



5130 LEARY AVENUE NW
SEATTLE, WA 98107

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BRINGING FOOD AND HOPE TO OUR NEIGHBORS



SPRING 2019 WISH LIST

Food items:

- Canned Soups
- Canned Fruit
- Shelf Stable Milk
- Alternative Milks (soy, rice, almond)
- Canned Meat & Fish
- Vegetarian Beans & Soups
- Peanut Butter & other nut butters
- Jams & jellies
- Instant coffee
- Mac and cheese
- Cooking oils
- Fresh Produce

Hygiene items:

- Feminine Hygiene Items
- Diaper Wipes
- Shampoo
- Conditioner
- Soap
- Lotion
- Deodorant
- Toothbrushes
- Toothpaste
- Toilet Paper

THANK YOU
The following businesses are our partners in grocery rescue. They are instrumental in ensuring that we have nutritious food to distribute to our clients and their four legged friends each week:

Albertsons: Magnolia	Interbay P-Patch	Metropolitan Market:
All the Best Pet Care	QFC: Interbay & Ballard	Magnolia
Amazon Fresh	Safeway: Ballard,	Mud Bay
Ballard Market	Crown Hill	New Seasons Market
Ballard P-Patch	Scandinavian Specialties	Northwest Harvest
Byen Bakeri	Sunday Ballard Farmers	PetCo
Cougar Mountain Bakery	Market	Tall Grass Bakery
Food Lifeline	Top Pot Doughnuts	
Grocery Outlet	Trader Joes: Ballard	
	Whole Foods: Interbay	

WE NEED VOLUNTEERS!
To learn more visit:
ballardfoodbank.org/volunteer

Donate Online:
www.ballardfoodbank.org

DONATION DROP OFF HOURS:
Mondays 8 a.m. - 7 p.m.
Tuesdays & Wednesdays 8 a.m. - 4 p.m.
Thursdays 8 a.m. - 7 p.m.

GIVEBIG IS BACK!

Wednesday, May 8, 2019

Save the Date!

GiveBIG is an all-day celebration that shines a spotlight on the power of philanthropy.

Community is at the heart of Ballard Food Bank. It's only through the support of neighbors like you that we're able to bring hope to those who need it the most. Thanks to your incredible generosity, Ballard Food Bank raised \$40,000 during GiveBIG 2018.

You can help us repeat – and exceed – our success during this year's GiveBIG!

Join your fellow neighbors and support Ballard Food Bank.

Make your gift on May 8 through our GiveBIG donation page:

www.givebig2019.org/ballardfoodbank

I give. You give.
We give, together.



POWERED BY
501 COMMONS

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	Barry Prickett Food Bank Assistant	

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A NOTE FROM JEN

“Each story we hear is filled with a longing for stability. And the community always rises to help”

affordable housing. Each story we hear is filled with a longing for stability. And the community always rises to help.

One young woman I met recently was couch surfing. She came to our doors not knowing exactly what to ask for. She felt lost and needed help. She was starting a job and moving into Ballard. We were able to sit together, chat and think through next steps she could take. She left feeling encouraged that there are neighbors who care about her and could help.

Another woman, a senior and a caregiver for her husband, visited from Queen Anne. She came to us with a shut-off notice and she'd heard that we offer utility assistance. As we spoke, her strength came through even though you could feel the weight of her stress. When we invited her to shop with us, it allowed her to save money she could use for bills and rent. We introduced her to shopping in the food bank and she later returned to thank us for how friendly and welcoming everyone had made her feel.

Or there is the story of the woman who had a job but unforeseen financial challenges left her suddenly unable to make her rent. With tears in her eyes, she said she's never imagined being almost homeless.

Fortunately, with our rental assistance and additional funds from her employers, she was able to make rent and stay in her home.

Having to navigate getting services can seem overwhelming. But when our clients know that it's neighbors helping neighbors, it relieves some of that anxiety.

The other day as I was walking through the parking lot, I started up a conversation with a client. She immediately shared that she was so excited to be donating to the food bank today instead of receiving. She had been a long-time client, probably more than 10 years, but now life had finally come together and her temporary job had become permanent.

She happily declared, “I'm no longer shopping and I'll be donating a lot more! I can't thank the Ballard Food Bank enough for getting me through a really tough time.”

Yes, everyone has a story. I'm grateful our community comes together to support one another and brings people the food and hope they need.

- Jen Muzia, Executive Director

I never thought I'd have to ask for help.

I never thought I'd have to shop at a food bank.

I never thought I'd almost be homeless.

These three sentences stuck with me a few weeks ago. Each one said with a sense of embarrassment, fear, shock and tears. Asking for help is never easy. When you're feeling vulnerable, it's terrifying.

The KOMO news documentary “Seattle is Dying” struck a chord with many people in the nonprofit sector. At Ballard Food Bank, we know that each of the neighbors we serve has a different story. Poverty is complex and becoming homeless is caused by a variety of factors: loss of a job, healthcare bills, mounting debt, lack of

individuals to move from being homeless to being housed. Vouchers for driver's licenses and identification are also offered to clients to ensure they have what's needed to get a job or housing. All of these items are critical to our mission of food and hope.

Providing assistance to someone who is at risk of losing their housing or having their utility shut off helps them maintain stability and, ultimately, prevents homelessness. In an average year, we are able to assist individuals and families more than 800 times. We work with our clients and landlords to ensure the dollars we provide for low-income and market-rate housing provide stability in a time when someone may have lost their job, health care bills, or other unexpected challenges.

Leah Grodinsky recently joined the Ballard Food Bank team as our Community Advocate and Resource Hub Program Manager.

The importance of rent and utility assistance has been clear to her since day one. “It warms my heart hearing from clients that our programs help them get back on their feet. Many clients themselves have become advocates for other people facing homelessness, because they understand that one deposit or payment can make all the difference. We're not just helping with housing or utilities; we're helping people focus on their families, jobs, and lives rather than worrying about security.”

This program is accessed by seniors, young adults, families – neighbors who are trying to make ends meet. By providing food on a weekly basis, we help stretch their dollars further. However, with the growing challenge of affordability in our city – rising rents and utilities – providing financial assistance provides stability when our neighbors need it most.



PROGRAM SPOTLIGHT: Providing Stability and Preventing Homelessness

The Financial Assistance Program at Ballard Food Bank is a long-standing program that provides rental and utility assistance when someone is facing eviction or has a shut-off notice. Over the years, the program has evolved to include providing deposits for

CONNECTING THROUGH OUR GIVING GARDEN



“ I AM A GARDENER AND THERE'S NOTHING MORE SATISFYING THAN GROWING YOUR OWN FOOD...”

Ballard Food Bank's giving garden provides food and helps build community

Everyone who spends time at Ballard Food Bank can see that food connects people. Every day, volunteers, clients, staff, and community partners connect around our mission of bringing food and hope to our neighbors.

We're especially proud of the work happening at our giving garden. With the generous support of Swansons Nursery, we grow produce on-site that is harvested and used at our grocery-style food bank. But most importantly, it represents our core value of community.

With warmer weather appearing in Seattle, we're especially excited about our giving garden and the way it brings our community together. Our resident garden volunteer, Carol, loves getting

outside and being involved. “I am a gardener and there is nothing more satisfying than growing your own food. For our neighbors in need, there is something special about giving them the freshest food possible.”

Carol has a vision for the giving garden this year and it involves the whole community. Recently, she and our Assistant Director Kathleen attended a meeting for the Seattle Giving Garden Network (SGGN). Many of Seattle's 89 P-Patches are represented at the SGGN, as well as Ballard Sprouts, which provides plant starts for giving gardens in the area.

At this meeting, representatives from giving gardens discussed what they grow for Ballard Food Bank and how they could adjust their plans to better fit

our clients' needs. The Ballard P-Patch decided to focus on peas and beans based on the discussion. And everyone was encouraged to grow a more diverse range of produce, with produce like bok choy being suggested.

Carol sees all these connections as an amazing opportunity for growth and education in our neighborhoods. By sharing ideas and strategies, we can all work together to grow the best produce for our clients.

Come see what we're growing this season!