



The mission of the White Center Food Bank is to minimize hunger, while nourishing community, nurturing self-reliance and embracing our rich cultural diversity.

The Community Cupboard

Recipe for Success: Serving with Compassion An Interview with Larry Pierce, Board President

As we continue to face tough economic times both locally and nationally, I wanted to take a moment to think and talk about compassion. First, I want to take a look at what hunger looks like in our community. It is amazingly diverse and changing simultaneously – there is no one face of hungry here at WCFB.

From our service numbers we know that we have had more first time visitors, our demographics are shifting due to our changing community and that need continues to grow. We see volunteers from many different backgrounds, some unemployed themselves. We see the faces of those that are underemployed – hard working, skilled people that cannot provide for their families though they may be working at one or more jobs yet are faced with tough choices such as whether to fuel their vehicle to get to work, or buy food for their families. In different times, these are people that would not need to rely on the food bank come month's end when their paychecks have run out.

We see an increase in our senior clients – those that cannot afford to eat, pay their rent and also afford medications. There are some clients that come to WCFB as part of a transition – those coming back into our community after working during the summer months in East-

ern Washington, or those that are new to the country and may no longer need our help once they are settled. Some of our clients find their way to us during a time of personal crisis such as job loss or medical emergency or financially crushing diagnosis.

Given these diverse demands, how do we serve all our clients with compassion? When many food banks are running out of food and cutting services, how do we maintain and grow to meet demand? There are several key ways we serve our clients with compassion... we can start with our own housekeeping such as conservative budgeting, putting a great deal of energy into our Auction and other fundraisers and most importantly, nurturing and growing our community of supporters. Our staff spends a great deal of time in our community – meeting people, encouraging groups to hold food drives and networking with suppliers, grocers and growers.

We strive to tailor our service to the needs of our clients whether through addressing the dietary needs of our seniors or by offering our new Saturday program for working families. By offering a welcoming environment, not only do we put those at ease that may be in distress but we can also take the awkwardness out of being in need. The hard work

put in by our staff and volunteers shows in the fact that we are in a unique position among food banks – we have many volunteers and our community rises to the need every time we ask for help. We also provide services such as our new cooking programs and our demonstration garden that can provide long-term assistance for our clients—teaching them how to grow their own foods and also how to use foods effectively.

We don't ever take this support our friends and neighbors provide for granted. By being involved in our community, we are able to talk positively about the needs we face and encourage others to become involved. With Rick Jump's leadership, we have built a food bank that cares about our entire community – please join us in continuing this service through volunteering your time or donating when possible.

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Good Cookin': Edible Landscapes and Community Harvest

WCFB Board of Directors

Larry Pierce,
President
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Vice President
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Andrea Marsden
Adrian Moroles
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Eden Woldu

**WCFB is now open
the 3rd Saturday of
each month from 11
am-1 pm to serve
clients. In March,
we served 28
clients; in April 57.**

WCFB Staff

Rick Jump,
Executive Director

Audrey Zemke,
*Volunteer/Resource
Coordinator*

Yichuan Zhao
AmeriCorps Volunteer

On your next trip to WCFB – stop by our front door and take a look at our new edible landscape. Planted just over a month ago, peas, greens, strawberries, chives and other spices are already sprouting. Started by Community Harvest of Southwest Seattle's Aviva Furman and now managed by our own Audrey Zemke along with our volunteers, this effort is a demonstration garden to show our clients and our community alike that it doesn't take much space to start a healthy garden at home to supplement staples provided by WCFB.

In addition to the demonstration benefit of the garden, it will also yield usable produce that can be added to our distribution shelves. Eventually a second growing space will be added in an area behind our building (thank you Seattle Works for clearing the space), that will be used for fall crops such as pumpkins and potatoes.

When asked about advice on starting home gardens, Aviva notes that it does not take much space to grow crops and containers are also idea – it is not necessary to have a yard or even a large patio, just access to

sunshine. Any used container such as a bucket can be converted to a growing container – simply drill holes for drainage, obtains seeds and dirt and you're ready to go. Seeds are generally inexpensive in relation to their yield, and some crops such as lettuce will grow many times over the summer months. Many local libraries also offer seed exchanges to help get your started, craigslist and neighborhood seed swaps are also good idea. Starting with items your family likes to eat is the easiest way to get going – lettuce is generally something everyone likes, is very nutritious – and you've tasted the difference between home grown and store bought it may be hard to go back.

Can gardening save you money? Clearly yes, but its important to watch your system and start-up costs can be very low by using used containers, your parking strip (for which you need a no-fee permit in the City of Seattle) and sharing resources – gardening does not have to be financially or time intensive if you start small. The nonprofit National Gardening Association just produced a

study -- sponsored by Scotts-Miracle-Gro Co. -- that found the average family with a vegetable garden spends just \$70 a year on it and grows an estimated \$600 worth of vegetables. (Wall Street Journal, April 16, 2009).

Community Harvest is encouraging and supporting low income food gardeners in getting started by offering a pilot program to match novice gardeners with mentor gardeners this summer to help folks experience success in their new gardens, offer advice and encouragement. Gardening is also a great family learning activity – with even just a few plants to care for, all generations have a project that can lead to a healthy, nutritious dinner. If you are interested in the mentorship program, please send an email to: info@gleanit.org.

And don't forget – WCFB does accept donations of produce. Contact Rick or Audrey for more information on this.

Sugar and Spice: Harvest Dinner and Auction set for October 17, 2009

Mark your calendars now for October 17, 2009 as our fifth annual Harvest Dinner and Auction at the Jerry Brockey Center on the SCCC campus. This single event raises approximately one-third of WCFB's operating budget - and each year as our needs grow our auction has met the challenge.

Volunteers are needed

to assist currently with procurement of items for the auction. Ideal items are: donations of services; tickets to events and local memberships; frequent flier miles; vacation items such as cabins, boat trips, hotel stays; restaurant gift cards; tools or household items. If you can take a few moments to think of local businesses that may be willing to

donate or what you may be able to contribute yourself, ask Rick for info on how to proceed. Auction meetings take place the first and third Wednesday of each month, 6pm at WCFB.

Contact Rick to assist, and don't forget to think about purchasing an extra ticket to the event for a friend or colleague.

Meat and Potatoes: Cut Out Hunger An Interview with Suzanne Greive

Have you ever wondered how you could save a few dollars each month on groceries? Or have you thought – maybe there is a different way I could help WCFB? Suzanne Greive has a method and she's willing to share it with others – a way to save money and donate goods to WCFB at the same time.

Her enthusiasm for “Cut the Hunger” is hard to ignore and involves something we all know about – coupons. Suzanne spends about three hours per week checking for sales, putting coupon combinations together and hitting local grocers such as Albertsons and Safeway or drugstores Walgreens or Rite Aid. “It does take some time to get started,” she says but once you have a good

filing system in place, know a few websites and know when to expect sale flyers in the mail or news and you're off and running. She can tell stories of not paying for items like shampoo or toothpaste for years at a time, or scoring 22 packages of hot-dogs for no dollars or even making money on the purchase of certain products through “chaining” of coupons and specials and rebates.

Loss leaders are excellent purchases as well – those buy 10 specials at every grocery or drug store from time to time which so many people pass up. While most folks may not have the room to store this amount of product, buying all 10 lowers your unit cost and even if you only need 2 you can donate the remaining products to WCFB.

What does she look for in a special purchase? Lowest price or at least 70% off regular price and best nutritional value. In some circumstances, the purchase of one product (i.e. colas) may trigger a coupon for a nutritional product that could be used by the food bank that she can later purchase.

Careful planning is key to getting the best deal at each grocer or drug store. Suzanne is looking for other volunteers that have time to shop for WCFB – and you don't have to organize all alone. Clients can benefit as well by learning how to pursue her system to maximize their food dollars.

To get started, please contact Suzanne via Rick or Audrey at WCFB.

1st Quarter 2008:

WCFB served
13,116 clients

1st Quarter 2009:

WCFB served
18,180 clients

Please help!

Shopping List: Current Volunteer and Item Needs

Food Needs

Hunger is a year round issue. With the huge increases in clients, we will continue to need everyone's support to feed hungry families. Most needed items continue to be:

- Hamburger Helper
- Rice A Roni
- Canned meats (not tuna)

- Cereal
- Canned fruit
- Diapers (size 4, 5, 6)
- Ethnic foods

Other needs:

- New pots/pans for cooking demonstrations
- Gift cards to Staples

Volunteer Needs

Bilingual Volunteers for:

Food Distribution: Monday, Wednesday, Thursday, Friday (10am - 1:30 pm).

Translation: For clients during check-in or brochures for marketing.

Languages needed: Vietnamese, Russian, Spanish, Somali, Cambodian

Volunteer Spotlight: Judy Hutchison

Originally her friend Clarice Goldsmith asked her to participate in volunteering. She currently works three days per week either in the warehouse or on the line and finds it not only a good way to fill some of her time but also a great way to give back to her community and support local families.

Judy enjoys the friendly banter that develops between

volunteers and clients once they are comfortable together. Judy feels her role while working on the distributing line really is to make clients feel welcome and while she may not know everyone's name as they come through the line she says everyone gets a good morning from her to put them at ease during their visit. Judy's grandsons also accompany her to WCFB to

assist when they happen to be visiting.

Judy feels strongly that the love and support you show your family helps the community as a whole – and what you teach your children they will in turn teach to others. And as her friend Clarice asked her to volunteer, Judy encourages others to ask friends to give of their time to WCFB. Thank you Judy for giving your time!

Would you like to receive this newsletter electronically? Have friends you'd like to share it with easily by email? If so, please send your name and email address to:

Ann Kendall
Latkendall
@yahoo.com



10829 Eighth Ave SW, Seattle, WA 98146
206-762-2848
wcfb@drizzle.com

Yes! I can help the White Center Food Bank

Online donations now accepted at www.whitecenterfoodbank.org

Please let us know how you can help.

- I would like to volunteer I have a group that would like to volunteer
 My business or organization will host
a food drive or collection bin

Name: _____

Address: _____

City, Zip: _____

Email: _____ Phone: _____

Signature: _____

- Check enclosed for \$ _____
- Please charge my Visa/MC _____
Expiration: _____
for \$ _____ Signature _____

**Please mail to: White Center Food Bank 10829 8th Ave SW
Seattle, WA 98146**