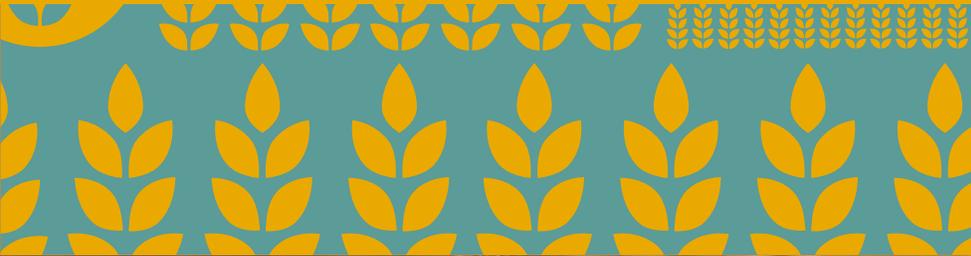


SUMMER 2022

# AT THE TABLE

NEWS FROM THE HUNGER SOLUTION CENTER AT FOOD LIFELINE



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



## IN THIS EDITION

- pg.2** Bridging the Summer Meal Gap
- pg.3** Food Pantry Design Invites You In
- pg.4** The Summer Lunch Box
- pg.5** Save the Date! Events at Food Lifeline
- pg.6** Act to Support Child Nutrition
- pg.7** The Silent Task Force in Partnership with Urban Food Systems Pact
- pg.8** Root Out Hunger Campaign and Gift Form



**READ MARIA'S STORY,** PAGE 2

*"It is so important for us to have access to fresh fruits and vegetables"* — **Maria**



*“...I especially love when my family and I to come together and share a meal. Food means everything for us”.*

— Maria

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## BRIDGING THE SUMMER MEAL GAP

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Maria del Carmen Alvarez is an expert at juggling her three-year-old daughter and newborn son but keeping food on the table has been a challenge since the pandemic.

**“My family is living paycheck to paycheck”,** says Maria. **“Sometimes we pay all the bills and end up not having enough money left over to have something to eat.”**

Before the birth of her son, Maria worked as a housekeeper to help pay the bills, while her husband worked a full-time job. But after her son arrived, it became too expensive to keep her part-time job.

**“Babysitters charge so much to watch both of our kids, so I stopped working to stay home and take care of them”,** says Maria. Without affordable childcare and living on one-income, Maria began visiting the Federal Way Food Bank. At first, it was hard.

**“When I first came here, I felt sort of ashamed. Latin or Hispanic people, we don’t like to ask for help from the community or from the government. But after that first time, I started to feel a bit more confident and comfortable.”**

Coming to the food bank means Maria’s family always has access to foods that keep her family nourished.

**“It is so important for us to have access to fresh fruits and vegetables”,** says Maria. **“It means a lot to me to bring home high-quality food home to our table.”**

Even if it means getting creative for at least one member of the family.

**“My three-year-old daughter really loves to eat a lot of fruit. But she’s really picky, and won’t eat vegetables at all, so I chop them up and put them into smoothies for her”**

For Maria, coming here is much more than bags of groceries. It’s the ability to provide for her family while sharing those moments in life that are simple, yet priceless.

**“I love to cook, and I love to bake”,** says Maria. **“But I especially love when my family and I to come together and share a meal. Food means everything for us”.**





*“Yesterday we served 160 families in a 3-hour window.”*

**— Stacey Crnich, CEO  
Bonney Lake Food Bank**

# FOOD PANTRY RENOVATION KEEPS CLIENT DIGNITY IN MIND

When customers walk into the Bonney Lake Food Bank, they feel as if they have entered a high-end grocery store—and that’s exactly what CEO, Stacey Crnich, intended for community members to feel after major renovations to the food bank.

During the pandemic, the Bonney Lake Food Bank saw the need in their community increase by 700%, which required their team to expand quickly and find a new location that could better serve their growing line of customers. They found the perfect location on an old local farm, but the entire facility would have to be redone. While facing a large construction challenge, their team saw an opportunity to rethink the customer experience.

**“I don’t want kids to come with their families and know they are shopping at a food bank”** says Stacey.

Their vision focuses on dignity, equity, access, and community, resulted in The Market, a free grocery store that provides the same look and feel of your local curated market. Shoppers have the choice of pantry staples, culturally relevant foods, custom branded items including spices and coffee, and fresh produce grown in partnership with local farmers.

Their new design targets reducing the shame associated with visiting a food bank and succeeds in supporting their growth. **“Yesterday we served 160 families in a 3-hour window.”**

Together with their 200 regular volunteers and community investment they plan on continuing to innovate and inspire other food banks to put a focus on dignity.

To learn more about Bonney Lake Food Bank or to donate, visit [bonneylakefoodbank.org/](https://bonneylakefoodbank.org/)



**Stacey Crnich, CEO,  
Bonney Lake Food Bank**



# THE SUMMER LUNCH BOX

Get ready to have some fun outdoors—and in the kitchen! There's nothing quite like spending quality time preparing meals together as a family. Cooking together can foster community, explore cultural traditions, and create positive connections between kids and their parents. Food is love. Empower your kids to prepare and enjoy nutritious, fun meals together. Check out these simple recipe suggestions from our Summer Lunch Box!

## CARIBBEAN PORK SLIDERS:

*Makes 20 servings*

*Time - 35 min (prep), cook 8 hours*

*1 large onion, quartered*

*1 boneless pork shoulder butt roast (3 to 4 pounds) - \*can be subbed with shredded rotisserie chicken*

*2 finely chopped chipotle peppers in adobo sauce plus 3 tablespoons sauce*

*3/4 cup honey barbecue sauce*

*1/4 cup water*

*4 garlic cloves, minced*

*1 tablespoon ground cumin*

*1 teaspoon salt*

*1/4 teaspoon pepper*

## COLESLAW:

*2 cups finely chopped red cabbage*

*1 medium mango, peeled and chopped*

*1 cup pineapple tidbits, drained*

*3/4 cup chopped fresh cilantro*

*1 tablespoon lime juice*

*1/4 teaspoon salt*

*1/8 teaspoon pepper*

*20 Hawaiian sweet rolls, split and toasted*

- 1) Place onion in a 5-qt. slow cooker. Cut roast in half; place over onion. In a small bowl, combine chipotle peppers, adobo sauce, barbecue sauce, water, garlic, cumin, salt and pepper; pour over meat. Cook, covered, on low 8-10 hours or until meat is tender.
- 2) Remove roast; cool slightly. Skim fat from cooking juices. Shred pork with 2 forks. Return pork to slow cooker, heat through.
- 3) For coleslaw, in a large bowl, combine cabbage, mango, pineapple, cilantro, lime juice, salt and pepper. Place 1/4 cup pork mixture on each roll bottom; top with 2 tablespoons coleslaw.

## SUMMER FRUIT GAZPACHO:

*Makes 4 servings*

*Time - 5 min (prep)*

*6 cups cantaloupe, peeled & seeded, cut into chunks*

*1 tablespoon fresh mint, chiffonade*

*1 cup strawberries, stemmed & quartered*

*1 peach, seeded & diced*

*1/2 cup blueberries*

*1/2 cup yogurt*

*1 tablespoon honey*

*\*Feel free to add more of your favorite summer fruits!*

- 1) Place cantaloupe chunks into a food processor and puree.
- 2) In a large bowl, mix together the mint, strawberries, peach, and blueberries.
- 3) In a separate small bowl, combine the yogurt and honey.
- 4) Evenly divide the cantaloupe puree into small bowls, top with mixed fruit and add a dollop of the honey yogurt sauce on top.



# YOU'RE INVITED

## UPCOMING EVENTS

### SAVE THE DATE, EVENTS AT FOOD LIFELINE

#### FOOD FRENZY JULY 15-29

Join Sound Community Bank and Food Lifeline this summer and sign up to compete in Food Frenzy! For two weeks our presenting sponsor Sound Community Bank, for two weeks in July, we will collect food donations, volunteer, and host fundraisers to earn points for our annual competition to Root Out Hunger! Food Frenzy welcomes, sports teams, churches, community groups, religious organizations, friends & families, coworkers, and clubs! Use the link below to sign your team up! For more information and to register, visit [foodlifeline.org/food-frenzy](http://foodlifeline.org/food-frenzy)!



**SOUND**  
COMMUNITY BANK



#### WESTERN WASHINGTON ALL BRITISH FIELD MEET JULY 23

Join the Western Washington All British Field Meet and local British car and motorcycle enthusiasts on Saturday, July 23rd for a free fun filled car show benefitting Food Lifeline! Come and vote for your favorite vehicle in over 60 classes of British vehicles and enjoy a selection of treats from local food trucks. Keep an eye on our social media for more info.

#### HUNGERMITAO MONTH AUGUST

In honor of India's Independence month, HungerMitao is raising money to support Food Lifeline and our partners across Western Washington. Join the effort by taking action, volunteering, hosting a food drive, and investing in our work. Learn more at [foodlifeline.org/hungermitao/](http://foodlifeline.org/hungermitao/)





# IN WASHINGTON, 1 IN 7 CHILDREN FACE HUNGER.

**Hunger persists across Washington** as families face a perfect storm of supply chain issues, rising grocery costs, and a lingering pandemic. It's more critical than ever that lawmakers use every opportunity to fight hunger, especially for the youngest among us.

In Washington state, recent advocacy has helped secure improvements like eliminating the cost of reduced-price meal copays for all grades and expanding eligibility to more than 90,000 students in all grades for school meals at no student cost. Food Lifeline has long advocated for measures like these to improve access and availability of school nutrition programs, including funding for school kitchen equipment, Farm to School programs, and technology to support multilingual online school meal applications.

Nationally, congress must use its power to improve and strengthen federal child nutrition programs so that they better meet the needs of the nation's children in pre-school, school-based, and out-of-school time settings. These programs are due to be reauthorized and include the School Breakfast Program, National School Lunch Program, Summer Food Service Program, Summer and Afterschool Nutrition Programs, and the Special Supplemental Nutrition Program for Women, Infants, and Children.

We know proper nutrition means better learning outcomes for children, won't you join us by taking action to secure food assistance programs for our children's future.



**VISIT [FOODLIFELINE.ORG/CHILD-HUNGER](https://www.foodlifeline.org/child-hunger)  
TO LEARN MORE AND TAKE ACTION TODAY!**

**SIGN**

**Food Lifeline's End Child Hunger petition**

**TELL CONGRESS:**

**End Child Hunger Now! - Feeding America**



*“We’ve been able to connect the dots for them by using this opportunity to teach them other ways to fight food insecurity”.*

**— LaTanya Horace,**

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## THE SILENT TASK FORCE IN PARTNERSHIP WITH URBAN FOOD SYSTEMS PACT

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The Skyway neighborhood of South Seattle has a diverse, resilient, and service-oriented community, but while also living with poverty, poor access to healthy foods, and the pressures of gentrification. The Silent Taskforce is partnering with The Urban Food Systems Pact to address these issues and lead the community towards food sovereignty.

This year, Food Lifeline provided these groups with a grant to help create a new food delivery team. This program now serves the most vulnerable members of the community while providing income for team members through cash stipends.

**“There are lots of seniors that need help here,”** says LaTanya Horace, Executive Director of The Silent Task Force, and UFSP Executive Team Member **“Many of these folks are isolated, and Meals on Wheels doesn’t reach them. They aren’t able to come to get food at our food distributions.”**

For Food Lifeline, listening to communities is key. We know the best solutions come from members of the community who thoroughly understand the problems.

**“What we appreciate most about Food Lifeline is that they heard our voices and felt our hearts. They trusted us to be the credible messengers and content experts in our community”**, says Horace.

Members of the new food delivery team are mostly youth members of the Skyway community. In addition to the stipends, the youngsters also gain an important perspective.

**“It’s giving them a firsthand look at the disparities that plague our community while teaching them to be of service to people from all walks of life,”** says Horace. **“We’ve been able to connect the dots for them by using this opportunity to teach them other ways to fight food insecurity”.**

To learn more about these remarkable organizations, please visit their websites.

[thesilenttaskforce.org](https://thesilenttaskforce.org)

[skywayufsp.org](https://skywayufsp.org)





*The food bank helps us because it gives us food to eat. It gives us cereal and milk. It gives us lunch and dinner too.*“

— Zoey, 8

## ROOT OUT SUMMER HUNGER

For most kids, summer vacation is a time for adventure and fun. But for families experiencing food insecurity, the summer months mean hunger.

During the school year, more than 250,000 kids in Western Washington receive free and reduced breakfast and lunch each week. Come summer, families often lose these critical meals. Research shows that average family grocery costs rise by more than \$300 a month when school is out. But this summer with inflation at record levels, that number is predicted to be much higher.

This means families face difficult choices, often choosing less nutritious foods or skipping meals entirely to make sure the children are fed. That’s why fresh and nutritious meals provided by food banks are critical during the summer. **“My daughter is a huge fan of meat and vegetables. I’m glad that I get to come here because they serve a lot of items that she loves to eat”**, says Jordan, a food bank guest in south Seattle. **“I make it a priority to make sure she eats healthy.”**

However, food access is just one step in solving hunger. Ending hunger requires addressing food insecurity at its root causes. When you join our Root Out Hunger campaign, you are helping bridge the meal gap for families this summer, while investing in work to eliminate hunger at its root causes.

Please cut off the reply form below, and return with your gift.

SUMNEWSFY23

## RENEW YOUR COMMITMENT TO ROOT OUT SUMMER HUNGER

**I want to help neighbors facing summer hunger receive the food they need to thrive!**

*Enclosed is my gift of:*

- \$35 to help serve weekday-meals
- \$100 to help nourish kids and families
- \$50 to help communities thrive
- Make a donation on-line at [foodlifeline.org/newslettergift](http://foodlifeline.org/newslettergift)

NAME: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

MY EMAIL: \_\_\_\_\_

Food Lifeline, 815 S 96th. St, Seattle WA 98108-4934



I would like to make a one-time donation of \$ \_\_\_\_\_  
 My check is enclosed  Charge my bank card

I would like to make a monthly contribution of \$ \_\_\_\_\_  
 A voided check is enclosed  Charge my bank card



### DONOR CREDIT CARD INFORMATION

Phone Number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

FROM

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