

SUMMER 2023

# 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** Tarrant Family Story
- pg.3** Fife High School Volunteers
- pg.4** Black Farmers Collective
- pg.5** Summer Lunch Box
- pg.6** Join Us For Food Frenzy
- pg.7** Save the Date! Upcoming Events
- pg.8** Help Us Root Out Hunger



*"I have to budget. To the dollar. So, I meal plan for the two weeks right before every pay period, and we only buy the ingredients for those meals. So, there's no going off the cuff".*

**— Tarrant family**



# THE TARRANT FAMILY MAKES HARD CHOICES



Mark and Desireé Tarrant have a family that includes five school age children. As active duty military, it is difficult for Mark's modest salary to keep everyone fed.

**"They eat a lot,"** says Desireé. **"Including the five-year-old boy. He eats all day."**

Desireé oversees the challenging job of making sure there's enough food on the table.

**"I have to budget. To the dollar. So, I meal plan for the two weeks right before every pay period, and we only buy the ingredients for those meals. So, there's no going off the cuff."**

With inflation and growing children, the Tarrant's food budget has taken a hit. Before the pandemic, the family spent \$700 a month on food. Today that number often exceeds \$1,000. To make ends meet, Desireé visits two local food banks each month.

**"We get a lot of canned foods and staples. Things like rice and pasta. That really helps round things out, and we can focus on meats and produce at the grocery store."**

Last year, the family used most of their tax return to keep food on the table. For many families, this money would provide peace

of mind and a financial cushion. But for the Tarrants, it provided food.

*"We get a lot of canned foods and staples. Things like rice and pasta. That really helps round things out, and we can focus on meats and produce at the grocery store."*

**— Desireé**

**"We sacrificed \$4,000 of our tax return just to stock up. So I bought like, half a cow. So that we have meat for the year. I didn't want us to struggle as badly as we had last year. We were sacrificing so bad last year, I was sacrificing a lot of our bills."**

The hard choices of paying bills or buying groceries is a harsh reality for many families who struggle to keep up with inflation and life's financial challenges. Food banks provide the critical support these families need when life becomes overwhelming.

While things are still challenging for the Tarrant family, life today is a little more manageable.

**"We were living from paycheck to, like, day three,"** says Desireé, **"So now we're making it from paycheck to the next actual paycheck. At least we're surviving to the next paycheck."**

# FIFE HIGH SCHOOL STUDENTS TELL THEIR STORIES



*Isabella labels canned tuna at Hunger Solution Center.*

Every Tuesday and Thursday morning, a team of students from Fife High School arrive at Food Lifeline to help sort and pack food. While many schools volunteer at Food Lifeline, this group is unique.

**“These are young adults with disabilities,”** says Fife High School Paraeducator, Kim Elliott. **“They’ve finished their high school classes, and now they are learning vocational skills that will help them gain independence.”**

One of the students, Miguel, comes here every week. Today, he weighs and bags black beans.

**“The people here are busy working. And so are we,”** continues Kim. That **‘busy’** is opening up a new world to these young adults.



**“These kids are being thanked. They’re being a part of the community. They feel that. They know that. From the minute they walk in the door, they are a part of what is happening here.”**

That’s especially important for Isabella, who shows up every week dressed with **“bling”**, and gives high-fives to everyone she meets.

**“I wash my hands and put on the gloves, and then I have a nametag. Then I help work,”** she says. **“Today we put cans of**

**salmon in the boxes and then put writing on them. To help out,”** she says with a huge smile. **“I like to write. I’m in charge of writing.”**

This volunteer work creates a new experience for them and helps them learn social skills that helps them feel more connected.

**“I like being part of the job.”** Says Miguel. **“I like being respectful to someone. To have them know my name.”**

Kim pitches in on every sort, and says this work is critical in their development.

---

*“I like doing the apples, and other kinds of fruits and vegetables.”*

**— Miguel**

---

**“I see such amazing changes in them. They are learning to communicate; they are gaining voices. They are blossoming in this program, and the work here is an important part of that.”**

Miguel focuses in on the true importance of the work they do each week. **“If people are hungry, we help by making boxes of food, and they’re ready to go. For free.”**

Thanks for the kind words Miguel, we couldn’t have said it better ourselves.

# BLACK FARMERS COLLECTIVE IS GROWING A COMMUNITY



Radishes, collard greens, kale, carrots, beets, tomatoes, peppers, green onions the list for planned crops this year is bountiful. There are even a few crops including sugarcane, ground nuts, and native African corn that will be planted for the first time. For the Black Farmers Collective, a large part of food sovereignty and food justice is ensuring community members have access to traditional, culturally relevant foods; being connected to the food is key.

**“We’re trying to grow culturally relevant foods for our community. We’re trying to grow Zimbabwean food, food that we are used to back home, so that our community can get a taste of home,”** said Ken Chikonzo of Ubuntu Nerudo African Heritage, a member of the collective.



Our Community Food Sovereignty Fund supports neighbor- and community-driven approaches to food justice and food sovereignty. We fund projects with an emphasis on addressing root causes, using a low barrier, collaborative process with partners. This year we proudly welcome a new cycle of grantees, including the Black Farmers Collective, who are building a multi-faceted Black-led food system, and creating space for Black liberation in healing and joy.

We provided Black Farmers Collective with a \$45,000 grant for an incubator program to provide professional development in farm management for the farm manager and one intern at Small Axe Farm.

Black farmers have faced centuries of systemic racism, discrimination, and land dispossession. They have historically experienced unfair treatment, threats of violence, theft of their land, and explicit discrimination by government and business.

**“Our goal is to have a fully developed incubator program where we’re not only just providing land and equipment to farmers, but also training and education as well,”** said Masra Clamoungou, the farm manager at Small Axe Farm.

So, what is in store for the future? Masra Clamoungou says, **“We’re a true collective now. Our long-term goals are to get more farmers in our pipeline as well as obtain more access to land. I’d really love for us to own or own land...that just results in more stability and honestly, there is just so much power in saying we own our own land.”**

Food connects us to our culture. It serves as a bridge to the past as we connect with our ancestors and as a bridge to the future as we create sustainable food systems and empower communities. The Black Farmers Collective is doing important work, and we are proud to be their partners in food justice.

For more information on the Black Farmers Collective, visit their website: [blackfarmerscollective.com](https://blackfarmerscollective.com)

# SUMMER LUNCHBOX RECIPES



## BAKED ZUCCHINI FRIES

Extra virgin olive oil  
Extra virgin olive oil spray  
4 medium zucchini  
1 cup dry bread crumbs  
¼ cup freshly grated parmesan or pecorino cheese  
1 teaspoon garlic powder  
½ teaspoon smoked paprika  
1/8 teaspoon dried oregano  
1/8 teaspoon crushed red pepper  
1 teaspoon sea salt  
2 large eggs

1. Preheat the oven to 425 degrees. Line 2 baking sheets with parchment paper and brush parchment with olive oil.
2. To cut your zucchini into fries, cut each zucchini in half crosswise. Cut each half lengthwise into halves or in thirds, and each one of those pieces into 4 sticks or into ½-inch wide sticks.
3. In a shallow dish, combine breadcrumbs, parmesan, garlic powder, paprika, oregano, red pepper and salt. In a separate shallow dish, beat eggs very well.
4. One by one, dip each zucchini stick into the egg mixture, then into the bread crumb mixture. Shake to remove any excess and place on the bakingsheet.
5. Once all are coated with breadcrumb mixture and on the prepared baking sheet, spray with olive oil.
6. Bake for 15-20 minutes, or until golden and crispy on the outside and soft on the inside, flipping over halfway to ensure browning on both sides. Serve plain or with marinara sauce or ranch dressing.

## SPRING ROLLS

1 tablespoon oil  
1 pound ground chicken or pork  
3 cloves minced garlic  
4 ounces mushrooms, finely chopped  
1 cup shredded carrots  
1 ½ cups bean sprouts  
2 cups shredded cabbage  
2 tablespoons hoisin sauce  
1 tablespoon soy sauce  
Water to bind the wrappers  
20 spring roll wrappers defrosted (8" squares)  
vegetable oil for frying

1. Heat the oil in a large skillet over high heat. Add the ground chicken and cook for about 5 minutes, breaking it up as you go, until no longer pink, it should turn white.
2. Stir in the garlic and cook until aromatic, for about 30 seconds. Add the mushrooms and cook for about 3 minutes until they soften. Add the carrots, bean sprouts, cabbage and stir. Cook for 3 to 5 minutes until the cabbage starts to wilt. Stir in the hoisin and soy sauce. Cook for another 1 to 2 minutes, the mixture should not be watery.
3. To roll the spring rolls place small amount of filling on a corner of the wrapper. Roll tightly. Finish by brushing a bit of water along the seams of the wrapper to bind the wrapper together.
4. Pour about 2 inches of oil in large skillet or wok and heat over medium high heat. Using a pair of tongs, place about 4 or 5 rolls at a time in the skillet and fry until deep golden, turning occasionally. Should take about 1½ to 2 minutes. Transfer fried rolls to a paper towel lined plate to drain. Repeat with remaining spring rolls.



## ROOT OUT SUMMER HUNGER

# TEAM UP FOR FOOD FRENZY TO HELP END SUMMER HUNGER

Summer should be a time to relax and have fun, but for many kids and families, the lack of access to free school meals in the summer pushes already stretched budgets to the breaking point.

We've been hosting the annual Food Frenzy competition for the past 30 years to raise money for families facing hunger during these challenging summer months. For two action-packed weeks July 14-28, businesses and community groups collect food donations, volunteer at the Hunger Solution Center, and host fundraisers that benefit Food Lifeline. Food Lifeline provides ongoing support and a toolkit with ideas and resources to get teams going. **Sound Community Bank** returns as our presenting sponsor for the seventh year.

Organizations who participate find they love the opportunity to give back to their community, the camaraderie of working with their colleagues toward a common goal, and the fun of creating and participating in new games and events.

The law firm Williams Kastner has been participating in Food Frenzy for over two decades, and "loves that this event gives their diverse team the opportunity to give back to the community in so many tangible ways, whether that's donating their time at a volunteer event, their talents for a bake sale and other fun in-office events, or just making a monetary donation towards the cause. They are constantly amazed by the generosity their community shows and their willingness to meet the goals they set."

*"A fun way to unite their colleagues around a common goal and do good for the community at the same time."*

**—OpenText, Information Company**

The Information Company OpenText, who just participated for the first time in Food Frenzy last year, sees the competition as "a fun way to unite their colleagues around a common goal and do good for the community at the same time."

Last year, 70 companies participated in Food Frenzy, raising a total of \$615,000 and accruing 2,261 volunteer hours.

We're currently accepting entries for this year's Food Frenzy Competition, and our need has never been more urgent. Join the fun this summer and help ensure all kids have the foods they need to learn, grow, and thrive.

To learn more about getting involved or register a team, visit [foodlifeline.org/food-frenzy](https://foodlifeline.org/food-frenzy)

# SAVE THE DATE

@ FOOD LIFELINE

GET INVOLVED! • ATTEND • DONATE • VOLUNTEER • ADVOCATE

## ROOT OUT HUNGER JUNE 1 - AUGUST 31

Join our campaign to Root Out Summer Hunger! All summer long we'll be raising awareness about the root causes of hunger, including complex issues like poverty, racial inequity, and social injustice. Join us this summer by donating, volunteering, or advocating:

[foodlifeline.org/rootouthunger](https://foodlifeline.org/rootouthunger)

## FOOD FRENZY JULY 14 - 28

Join businesses and organizations in this creative competition to help feed our neighbors facing hunger. Your support during Food Frenzy helps ensure that kids home for the summer have the foods they need to learn, grow, and thrive.

To sign up visit: [foodlifeline.org/food-frenzy](https://foodlifeline.org/food-frenzy)



## HUNGER ACTION MONTH SEPTEMBER 1 - 30

September is Hunger Action Month – the Feeding America Network’s annual campaign to raise awareness of hunger in the United States and to take action to combat poverty, inequity, and injustice so we can end hunger for good. Your power, voice, actions, and commitment will ensure no person has to make an impossible choice between food and other necessities like medicine, utilities, or childcare.

For ways to get involved, visit:

[foodlifeline.org/hungeractionmonth](https://foodlifeline.org/hungeractionmonth)

## DRESS DOWN HUNGER OCTOBER 7

Join us for a casual and fun evening filled with merriment as we raise funds to move Food Lifeline’s mission forward. We will celebrate our 2023 Ending Hunger Awards.

[foodlifeline.org/dressdownhunger](https://foodlifeline.org/dressdownhunger)





# ROOT OUT HUNGER

HELP KIDS LEARN, GROW & THRIVE.

Learn more at [foodlifeline.org/rootouthunger](http://foodlifeline.org/rootouthunger)

**What does summer mean for kids?** For many, it's a time for adventure and fun. But for families experiencing food insecurity, summer means less consistent access to nutritious food.

During the school year, more than 250,000 kids in Western Washington rely on free and reduced meals provided at school. But when the cafeteria closes for the summer, children lose those meals—and miss out on essential nutrition.

Research shows that the average family's grocery budget increases by more than \$300 a month in summer. This year with soaring food costs and inflation at record levels, that figure is estimated to be much higher.

With thousands of children missing out on school meals, providing additional food during the summer months is critical, and it's just one step towards solving hunger. Food Lifeline believes access to food is a human right. When you contribute, you help nourish our vulnerable neighbors today and become part of a larger movement to end hunger tomorrow.

Together we help uplift families like Maria's who are facing difficult choices— where food is often the last priority. A former housekeeper, Maria left her job to stay at home with the kids because babysitting costs became too high. Her husband is now the sole income provider.



**"Sometimes my family is living paycheck to paycheck,"** she says. **"Sometimes we pay all of the bills and end up not having enough money left over to have something to eat."**

Together we help end hunger by addressing food insecurity at its root causes. Poverty, racial inequity, and social injustice have long fostered and perpetuated systems that create barriers that stand between families and food. Removing these barriers will create lasting change, where all neighbors can be empowered to thrive.

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

SUMNEWSFY24

## YOU CAN ROOT OUT HUNGER! HELP FAMILIES LIVE, GROW, & THRIVE

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

Visit [foodlifeline.org/newslettergift](http://foodlifeline.org/newslettergift) to donate

- \$50 to help cover lost SNAP benefits
- \$100 to help replace school meals
- \$75 to help offset inflation
- \$\_\_\_\_\_ to help create as many meals as possible
- Contribute By Mail

Mail to: 815 S 96th Street, Seattle, WA 98108-4934

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

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

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

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

**FOOD LIFELINE**

FROM

I would like to make a one-time donation of \$\_\_\_\_\_ using my credit card.

I would like to have my monthly contribution of \$\_\_\_\_\_ deducted from my checking account. *(I have included a voided check.)*

Please charge my credit card.



Amount \$ \_\_\_\_\_

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

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

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

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

SUMNEWSFY24