

HELP OUR NEIGHBORS IN NEED DURING THIS CRISIS

Helpings for Hope Reimagined

Unfortunately, due to Covid-19 we've had to cancel our spring fundraiser. Instead, we're going virtual! In the month of August we will be offering an online auction featuring private cooking classes. These classes will be virtual, allowing you to join your friends and family for a unique culinary experience. We will be offering the following classes, plus much more!



- Learn a new recipe with Hsiao-Ching Chou, board member and author of Chinese Soul Food
- A private cooking lesson by Ashley Rodriguez, author of Date Night In and Let's Stay In
- A class from The Pantry, Ballard's Community Kitchen

Your financial donations keep us nimble during changing times.

When we have gaps in our stock, we use these donations to purchase the groceries our neighbors need like fresh produce, dairy, and meat.

Please consider making a donation or participating in our online auction. More details about Helpings for Hope can be found at: www.ballardfoodbank.org/events

Your donations of food help keep our shelves stocked.

Items like soup, chili, peanut butter, and pasta are staples for our neighbors. By donating these most-needed items, you guarantee folks get the groceries they need when they visit.

You can drop-off food donations at Ballard Food Bank during our preferred times. Our Amazon Wishlist is always up-to-date with our current needs. Feel free to use this list as a reference to purchase items from a different retailer. Details for donating food can be found on our website: www.ballardfoodbank.org



Thanks Oscar & Adelie for donating food!

Staff

Jen Muzia
Executive Director

Kathleen Murphy
Assistant Director

Colleen Martinson
Director of Development & Communications

Haley Hanson
Individual Giving & Events Manager

Nathaniel Lyon
Community Advocate & Resource Hub Program Manager

Jada Wittow
Food Access Coordinator

Sarah Huttula
Volunteer Manager

Tom Hendrickson
Food Bank Assistant

Barry Prickett
Food Bank Assistant

Board of Directors

Carrie Schneider
President

Kathleen Owens
Vice-President

Tom Bernard
Secretary

Nathan Walker
Treasurer

Andrew Weber
Past-President

Julia Weisenburger
Past-President

Elizabeth Canizales
Hsiao-Ching Chou
Jen Doak
Jay Fathi
Ted Koslowsky
Nina Lindsey
Geeta McCormack
Scotland Nash
David Perez
Ryan Stauffer

Visit our website for information on donating, volunteering, and more!

www.ballardfoodbank.org

Weekly updates can be found on our social media pages!



5130 Leary Way NW
Seattle WA 98107

Non-Profit Org
U.S. Postage
Paid
Seattle, WA
Permit No. 37



COMMITMENT TO COMMUNITY DURING UNCERTAIN TIMES.

Newsletter — Summer 2020

A NOTE FROM JEN

As each day has unfolded it has become more daunting to realize that Covid-19 is not a short-lived crisis but a catastrophic pandemic that touches everyone physically, mentally, and financially.

Since the start of this crisis our numbers have nearly doubled.

Through our drive-thru, home delivery and walk-up distribution we have increased from 3,200 visits to nearly 6,000 visits/deliveries in a month. Our home delivery program has grown from 120 households each week to over 600, and 25% of those households are new.

With the eviction moratorium, we are providing financial assistance on payment plans. In June, we helped 32 people with their rent or utilities, of those 19 had never been to the food bank before. We are seeing new faces, hearing new stories and with your help we are offering food and hope.

Yet, as I write that I know that there has been an even longer pandemic happening all around us for centuries: racism. To address food insecurity, we must address the root causes of poverty. We must look inside our organization and apply a race equity lens to all that we do. We must examine the institutions and systems that we participate in to determine how we can dismantle policies and ideas that lead to a disproportionate number of Black people living in poverty, dying from Covid-19 and being murdered by police.

At this moment everything we do as an organization must work towards dismantling systems of oppression and promoting racial justice and equity. And everything we do in this moment must make certain people have

access to healthy food that meets the dietary and cultural needs for them and their families. It is going to be a long road and we need to be there for our community in this crisis and for the recovery. In this moment our actions must be bold.



Jen takes a news crew through the food bank

And that's when I take a deep breath and realize that our actions are bold. To think that just a few years ago we had a vision to build a new Food Bank and Community Resource Hub. We are set to break ground in early fall. **What I never would have believed was that the path we set out on several years ago would one day position us to help our community recover from a pandemic.**

As a community this new space will be critical to the Covid-19 recovery. Our new home is designed to create a place not only for people to connect to food and services all under one roof, but a place of belonging and hope for individuals and families.

We must all continue to be bold, to both dismantle and build something new and better. I have faith that we can do it all.

In solidarity and peace,

Jen Maria

THANK YOU FOR SUPPORTING FAMILIES & PETS

At Ballard Food Bank, we recognize that pets are important members of the family and wonderful companions! When folks come through our drive-thru food bank, we ask them if they need pet food or litter. We also deliver pet food to people's homes as part of our home delivery program.



12 year-old August donates cat food

Where does our pet food come from?

Thanks to donations of pet food and treats from Mud Bay and All the Best Pet Care we keep our supply of pet food and litter stocked. Our generous, animal-loving community also purchases items when they shop as well and drop off extra items they have at home. Your cat turns up her nose at the salmon flavor? Donate it here! See website for donation times.

Medical care for pets

Seattle Veterinary Outreach (SVO) recently set up a free vet 'office' in our parking lot and saw 18 humans with 24 pets. With two veterinarians on site, they were able to conduct wellness exams, insert microchips, administer vaccines, do nail trims, and give referrals for spay/neuter services. Dr. Hanna Eckstrom founded SVO to help homeless pet owners thrive. With more pet owners struggling during these unprecedented times, she said they have been busier than ever.

One Client's Story

Marc gets vet care for his beloved dog from Seattle Veterinary Outreach at Ballard Food Bank

"I do not consider myself homeless. I've lived in the same shack in the industrial district for the past 7 years. Luckily, the owners let me stay here in exchange for work. Lloy has been with me this whole time, but it is hard to care for him since I do not have an income. It has been 7 years since he has seen the vet. This service helps us tremendously.

This past March, I had Covid-19. Lloy saved my life. He kept me sane. He calmed [me]. I don't know how to explain it in words, [but] he was consistent. I have never had a relationship with a human like this. I like to call him my 'petner.'



Marc, Lloy, and SVO staff

VOLUNTEER SPOTLIGHT

**Guest article from Adria Cooper
Staff Reporter at The Talisman, Student Newspaper at Ballard High School**

While Covid-19 is forcing many organizations and businesses to shut down, Ballard Food Bank must continue to stay open to feed the community. To do this, they need volunteers to help with the work.

Mariana King and Kalpana Prasad are two volunteers that help the Ballard Food Bank operate. King works at Starbucks and is working on getting her Bachelor's Degree, while Prasad works as an environmental conservationist.



Volunteer Mariana King and Food Access Coordinator Jada packing bags of food

King and Prasad may be relatively new to the Ballard Food Bank but they have quickly made a difference. "I'm mainly in charge of helping to set up the delivery option for the food bank," said Prasad. "Usually people can come into the food bank but because of Coronavirus, that isn't an option. So, people have to come through the drive-thru but some people don't have cars so instead we have volunteers deliver their food to them," she continued.

King also helps with the deliveries: "I work with Jada organizing food deliveries mostly. I am given a list of names with food preferences and allergies that I try my best to oblige to. We even provide pet food and litter plus toiletries."

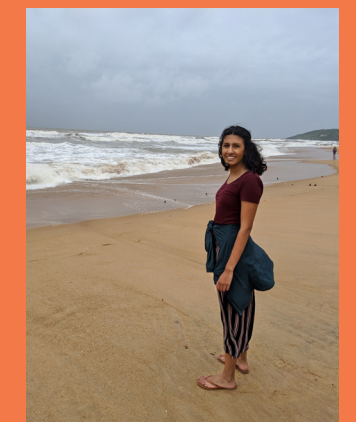
King and Prasad could not have chosen a better time to get involved in the community. **According to feedingamerica.org, food banks are reporting a 70% increase in the need for food and supplies.** This increase means that more workers are needed.

While there may be more need, it seems that there are more volunteers pouring in as well despite many of them losing their jobs.

"Most of our volunteers are inspiring to me; many have been furloughed, can't work or lost their jobs during this and have still decided to give their energy toward helping the community. **It's amazing the turn out of volunteers I see every week; everyone is so committed,"** King said.

"There's a lady that I'm working with who was furloughed by Nordstrom and she decided that despite not being paid right now that she wanted to come and volunteer. I thought that was pretty inspiring."

"All these people are coming in as new volunteers. They could be looking for a new job right now but **they are giving their time here because there are people who are in more need,**" Prasad said.



Volunteer and environmental conservationist Kalpana Prasad