

# AT THE TABLE

FALL 2018

MEMBER OF  
**FEEDING  
AMERICA**

**Thank you for helping  
children thrive!**

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[www.FoodLifeline.org](http://www.FoodLifeline.org)

# A MESSAGE FROM THE PRESIDENT & CEO



**Linda Nageotte,**  
President & CEO

## Dear friends,

Families across Western Washington are busy preparing their children for the school year with new notebooks, pencils, pens, and backpacks...

But by far the most important school supply is plenty of healthy food.

Thankfully, countless children are headed back to school ready to learn because you made sure they had nutritious meals on the table all summer long. I hope you'll enjoy reading about some of your neighbors who are living better lives because of your generosity in this edition of *At the Table*.

Please don't miss the story of Sergio and his grandfather, Lanny, on the back cover. Together, they're giving to others, in thanks for what you've given them. Through those you impact, your gifts keep giving.

It's only with your ongoing support that together we can connect hungry neighbors with nutritious meals. With the return of school, many children will once again be able to eat free or reduced-price meals in the cafeteria, but their families will need our help filling their plates on weeknights, weekends, and holidays.

We know that good nutrition is vital to students' success — even a short amount of time without healthy food can cause behavioral issues and developmental delays.

That's why I'm so thankful for friends like you who choose — again and again — to stand with children and families in the fight against hunger. Your support strengthens our entire community! Thank you.

Sincerely,

**Linda Nageotte,**  
LindaN@foodlifeline.org  
President & CEO

**FOOD LIFELINE**  
HUNGER DOESN'T HAVE TO HAPPEN

*At the Table* is a publication of Food Lifeline, a 501(c)(3) nonprofit organization. To learn more, visit our website at [foodlifeline.org](http://foodlifeline.org) or call 206-545-6600.



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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@foodlifeline.org](mailto:info@foodlifeline.org) or 206-545-6600.

# YOU INSPIRE OTHERS TO GIVE!

When Rosalyn first stepped into the Pike Market Food Bank, a [Food Lifeline](#) partner agency, it was with the goal of helping others. Her family had fallen on hard times and benefited from the kindness of others. She wanted to give back.

After her shift at the Food Bank, she was grateful to learn that she could take groceries home to help feed her own family in their time of need.

Rosalyn and her husband have a 7-year-old daughter, and they're expecting their second child soon. Lately, her husband hasn't been able to get enough hours at work for the couple to pay all their bills.

**"If it wasn't for food banks like this one, a lot of people would be hungry."**

Thanks to you, Rosalyn's family now has the support they need to get back on track. In addition to the groceries the family receives from the Food Bank, Rosalyn's daughter participates in Food Lifeline's backpack program at her school. That means she'll receive a bag each Friday with enough food to last all weekend. As a part of the program, she'll learn about nutrition and the importance of making healthy food choices, too.

Rosalyn is working to finish her GED and plans to study phlebotomy to help support her growing family. She's confident their financial setback is only temporary and is so thankful to

have a safety net to fall back on, because of you.

"If it wasn't for food banks like this one, a lot of people would be hungry," Rosalyn says. "Thank you!"

As her daughter settles into a new school year and their family prepares for the exciting arrival of a new baby, you can be sure they'll be well nourished because you've chosen to support Food Lifeline.



**Rosalyn volunteers at Pike Market Food Bank before taking food home for her family.**

# THANK YOU FOR HELPING SOLVE HUNGER THIS FALL!

## DRESS DOWN HUNGER



Dress Down Hunger is back in the Hunger Solution Center! Join us for a casual and entertaining evening with dinner, drinks, and a celebration of the 2018 Ending Hunger Awards!

The night includes fun opportunities to support Food Lifeline. Doors open at 6 p.m. For more information visit [foodlifeline.org/dress-down-hunger/](http://foodlifeline.org/dress-down-hunger/).

Food Lifeline's Hunger Solution Center  
815 S 96th St  
Seattle, WA 98108  
Saturday, October 6, 2018

## HUNGER ACTION MONTH



September is Hunger Action Month™, when Feeding America and member food banks ask everyone in America to take action to fight hunger in their communities, all month long.

Hunger Action Month is your opportunity to join a movement that has a lasting impact on our effort to feed more of your neighbors than ever before. Visit [www.foodlifeline.org/hunger-action-month](http://www.foodlifeline.org/hunger-action-month) to learn how you can get involved!

## TASTE of the Seahawks NOVEMBER 6, 2018



The Taste of the Seahawks event is a strolling food and beverage experience benefiting Food Lifeline and Ben's Fund. This fun-filled

Party with a Purpose will feature gourmet food provided by Seattle's finest restaurants and award-winning chefs, along with beverages from the best wineries, breweries and distilleries from Washington and beyond. Guests 21+ will mingle with Seattle sports celebrities and other local famous faces while enjoying live music and a charitable auction.

To learn more, email [kickhunger@foodlifeline.org](mailto:kickhunger@foodlifeline.org).



# MICROSOFT XBOX'S JIM URBAITIS GIVES BACK.



**Jim Urbaitis**

What started with Microsoft's annual "GIVE Month," celebrated each October, has become a year-round volunteering initiative for Jim Urbaitis and his Xbox colleagues.

Inspired both by the company's strong giving spirit and his own upbringing by a mother who

emphasized caring for others, Jim led the charge to expand his team's impact from one month of giving time, money and product, to an ongoing volunteer effort throughout the year.

[Food Lifeline](#) is thrilled to be a direct beneficiary of the Xbox team's volunteer service. Each

month, Jim and his colleagues come to our Hunger Solution Center for a three-hour shift.

"In a short amount of time we have a direct impact in the state of Washington," Jim says. "You walk away from the experience feeling refreshed and rewarded and energized."

Jim's earliest volunteer activities were as a child alongside his mother and siblings. Even though he says his family didn't always have a lot, he learned to recognize his own advantages in life and how to use his resources to help others.

Once he had children of his own, Jim says he felt strongly that he wanted to incorporate more volunteerism back into his life. He truly enjoys being a part of Food Lifeline's volunteer network

**"You walk away from the experience feeling refreshed and rewarded and energized."**

and wants to encourage anyone and everyone to join the cause of hunger relief in whatever capacity they can.

"You can provide that energy and effort to bring families together and make sure they have food to eat," Jim says.

We simply couldn't do the work of feeding hungry people without the generous contributions of time from volunteers like Jim and his Microsoft colleagues!

# THEY'RE NOW PRODUCTIVE ADULTS, THANKS TO YOU.

Brother and sister Jordan and Julianna are now young adults, but they've known the kindness of people like you for much of their lives.

Julianna, 21, and Jordan, 23, started coming to Issaquah Food & Clothing Bank, a [Food Lifeline](#) agency partner, seven years ago. Because their mom is disabled, the siblings had to take on more responsibility than a lot of kids their age...including going to the Food & Clothing Bank as teenagers to get food for their family.

The small family is very tight knit, and Julianna and Jordan still do all they can to help their mom, even though they both work full-time jobs and live on their own.

Though neither Julianna nor Jordan live with their mom anymore, they do still make regular trips to the Food & Clothing Bank to pick up food for her. And, because money is sometimes tight for them, too, their mom often sends them home with some of the groceries they bring over.

Julianna is so grateful in particular for the nutritious, fresh produce available through the Food & Clothing Bank. She knows it helps keep her mom's strength up, and she and Jordan often benefit from it, too.

The care you've shown to their family isn't lost on these siblings. In fact, Julianna has found a way to give back by taking a job

caring for others through a home health organization.

"Thank you," both siblings echo to you.

You've played a vital role in sustaining this special family whenever they've faced times of hardship. It's difficult to think about what might have become of Julianna, Jordan, and their mom if not for the kindness of strangers. But because generous friends like you have been there for them these past several years, these kids were able to grow up to become productive contributors to our community.



**Julianna and Jordan at Issaquah Food & Clothing Bank**

# YOU GIVE NEIGHBORS STRENGTH TO SERVE!



**Sergio stops to pose during one of his volunteer days at West Seattle Food Bank.**

Sergio was just nine years old when he first went with his grandfather, Lanny, to West Seattle Food Bank, a [Food Lifeline](#) partner agency. Thanks to people like you, Sergio grew up to be an extraordinary teenager who both receives food and gives back to his community.

"[We've] been coming here for five years, and it's always a good experience," says Lanny, who brings Sergio weekly to volunteer at the Food Bank.

Lanny worked in construction until he was diagnosed with an abnormal, involuntary movement disorder. Since then, he's had

to rely on monthly disability assistance to pay all the bills. Thankfully, he can visit the Food Bank to cover the groceries his budget can't.

"The food is really fresh," Lanny says appreciatively.

Shortly after his first trip to receive food from the Food Bank, Lanny decided to also volunteer there. When Sergio moved in with him, it was only natural to bring his grandson, too. It's now a rewarding experience they both enjoy.

The two help stock shelves, distribute food, clean, and

assist with whatever else might be needed.

**"People go home with smiles on their faces and food in their bellies, and that's a good thing."**

"People go home with smiles on their faces and food in their bellies, and that's a good thing," Lanny says of West Seattle Food Bank.

Lanny and Sergio are thankful to generous donors like you for helping make this food pantry where clients choose the food they prefer available both for them and for other neighbors in need.

You make it possible for our partners to serve the community and ensure more of your neighbors are fed. Your generosity is truly inspiring.

## 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](http://www.FoodLifeline.org).