

13th Annual SEATTLE TURKEY TROT

November 28th, 9am
Sunset Hill to Golden Gardens

Registration is open for the 2019 Seattle Turkey Trot 5K! Join us for this beloved holiday tradition on Thanksgiving Thursday, November 28th. The scenic route starts in the Sunset Hill neighborhood of Ballard and ends at Golden Gardens. And all proceeds benefit the Ballard Food Bank! Last year we raised over \$167,000 for our mission of bringing food and hope to our neighbors. Let's make this year an even bigger celebration for good!

Early Registration

Sept. 2nd thru Nov. 14th:
\$30 Adult | Child (10 and under) \$15

Late Registration

Nov. 15th thru Nov. 27th:
\$40 Adult | Child (10 and under) \$20

Day-of Registration

On Nov. 28th at the starting line:
\$45 Adult | Child (10 and under) \$20

All registrants get a Turkey Trot t-shirt! Families, groups, and well-behaved dogs on leashes are welcome. Festive costumes are encouraged!

For more information and to register please visit: www.seattleturkeytrot.org



Special thanks to our 2019 Turkey Trot sponsors!

Presenting Sponsor

Ethan Stowell
RESTAURANTS

Sponsors



Lynn and Brad Blind
Spectrum Development Solutions

Cornerstone Advisors
Greenwood, Ohlund and Co.
Kaiser Permanente
PCC Community Markets - Ballard
Peoples Bank

Celebrate the holiday season and raise funds for the Ballard Food Bank! Swansons Nursery is hosting their annual holiday party on November 15th from 6-9pm. There will be festive food and drinks, live music, a holiday prize grab, reindeer, and more. And all proceeds from this special evening will be donated to the Ballard Food Bank!

Your ticket includes entry, delicious passed appetizers and desserts, and one complimentary beverage with more available for purchase. Please note that this is a 21+ event.

Tickets are \$30 and will be available for purchase starting October 16th. Ballard Food Bank supporters can use a special discount code for 15% off!

Discount code: **BFBFAN2019**
Purchase tickets here:
www.SwansonsNursery.com

Staff

Jen Muzia
Executive Director

Kathleen Murphy
Assistant Director

Haley Hanson
Individual Giving & Events Manager

Nathaniel Lyon
Community Advocate &
Resource Hub Program Manager

Jada Wittow
Food Access Coordinator

Sarah Huttula
Volunteer Coordinator

Tom Hendrickson
Food Bank Assistant

Barry Prickett
Food Bank Assistant

Board of Directors

Andrew Weber
President

Carrie Schneider
Vice-President

Tom Bernard
Secretary

Nathan Walker
Treasurer

Julia Weisenburger
Past-President

Rebecca Butler
Hsiao-Ching Chou
Jen Doak
Scotland Nash
Kathleen Owens
David Perez
Eric Stoll

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 98017

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

to:
Potential Donor
555 Address Way
Seattle, WA 98102

SWANSONS' HOLIDAY GALA

November 15th, 6-9pm
A benefit to support
Ballard Food Bank.

WE BELIEVE ACCESS TO FOOD IS A BASIC HUMAN RIGHT.

Newsletter — Fall 2019



Community Spotlight BOARD MEMBER AND RESTAURATEUR JEN DOAK

Operating a food bank is hard work.

Luckily, our amazing Ballard Food Bank community helps us every step of the way to bring food and hope to our neighbors. One of the people who makes our work possible is Board Member Jen Doak.

Jen is a veteran of the wine and hospitality industries and she owns Brimmer & Heeltap, a fantastic local Ballard eatery. When she's not busy running a restaurant, Jen gives Ballard Food Bank her precious time, financial support, amazing ideas, and infectious enthusiasm. We thought you'd enjoy meeting her.

Tell us about Brimmer & Heeltap, your restaurant in Ballard. What makes it special?

The building itself is so special. It has always been a neighborhood destination. In the early 1900s, it was a general store, then a grocery store, and it was a French restaurant for nearly 30 years before it became Brimmer & Heeltap. It's special for us to be in a location with such a rich Seattle history.

What's the best aspect of owning a restaurant?

The most fun, hands down, is the people you meet. You get to witness a lot of important life events when you own a restaurant – first dates, breakups, birthdays, anniversaries, marriage proposals, divorces, you name it. People forget how many things in life happen publicly.

How did you get involved with Ballard Food Bank?

I moved to Ballard 15 years ago, and I knew right away that I wanted to become more involved in my community. I was looking for a volunteer opportunity but I couldn't make a huge time commitment because I had such a busy schedule. I found Ballard Food Bank and they were flexible – letting me drop in to stock shelves or do other things. They have such a welcoming team that makes people feel great no matter what the contribution.

Did volunteering at the Food Bank change you?

Absolutely. On my first volunteer shift, I saw my neighbor come in to get groceries. Seeing him made me realize that you truly never know who may need help. If I hadn't seen him, I would have never thought he needed to shop at a food bank. It was a very humbling experience. Volunteering with



Ballard Food Bank has made me less judgmental, because you never know someone's story or what they may be going through.

How did you become a Ballard Food Bank board member?

I started on the board a little over a year ago. Executive Director Jen Muzia reached out to me to become a member after Brimmer & Heeltap sponsored a few fundraising events and campaigns for the Food Bank.

What do you enjoy most about working with Ballard Food Bank?

The organization is so multifaceted; it goes way beyond a traditional food bank because it's more than just food. We provide a mail program for people who need a place to receive and pick up their mail. We have a community resource hub and offer financial assistance to help people pay their rent and utilities. We have programs like Weekend Food for Kids so kids have healthy food on the weekend, not just when school is in session.

It's incredible to me. People think of a food bank as a place to pick up groceries, but this is so much more. Everyone I've ever brought here is amazed at how much we do.

GROCERY RECOVERY: A COLLECTIVE EFFORT

Ballard Food Bank is always bustling with activity.

Beginning the moment we open, our space is filled with people connecting and making a difference. But often the first folks to walk in the building are our grocery recovery drivers. Working in teams of two, these amazing volunteers drive all over Northwest Seattle picking up donations from our grocery recovery partners. We collect from 27 different locations, ranging from grocery stores to bakeries to pet stores. These businesses set aside donations for our volunteers to collect. Donations can vary, but often include flowers, protein options, fresh produce,

and bread. By eliminating unneeded waste and working together, this system gets food and other items to our neighbors in need. Once all the donations are brought back to the food bank, another group of volunteers are excitedly waiting: our sorters. They get everything off the trucks, sort the items into categories, and organize them within the food bank. Some items go straight out to our shopping floor while others are stored in our commercial refrigerator or dry goods area.

Donations from our grocery recovery partners are crucial for our operations. Nancy Sullivan, Market Director at Ballard Market, has been a great ally in this work. "The Ballard Market supports the Ballard Food Bank in many different ways. We donate food on a daily basis. We also have barrels in the front of the store where customers can put items in as they purchase. We get the food out there to people who can use it. It makes a stronger community; we're all together in this."

We would like to thank our grocery recovery partners for supporting our mission of bringing food and hope to our neighbors! You can find the full list of all our grocery recovery partners online at: ballardfoodbank.org/community-partners

A NOTE FROM JEN



We believe access to food is a basic human right.

This is one of our core values and is central to our mission of bringing food and hope to our neighbors. To achieve our mission more fully, our food bank and community resource hub is evolving to meet the needs of our neighbors. This September, we expanded our service area to include the zip code 98103. As I'm sure many of us do, we shop at stores close to our home. Now it is even easier for our neighbors in 98103 to have nearby access to healthy food.

Our name may be Ballard Food Bank, but our service area goes beyond Ballard. We serve neighbors in Queen Anne, Magnolia, and extending north to 145th. Our team partners with local grocery stores, P-Patches, as well as food banks across the city to strengthen access to healthy food (don't miss our feature on grocery store recovery). In addition, we continue to expand our reach with our Home Delivery and Weekend Food for Kids programs. This summer and fall, we

also partnered with the Seattle Neighborhood Farmers Markets and Seattle Food Committee to offer clients Farm Bucks so they could purchase fresh vegetables, fruits, eggs, cheese, poultry, and meats from farmer booths at their local market.

While we are making immediate changes to address the needs of our community, we have even greater plans. Ballard Food Bank is excited to announce that we closed on a property at 1400 NW Leary Way. True to our values, we will build a bigger and bolder hub that not only addresses basic needs, but also fosters community. Our growing hub and food bank will offer clients what they need to alleviate hunger, poverty and homelessness under one roof.

It is a critical time for many in our community. Federal programs such as SNAP are once again at risk. A reduction in SNAP benefits in Washington will mean 71,000 adults and children will be ineligible for SNAP and will need to rely even more on their neighborhood food bank. As our neighbors experience greater challenges, it is critical that we help

them connect to our food bank and resource hub where they receive financial assistance and access services that provide greater stability.

We will continue to share with you the plans for our new home as they unfold. In the meantime, we invite you to join our journey by supporting our ongoing work as we build a healthier community today and tomorrow. Thank you for your help.

With gratitude,

Jen Muzia

Jen Muzia
Executive Director

