance & Customer Trust*, Amazon

Lyle Snyder, *Community Volunteer*

Rich Wickham, *General Manager*, Microsoft

ENDING HUNGER AWARD WINNERS

In the fight to end hunger, it truly takes a community to make a difference. Whether it is advocating for hunger relief programs or consistently donating millions of pounds of healthy food, these Ending Hunger Award Winners give us hope that together we can solve hunger.

OUTSTANDING CORPORATE DONOR AWARD: FRED MEYER

During the past four years, Fred Meyer has provided 1,732,154 meals from cash donations. Whether it is through their coin box program, their Associate Giving program or their summertime Bringing Hope to the Table, Fred Meyer has consistently been a strong contributor to



our mission to end hunger in Western Washington.

TOM HALEY MEMORIAL AWARD: ROBERT COIT EXECUTIVE DIRECTOR, THURSTON COUNTY FOOD BANK

Robert Coit is a tremendous leader in the Food Lifeline network and regularly steps forward to be the voice of families across our state who struggle with hunger. Through his work at Thurston County Food Bank, Robert Coit demonstrates excellence year after year through programs that can be replicated by food bank peers.



OUTSTANDING FOOD DONOR AWARD: WHOLE FOODS

Whole Foods has been donating to Food Lifeline for over 11 years and has supported our network of food banks with over 4.2 million meals. We would like to say



a special thank you to the Whole Foods staff for going above and beyond every day to help hungry families in our communities.

OUTSTANDING VOLUNTEER AWARD: DESIGN LABORATORY

In addition to being dedicated volunteers, the staff at Design Laboratory, Inc. also produced a video highlighting Food Lifeline volunteers and participated in special events. Design Laboratory, Inc. has made giving back a cornerstone of their business.



CHEF OF THE YEAR AWARD: ROY BREIMAN COPPERLEAF RESTAURANT & BAR

Receiving this award in its inaugural year, Chef Roy Breiman has demonstrated his commitment for ending hunger over many years. Chef Roy's passion and outstanding leadership has rallied others in his field to help end hunger and led to his own numerous partnerships with Food Lifeline including Savor, and in past years, the Falls Come to Life and The Alley.



WELCOME NEW AGENCIES

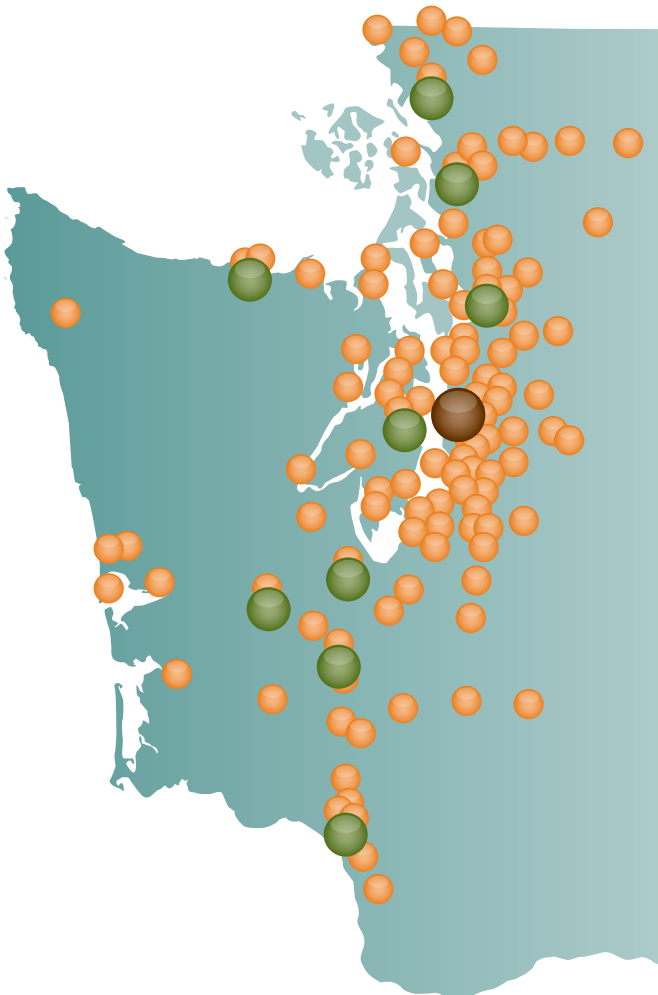


This year, Food Lifeline began two new food bank partnerships. **St. Leo Food Connection** and **Mill Creek Food Bank** have recently begun receiving services through us, and we are thrilled about the opportunity to work with these two wonderful agencies.

St. Leo Food Connection, located in Tacoma, is a food bank that has been serving the area since 1982. It is one of the largest food banks in the state of Washington. On top of the food bank, they operate various other food programs, including after-school snacks and meals, and summer meals. Kevin Glackin-Coley, Director of St. Leo Food Connection says, "We are grateful to Food Lifeline for connecting us with a local Cash and Carry store through the Grocery Rescue Program. We are receiving hundreds of pounds of produce and meat every weekday which has been a great boon for our food bank clients."




Located further north in Snohomish County, Mill Creek Food Bank is a newer program started just a few years ago. Gina Koehler, Lead Volunteer, saw a need in her community for a local food bank and stepped up and met it. "Our monthly budget is not very big, so being able to supplement our food supplies with Food Lifeline has been a blessing for us. Our clients have really enjoyed the food we have ordered." In addition to the food bank, Mill Creek Food Bank also delivers snack packs to a local elementary school. Food Lifeline is very excited to watch Mill Creek Food Bank grow as a vital presence in their community, and we are honored to be a part of their growth and sustainability.

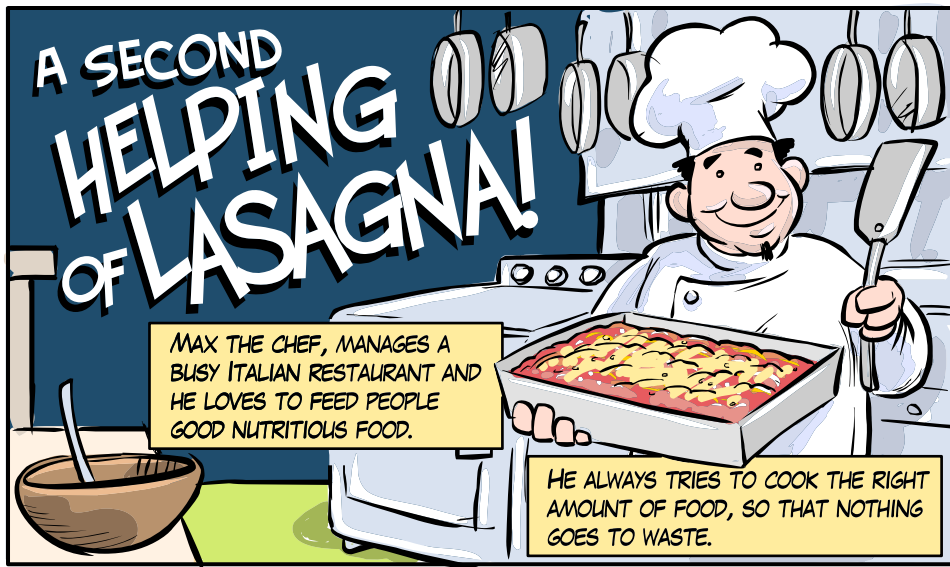
Adding new agencies to our member agency network is always exciting here at Food Lifeline, because it means we will be able to reach more communities and feed more hungry people. We hope you will join us in welcoming these two food pantries to our member agency network!



Feeding people in Western Washington is a big task and our nearly 275 food banks, meal programs and shelters form the backbone of our response to hunger. Located across our 17 county service area, Food Lifeline provides food to these agencies through a range of programs. Full Plate, our online ordering system, allows agencies to pick the food that will best serve their community. Recent order options included fresh broccoli florets, bean with bacon soup, salsa and vegetable juice. After agencies complete their order the food is either picked up at our Seattle warehouse or delivered on one of Food Lifeline's trucks which travel 7 different routes throughout Western Washington every week. These food banks, meal programs and shelters are amazing partners who are on the front lines of hunger every day. Last year, our member food banks served over 740,000 clients and our member meal programs and shelters served over 4 million meals. Together we are creating a comprehensive response to hunger.

OUR REACH

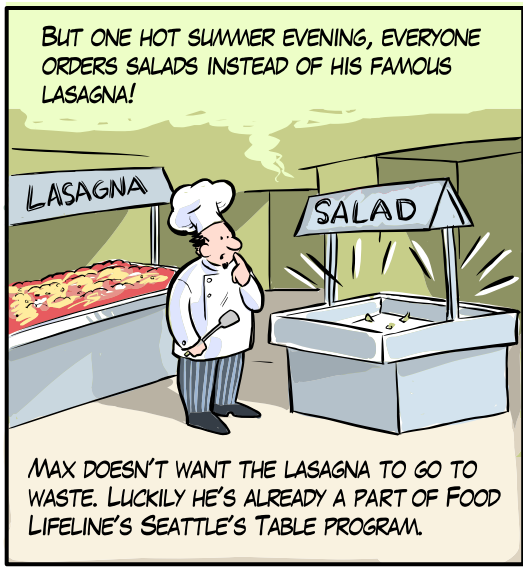
-  **Food Lifeline's Seattle Distribution Center**
-  **Distribution Hubs:** Food Lifeline partners with local agencies who act as regional distribution hubs for neighboring food banks. This enables us to stay efficient while still serving a broad geographic region.
-  **Areas Served:** Areas that have one or more Food Lifeline supported food banks, meal programs or shelters. For a full list of the nearly 275 agencies Food Lifeline supports please visit FoodLifeline.org.



A SECOND HELPING OF LASAGNA!

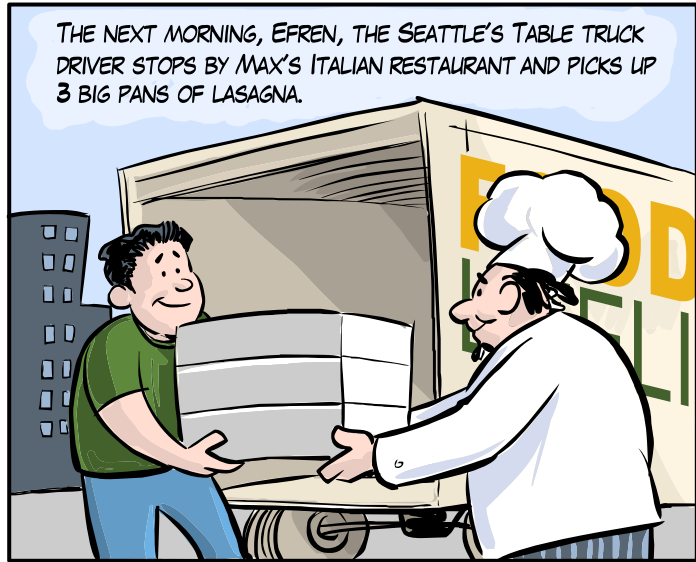
MAX THE CHEF, MANAGES A BUSY ITALIAN RESTAURANT AND HE LOVES TO FEED PEOPLE GOOD NUTRITIOUS FOOD.

HE ALWAYS TRIES TO COOK THE RIGHT AMOUNT OF FOOD, SO THAT NOTHING GOES TO WASTE.



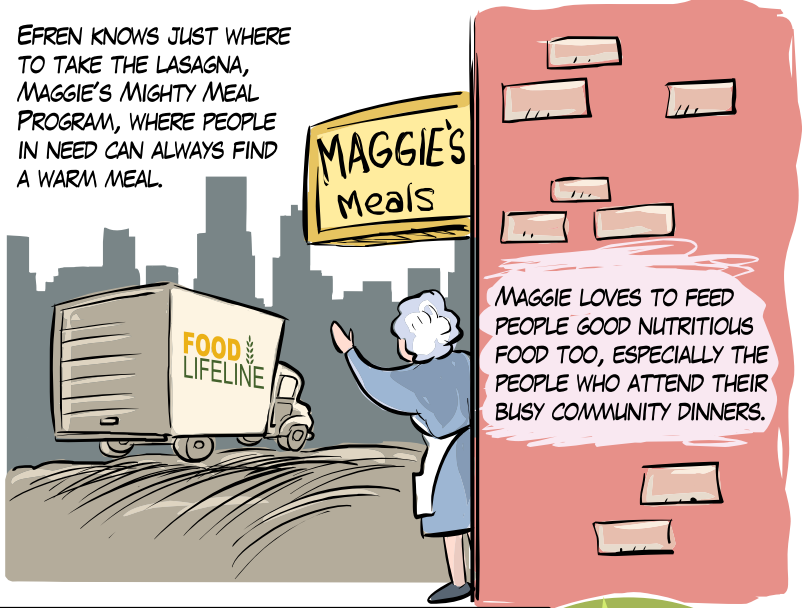
BUT ONE HOT SUMMER EVENING, EVERYONE ORDERS SALADS INSTEAD OF HIS FAMOUS LASAGNA!

MAX DOESN'T WANT THE LASAGNA TO GO TO WASTE. LUCKILY HE'S ALREADY A PART OF FOOD LIFELINE'S SEATTLE'S TABLE PROGRAM.



THE NEXT MORNING, EFREN, THE SEATTLE'S TABLE TRUCK DRIVER STOPS BY MAX'S ITALIAN RESTAURANT AND PICKS UP 3 BIG PANS OF LASAGNA.

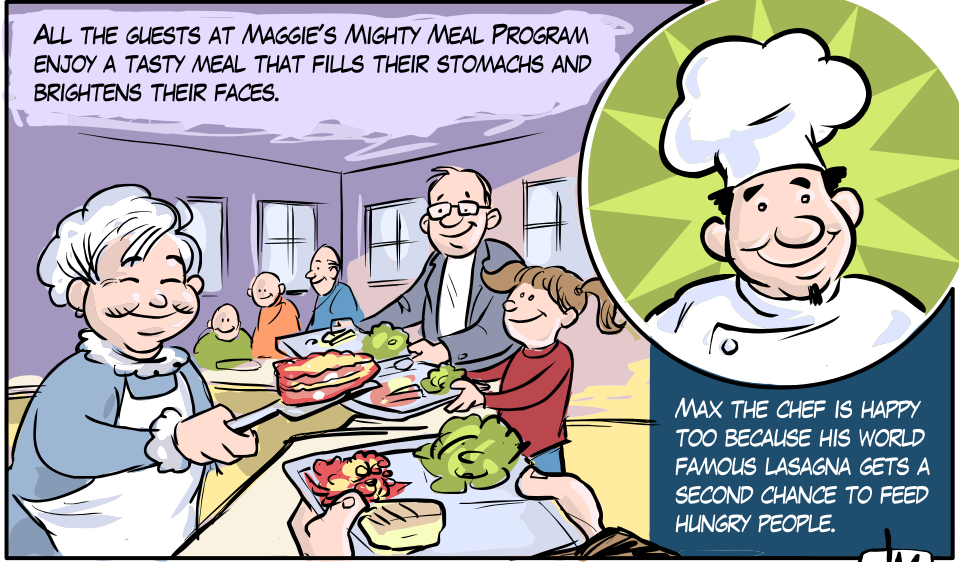
EFREN KNOWS JUST WHERE TO TAKE THE LASAGNA, MAGGIE'S MIGHTY MEAL PROGRAM, WHERE PEOPLE IN NEED CAN ALWAYS FIND A WARM MEAL.



MAGGIE LOVES TO FEED PEOPLE GOOD NUTRITIOUS FOOD TOO, ESPECIALLY THE PEOPLE WHO ATTEND THEIR BUSY COMMUNITY DINNERS.



SHE MAKES SOME BIG BOWLS OF SALAD AND WARM CRUSTY BREAD STICKS TO GO WITH THE LASAGNA.



ALL THE GUESTS AT MAGGIE'S MIGHTY MEAL PROGRAM ENJOY A TASTY MEAL THAT FILLS THEIR STOMACHS AND BRIGHTENS THEIR FACES.

MAX THE CHEF IS HAPPY TOO BECAUSE HIS WORLD FAMOUS LASAGNA GETS A SECOND CHANCE TO FEED HUNGRY PEOPLE.

FOOD LIFELINE

ILLUSTRATED BY JOHN MCCOLLOCH

SEATTLE'S TABLE PAIRS TOGETHER RESTAURANTS, CAFETERIAS, CATERERS, AND HOTELS WITH NEARBY MEAL PROGRAMS TO GET EXCESS FOOD TO THE PLATES OF HUNGRY PEOPLE. FOOD LIFELINE ALSO PROVIDES ALL THE NECESSARY TRAINING TO MAKE SURE THAT EVERYONE INVOLVED HANDLES FOOD SAFELY AND KEEPS FOOD FRESH AND TASTY. LAST YEAR, SEATTLE'S TABLE PROVIDED ALMOST 400,000 MEALS TO MEAL PROGRAMS ALL OVER KING COUNTY.

WHY DOES FOOD LIFELINE CARE ABOUT FOOD STAMPS?

In Washington, the average monthly SNAP or food stamps benefit of \$241.96 is about \$2.60 per meal for the entire family. Even the thriftiest families have a hard time making it to the end of the month, and will often turn to food banks to help keep their plates full. Every month, food banks see their highest client counts during



the third and fourth weeks, after many clients' food stamps have run out. So why does Food Lifeline care about SNAP? Further cuts to these benefits would put a greater strain on our partner food banks, driving more clients to their doors.



Earlier this year Congress tried once again to tackle the Farm Bill, which establishes U.S. food, nutrition assistance and agricultural policy for the next five years.

Within the Farm Bill there are many nutrition assistance programs including SNAP and The Emergency Food Assistance Program (TEFAP), which helps to keep the lights on and shelves stocked at food banks.

In addition to providing financial support for purchasing food at grocery stores, SNAP also provides clients with access to nutrition education and cooking classes. As farmers' markets have grown in our state over the past several years, many have implemented systems to allow clients to use their benefits to purchase fresh, locally-grown, fruits and vegetables that both support healthier diets and Washington state farmers.

SNAP also supports community retailers and businesses, and gives local economies a boost. SNAP dollars spent in the community remain in the community.

As debate over the Farm Bill has evolved this year, there have been over \$40 billion in proposed cuts to SNAP, and attempts to further target SNAP by separating and isolating it from the larger Farm Bill package. To stay up-to-date on what's happening with the Farm Bill, follow Food Lifeline on Facebook and Twitter!

SUCCESS IN THE STATE LEGISLATIVE SESSION!



Thanks to your emails, phone calls, and visits, state lawmakers in Olympia did not cut hunger relief programs in the final state budget this year. A record showing of nearly 200 people at Hunger Action Day, and almost 800 messages sent to lawmakers in support of key programs resulted in no cuts to the Emergency Food Assistance Program, restoration of the Farm to School and Small Farms Marketing Programs, and an increase of \$9 million for State Food Assistance over the next two years. To receive updates about how you can help advocate for hunger relief programs email advocacy@FLL.org!



Follow Food Lifeline on Twitter at [@foodlifeline](https://twitter.com/foodlifeline) to stay up to date on hunger relief legislative issues.

NEW VOLUNTEER CENTER HELPS FEED EVEN MORE PEOPLE

Recently we had a donation of 8,000 lbs of onions arrive at Food Lifeline's Seattle warehouse, known as the SDC. Previously those onions would have been sent via truck to our warehouse in Shoreline, sorted and packed into 40lb cases by volunteers and then trucked back down to Seattle to be distributed to our network food banks. Thanks to the new SDC volunteer sort line, which opened in November, we saved 2 days and 2 truck routes and were able to get those onions out to hungry families even more efficiently.

The volunteer sort line at SDC has also had an impact on our Kids Cafe program. Each lunch or snack for each of our 7 summer meal sites has to be labeled with ingredients and allergy information and repacked to meet federal guidelines. Previously our Kids Cafe Coordinator, Rebecca Van Maren did most of the repacking herself, but now she has help to make sure that all the cases of turkey sandwiches, granola, sunflower seeds and more are ready to feed hungry kids.

As we head into our second year of operating the SDC volunteer sort line we are excited to have even more capacity for re-packing highly perishable food like fresh fruits and vegetables. "The SDC sort line will make it possible for us to work with more produce donors and make sure the quality of produce is even higher for our partner food banks" says Anna Constant, Food Lifeline Chief Operating Officer. This fall, our Produce for the People program will be able to re-launch which means there will be more fresh fruits and vegetables on the tables of hungry families.

It's not just hungry people who are benefiting from this new sort line — we've heard from volunteers who live and work south of Seattle that they appreciate having a more convenient place to volunteer. Go to www.FoodLifeline.org/volunteer and sign up!



Volunteers from Real Media relabel oatmeal packets in the new SDC volunteer space.

PHOTO: Jonathan Fadden



More volunteer space helped us host 1,452 volunteers in July 2013, which broke all previous records!



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Shoreline WA 98155-7226

www.FoodLifeline.org

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SPEAK OUT DURING HUNGER ACTION MONTH

How can 50 million people face hunger in a country that wastes billions of pounds of food? There is more than enough food in America to feed every man, woman and child, yet one in six people face hunger. September is your chance to join Food Lifeline and Feeding America and get involved in the fight against hunger.

Rally your friends

Help others learn about hunger by posting to Twitter, Facebook and other social media sites. Or Go Orange and update your profile pictures to demonstrate your support of the fight against hunger.

Do the work

Sign up to volunteer at our Community Volunteer nights in Shoreline and south Seattle. Or check with your local United Way for their annual Day of Caring and make a difference at your local food pantry.

Party in the warehouse

Get a glimpse into the Food Lifeline warehouse and enjoy an entertaining evening at the Sept. 28th Dress Down Hunger fundraiser. In addition to a silent auction, raffle and presentation of the Ending Hunger Awards, enjoy a family-style dinner served by Tom Douglas Catering.

As individuals, charities, businesses and government, we all have a role to play in getting food to those in need. We make it really simple for you to get involved at www.FoodLifeline.org/hungeractionmonth.



Angelina appreciates the food she gets at her University District Food Bank, "I wouldn't be able to eat month-to-month without it."

DID YOU KNOW?

Hunger is growing in Western Washington. In 2010, we delivered 13 percent more meals than in 2009, and in 2011 those numbers swelled by 29 percent. By the end of 2015, we plan to distribute 52 million pounds of food, or 40 million meals.

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FSC logo here