

WILLIAM NEVER THOUGHT THE COST OF BREAKFAST WAS SOMETHING HE'D HAVE TO WORRY ABOUT



William grew up on a farm in Whatcom County and works hard to support his girlfriend and their four kids — three teenagers and a six year old. Like many people, he was laid off in the early part of the recession. He then spent several years working temporary jobs, construction, and any other odd jobs he could find to support his family. William started going to the Ferndale Food Bank in July 2012 to get much needed food staples, such as pasta, rice, flour, and dried beans.

Now, after getting a steady job at a dairy farm, he works 6 days a week and makes \$23,400 a year, which brings William's food stamps benefit down to \$90 a month. Even with the fresh vegetables they grow in their garden and beef from a rancher friend, William's family still can't afford three meals a day. Fortunately, Food Lifeline and the Ferndale Food Bank are there to help ensure that William and his family don't miss meals.

Stories like William's, of the underemployed or working poor, are all too common throughout Western Washington and the country. Food banks and meal programs are essential for families like William's, who work hard, but need more food assistance than the public safety net provides. Your contributions to Food Lifeline help us meet the needs of the changing face of hunger in Western Washington.

For individuals who make too much to qualify for food stamps, but not enough to provide every meal they need, your donation makes all the difference. To learn more about who is missing meals in Western Washington, check out our infographic on page 10.

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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.



WHY DOES A FOOD BANK DO RESEARCH?



Linda Nageotte,
President and CEO

Most of you know Food Lifeline for our core work — capturing good food and providing it to food banks, meal programs and shelters throughout Western Washington. In this newsletter we're also sharing our recently released *2013 Missing Meals Report*, our research on the current state of hunger in

Western Washington. Why, you might wonder, does a food bank research hunger trends?

Research keeps us relevant. So many factors change who needs food and how that food gets to people in need. Whether it is funding for a public program, like free and reduced school lunches, to manufacturers selling the dented cans they used to donate to liquidators, our research keeps us up to speed on these changes so our programs can adjust to changing supplies of and demands for emergency food.

Research informs decision makers. This last quarter alone, Food Lifeline's warehouses were visited by two US Representatives and we received calls and had meetings with many other elected officials seeking the latest hunger data in their districts. We want these decision makers to have the latest and most accurate information, as they are responsible for funding the public programs, like SNAP, which provide 85% of the hunger relief in our communities. Without adequate funding for these programs, our food banks and meal programs will face higher demand.

Research helps our agencies. Food Lifeline provides more than food to 275 food banks, meal programs and shelters throughout Western Washington. By gathering current data we help them spot changes in the clients

they are seeing and point to new ways to help them. For example, we've been noting a rise in food bank visits by seniors in Western Washington. Sharing this trend with our network lets them know that they are not the only agency seeing more seniors and to make adjustments to the food they provide.

We've made it even easier for you to stay up to date on the latest data, research and trends in hunger by re-launching **www.FoodLifeline.org** with a dedicated 'Hunger Research & Data' section. Please share data sources or research that you think will help inform Food Lifeline's work with me via my email below.

Sincerely,

Linda Nageotte, LindaN@FLL.org

UPCOMING EVENTS

Savor SATURDAY, MARCH 29TH, 2014

Save the date for this unforgettable fundraising event



held at Cedarbrook Lodge. Savor features local chefs and the region's finest cuisines and wines.

Food Frenzy JULY 11-25TH, 2014

Started in 1989, Food Frenzy brings together local businesses and organizations in a massive fundraising, volunteering and food collection competition. Over the past 25 years, over 280 businesses have helped raise \$2,980,000 to feed hungry children during the summer. If you want to get your business involved go to **FoodFrenzy.org** to learn more.



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** 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

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Katie Quinn, *Technical Sales Director*, James Farrell & Co

Thierry Rautureau, *Chef & Owner*, Luc and Loulay Restaurants

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

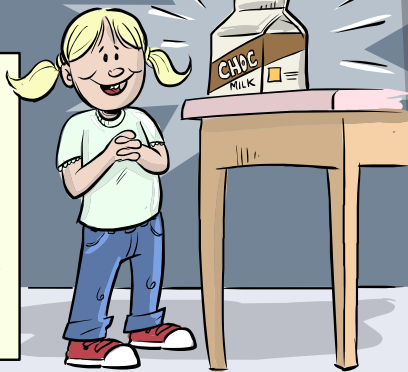
Lyle Snyder, *Community Volunteer*

Rich Wickham, *General Manager*, Microsoft

Sally's SPECIAL DELIVERY

TODAY IS SALLY'S BIRTHDAY AND SHE LOVES CHOCOLATE MILK.

SO WHEN SALLY AND HER FAMILY STOP BY THE FOREST FOOD PANTRY SHE IS THRILLED TO SEE THEY SAVED A CARTON OF CHOCOLATE MILK JUST FOR HER.



5 DAYS EARLIER...

MONDAY



A CUSTOMER AT DIANE'S DAIRY FARM CANCELS A BIG ORDER OF CHOCOLATE MILK AND DIANE DOESN'T WANT ALL THAT DELICIOUS MILK TO GO TO WASTE. SO SHE CALLS UP HER FRIENDS AT FOOD LIFELINE.

TUESDAY



A REFRIGERATED TRUCK FROM FOOD LIFELINE PICKS UP ALL THE EXTRA MILK AT DIANE'S DAIRY FARM AND BRINGS IT BACK TO THE FOOD LIFELINE WAREHOUSE WHERE IT IS PLACED ON THE ORDER SYSTEM FOR FOOD BANKS AND MEAL PROGRAMS.

WEDNESDAY



FRED, FROM FOREST FOOD PANTRY, ORDERS THE FOOD THAT HE KNOWS HIS COMMUNITY NEEDS, INCLUDING SEVERAL CASES OF MILK THAT ARE ALWAYS POPULAR WITH KIDS AND FAMILIES.

THURSDAY



FOOD LIFELINE DELIVERS THE MILK AND THE REST OF FRED'S ORDER TO THE FOREST FOOD PANTRY, WHERE VOLUNTEERS PUT ALL THE FOOD AWAY SO IT IS READY FOR FRIDAY.

FRIDAY

SALLY'S BIRTHDAY!
Forest Food Pantry



FROM SALLY'S CHOCOLATE MILK TO THE APPLES, GRANOLA BARS, PASTA, CARROTS AND PEANUT BUTTER, THE PEOPLE WHO VISIT FOREST FOOD PANTRY ARE EXCITED TO GET THE FOOD THEY NEED TO FILL THEIR TABLES AND FEED THEIR FAMILIES.

ILLUSTRATED BY JOHN MCCOLLOCH



FOOD LIFELINE

LAST YEAR, FOOD LIFELINE DISTRIBUTED OVER 4 MILLION POUNDS OF MILK, CHEESE, AND OTHER DAIRY PRODUCTS. WE COULDN'T DO THIS WORK WITHOUT OUR FOOD INDUSTRY PARTNERS AND DONORS LIKE YOU. YOUR GENEROUS SUPPORT HELPS US ENSURE THAT THIS HEALTHY FOOD DOESN'T GO TO WASTE AND INSTEAD, STOCKS THE SHELVES OF OUR NETWORK OF FOOD BANKS AND MEAL PROGRAMS.



RALLY YOUR FRIENDS TO END SENIOR HUNGER

Did you know there are a growing number of seniors in Western Washington who are turning to food banks in order to eat?

Hunger can affect anyone, regardless of age. However, this past year Food Lifeline has noted an **11% rise in the number of seniors who make multiple visits** to our partner food banks. In other words, there are a growing number of seniors who are relying on food banks to help make ends meet.

Tom Kirk, 62, is one of those seniors. He goes to the Pike Market Food Bank for eggs, meat, grains and fresh produce when his Social Security checks can't keep his pantry full. "Without the food bank, a lot of people wouldn't be eating well," says Tom.

READY TO HELP?

The good news is now it is even easier for you to help seniors like Tom. Our new partnership with CrowdRise lets you rally your friends and family to help make sure that our neighbors get the food they need. From January to March, we'll be running a special Senior Meals Challenge on CrowdRise. Go to **www.FoodLifeline.org/FoodDrive** to sign up and help make sure that our hungry neighbors don't have to choose between food, buying medicine, or paying rent.

MEALS FOR MINDS LAUNCHES

How can kids learn if they're hungry? Thanks to **Target Meals for Minds**, Food Lifeline now provides the students of Northgate Elementary, a Seattle area elementary school, with a monthly, in-school food pantry. Northgate was selected to pilot this program in Western Washington because 75% of its students qualify for free and reduced price lunches, which means getting enough healthy food is a challenge for most of the school's families. Now, thanks to Target Meals for Minds, kids and their families have very easy-to-access and healthy food right at school. At a recent Target Meals for Minds day, 174 students visited the pantry and each took home 22 pounds of wholesome food, such as milk, carrots, brown rice and kid favorites like macaroni and cheese and turkey hot dogs.



Target is also helping build these students' love of learning by completely remodeling the school's library and stocking it with books and computers.

As of this printing Food Lifeline has only 6 more opportunities for volunteers to help with the monthly Target Meals for Minds food pantry distribution. Please contact **Volunteer@FLL.org** to sign your group of 8-15 people up for this inspiring volunteer opportunity.

Thanks to Target for funding this Meals for Minds program at Northgate Elementary School.

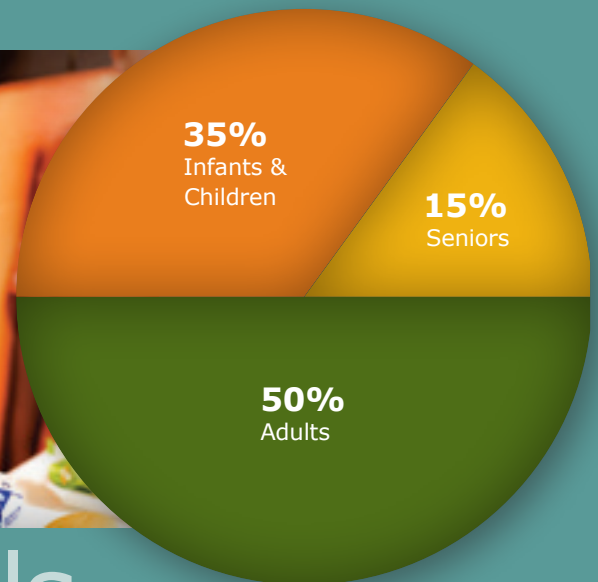


Together,
 we can solve
hunger.

ACCOUNTABILITY REPORT
FISCAL YEAR 2013

WHO WE HELPED

755,462 people via local food banks



We served **4,547,990 meals** and snacks via meal programs and shelters.

HOW WE HELPED

Food industry partners & the USDA donated **31 million pounds** of wholesome food that we then distributed to food banks and meal programs.



KEY STATISTICS & TRENDS

↑11%	97%	70%	95%
increase in seniors returning to food banks over the last year	of expenses go directly to feed hungry people	of the food we provide is highly nutritious, such as dairy, protein and produce	of food is donated or from the USDA, only 5% purchased

ONE DAY AT FOOD LIFELINE:

WHAT DOES IT TAKE TO FILL 82,000

Every day of the year Food Lifeline provides enough food for 82,000 meals to people in need in Western Washington. This is only possible because everyone in our community pulls together to make it happen.

On an average day at Food Lifeline:



28 volunteers each give 4.8 hours of their time



83,866 pounds of food is donated by grocery stores, distributors, farmers and more in the food industry



\$16,252 is donated by people, companies and foundations to safely store and distribute food



Food Lifeline's fleet of 15 trucks drive a combined 690 miles picking up donated food and delivering it to agencies



PLATES A DAY?

Food then goes out daily to the 275 food banks, meal programs and shelters throughout Western Washington. This feeds:

15,066 people visiting a food bank every day

 **4,941** are infants & children

 **3,155** are seniors

 **6,970** are adults



And **12,460** meals and snacks are provided via meal programs and shelters



FY 2013 FINANCIAL STATEMENT

Food Lifeline continues to be in a solid financial position at the close of our 2013 fiscal year (June 30, 2013). Total revenue increased over the previous year, most notably in contributions from Foundations and Corporations, and Community Events. Donated food also grew by 6%

over the previous year. FY 2013 expenses increased only 1.5% from FY 2012. Food Lifeline's cost of administration and fundraising held steady at 3.4% of total expenses, meaning that 96.6% of our expenses are directly related to hunger relief.

STATEMENT OF REVENUE & EXPENSES

REVENUE

Individuals	\$ 1,983,762
Foundations and corporations	\$ 2,033,011
Community events	\$ 831,101
Grants from government agencies	\$ 943,810
United Way of King County: Safety Net	\$ 166,097
Food purchase income	\$ 1,451,002
Program income	\$ 148,265
Misc. revenue	\$ 70,999
Sub-Total	\$ 7,628,047

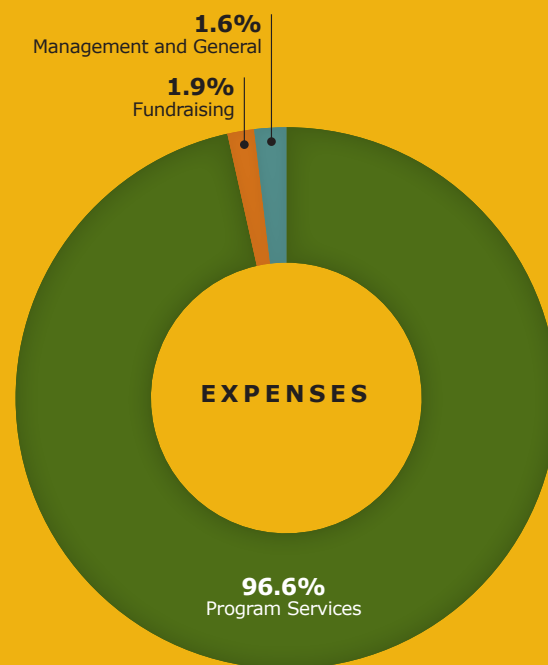
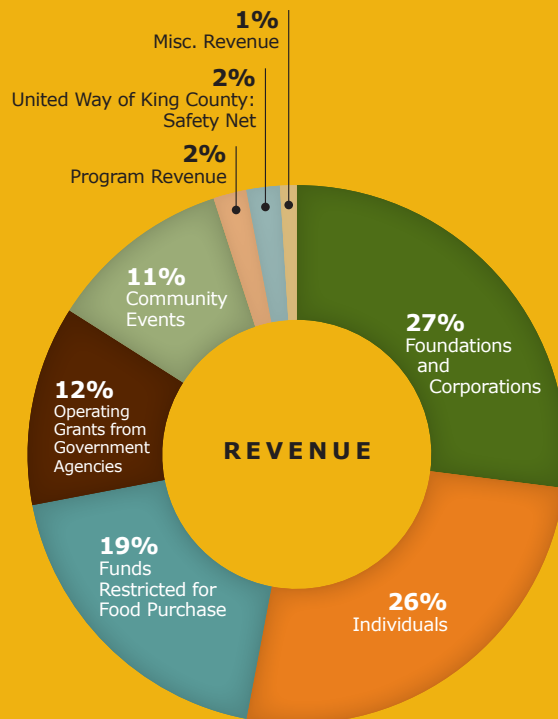
Capital Campaign	\$ 411,555
In-kind food donations	\$ 58,951,701
Total Revenue	\$ 66,579,748

EXPENSES

Program services	\$ 62,903,305
Management and general	\$ 1,022,119
Fundraising	\$ 1,223,514
Total Expenses	\$ 65,148,938

BALANCE SHEET

Total Assets	\$ 10,358,196
Liabilities	\$ 431,972
Net Assets:	
Unrestricted	\$ 7,136,866
Temporarily restricted	\$ 2,789,358
Total Liabilities and Net Assets	\$ 10,358,196



8,774 people volunteered enough time with Food Lifeline in FY 2013 to be the equivalent of 20 full time employees.

HOLIDAY ROUND-UP

This holiday season can often feel rushed, so we are grateful for all the ways our generous community gave back and joined the fight against hunger. Here are a few of the food and fund drives that made this holiday season warmer and happier for thousands of neighbors in need across Western Washington.

KICK HUNGER CHALLENGE

FOOTBALL SEASON 2013-2014

Help our Seattle Seahawks and Chef John Howie bring the Kick Hunger Challenge trophy home to Seattle. A nationwide competition between NFL teams, the Kick Hunger Challenge runs all season long and helps football fans turn their passion into food for those in need.

“As a chef and restaurateur, I have never felt hunger and likely never will. I hate hearing that people are choosing between keeping their homes heated and feeding their families. I have been blessed in my life and have so much, I just want to share as much as I can with those in need.”
 — **Chef John Howie**



Chef John Howie, former Mariner Jay “Bone” Buhner, and former Seahawk Craig Terrill judge a chili cook-off at Metropolitan Market to raise money for the Kick Hunger Challenge.

QFC BRINGING HOPE TO THE TABLE

OCTOBER 30 – DECEMBER 28, 2013

Once again QFC brought hope to the tables of people all across Western Washington. Bringing Hope to the Table stocks the shelves of food pantries with in-demand items including kidney beans, quick rolled oats, brown rice, and peanut butter. Additional thanks to Kendall-Jackson, Murphy-Good, La Crema, and Full Sail for partnering in this food and fund drive.

“Being part of the food industry, we are proud to bring nutritious food to hungry families in Western Washington. With the help of our generous customers and associates, we’ve been able to bring more than 4 million meals to hungry families since 2001.” — **Amanda Ip**, Community Affairs Specialist, QFC & Fred Meyer

Q13 AND LES SCHWAB FOOD FOR ALL

NOVEMBER 1-22, 2013

Once again Q13 and Les Schwab partnered together to get food to hungry people. Your generous donations brought in enough food and donated enough funds to provide nearly 825,000 meals.



Q13 reporter Kelly O’Connell, Food Lifeline President and CEO Linda Nageotte, and Puyallup Tribe of Indians representative John Weymer announce a generous donation to Food Lifeline.

WASHINGTON STATE LEGISLATURE REMEMBER AND HELP OUR HUNGRY NEIGHBORS



YOUR VOICE IS NEEDED ON BEHALF OF HUNGRY PEOPLE IN WASHINGTON STATE

On January 13, 2014, the Washington State Legislature convenes a short 60-day legislative session and Food Lifeline will be there speaking up for programs that effectively feed our neighbors in need. During the session, Food Lifeline will advocate for funding and programs that directly affect people's ability to get food — such as school meals, Farmers Market Nutrition Vouchers, State Food Assistance, and Farm to School. These programs improve access to food for children, seniors and working families, and reduce the burden at our partner agency food banks and meal programs.

DID YOU KNOW?

This year anti-hunger advocates, like you, took action 1,300 times through Food Lifeline's advocacy work. Those voices were heard by over 124 lawmakers at the state and federal levels. Want your voice to be heard? Go to www.FoodLifeline.org/advocacy and we'll keep you informed about the latest issues that impact hunger relief in our state. It's quick and easy, but the impact is real.

This year, Food Lifeline needs your help advocating for the Emergency Food Assistance Program, or EFAP. This program supports food banks throughout our state with funding to purchase food, pay for staff, and keep food bank doors open. **Funding for this program has been stalled at the same level since 2007, well before the impact of the recession lengthened food bank lines.** Increasing EFAP by an additional \$1 million could allow food banks across our state to leverage up to 3 million additional meals in just one year.

Please join Food Lifeline this session and help us make the case to lawmakers that hunger is a key issue in our state that needs their attention now. Making important changes to public policy always requires a team effort. Here are two easy ways to get involved:

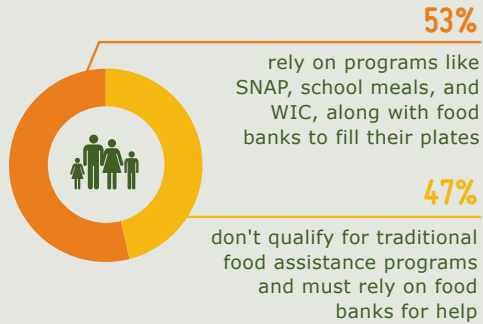
- 1. Read the 2013 Missing Meals Report:** This original research plays a vital role in our conversations with legislators and will get you up to date on Western Washington's current state of hunger. Download the full report at www.FoodLifeline.org
- 2. Sign up for Advocacy Alerts:** We keep you up to date on our public policy work and share easy ways for you to take action and reach out to your legislators. Go to www.FoodLifeline.org to learn more.



MISSING MEALS

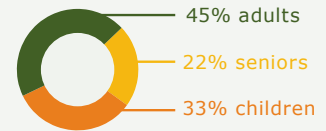
Who's hungry in Western Washington & how you can help

EVERY DAY IN WESTERN WASHINGTON HUNGRY PEOPLE TURN TO THE FOOD SAFETY NET TO GET THE MEALS THEY NEED.



THESE 689,000 PEOPLE ARE STILL MISSING MEALS

THE PEOPLE FOOD LIFELINE SERVES ARE:



DESPITE THIS HELP FROM THE FOOD SAFETY NET...

...112 MILLION MEALS ARE STILL MISSING EACH YEAR.



SNAP & OTHER PUBLIC ASSISTANCE PROGRAMS

495 MILLION MEALS PER YEAR

85% OF MEALS PROVIDED BY THE FOOD SAFETY NET

A majority of the food safety net comes from SNAP and other public assistance programs like WIC, free and reduced school lunch, and senior meal programs.

FOOD BANKS & MEAL PROGRAMS

89 MILLION MEALS PER YEAR

15% OF MEALS PROVIDED BY THE FOOD SAFETY NET

Food pantries and meal programs are a key food source for hungry families, especially those who don't qualify for SNAP and other public assistance programs.



THAT'S 308,000 MEALS STILL MISSING EVERY DAY.

Even though these individuals work hard to put food on the table, there is still an enormous gap in the meals they need to feed their family. After using the safety net they still have to skip meals, and make food stretch further.

HELP FOOD LIFELINE REACH ZERO MISSING MEALS BY:



Increasing food going to food banks and out to people in need



Educating our community about hunger and food bank resources



Strengthening food assistance programs

ADDRESS SERVICE REQUESTED

WWW.FOODLIFELINE.ORG YOUR FIRST STOP IN FIGHTING HUNGER



DID YOU KNOW?

Food Lifeline is part of the nation's foremost hunger relief organization, **Feeding America**, bringing cutting-edge research and nationally proven programs to Western Washington.

You may have noticed that our website looks a little different these days. We designed our new website with you in mind. Whether you want to find the most up-to-date hunger research, sign up to volunteer, or donate funds, our website makes it easy for you to take action.

Additionally, we wanted to make it more efficient for our 275 food banks, meal programs and shelters to order the food they need and for our staff to keep the site fresh and interesting. Our first major website improvement since 1999, **www.FoodLifeline.org**, is now a much more functional and easy to use tool for you and our community to rely on in the fight against hunger.

Interested in learning more or want to give us some feedback? Send an email to marketing@FLL.org; we would love to hear from you.

Printer:
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FSC logo here