

VIRTUAL

SEATTLE TURKEY TROT

Join us on November 26 for the Virtual Seattle Turkey Trot!

The Trot is going to look a little different this year, but we can still get outside on Thanksgiving morning and raise funds for our mission of bringing food and hope to our neighbors! Our Virtual Turkey Trot allows you to run, walk, or jog on your own schedule - wherever you choose. And you still get a collectible t-shirt!

The most important year yet

Supporting our community has never been more important. Help us bring food and hope to our neighbors during this crucial time!

How to register

Please visit seattleturkeytrot.org to register for the Seattle Turkey Trot. Signup before October 29 to guarantee your shirt size!



Top 3 Reasons to Trot

1. Make a positive difference in your community

We believe food is a basic human right. Make sure our neighbors have the support they need by participating in our biggest fundraiser of the year.

2. Take part in a healthy activity with friends and family

Tired of Zoom calls? This is your chance to get outside and exercise!

3. Dress up and have fun - we all need a moment of joy!

Don't miss out on the 14th year of this holiday tradition.



Share the fun

Use the hashtag #SeattleTurkeyTrot on social media to connect with your community. Post your run time, pictures from your day, or other memories you want to share. As always, costumes are encouraged!

Support our mission

Consider making a fundraising team to inspire others to give. Or be a social media ambassador and help get the word out! We appreciate all the ways people contribute to make this fundraiser a success.

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Visit our website for information on donating, volunteering, and more!

www.ballardfoodbank.org

Weekly updates can be found on our social media pages!



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SUPPORTING OUR NEIGHBORS IN NEED

Newsletter — Fall 2020



WHAT'S HAPPENING AT BFB

As we head into fall, we continue to see a skyrocketing need for services at Ballard Food Bank. Our staff and volunteers are working hard to streamline our programs to best meet the needs of our neighbors. We know that as the Covid-19 health crisis continues, we are a necessary resource for the community.



Volunteers with our Home Delivery Program ready to deliver bags of food to our neighbors.

Drive-Thru Food Bank

We continue to offer our drive-thru food bank four days a week. We are making changes as we head into the colder months, including additional lighting in our parking lot and covered tents for volunteers, staff, and walk-up clients.

Home Delivery

We are delivering food to over 700 households each week. Volunteers are key to making deliveries of healthy food that fit people's dietary needs. We recently partnered with United Way King County to help folks get food delivered through Door Dash.

Weekend Food for Kids

This fall marks the start of the school year for many. Even though it doesn't look like how we imagined, we are still working with local schools to distribute bags of food. For many of our school partners we will be distributing bags of food like we did in previous years. But we will also be supporting schools who are offering a meal site instead. We distributed 300 bags each week over the summer. This fall we are expecting those numbers to increase closer to 500.



"Helping folks get registered to vote is incredibly important and rewarding work. It's something new we are trying at Ballard Food Bank. Now, more than ever, we need to make sure everyone can use their voice."

-Nathaniel Lyon, Community Advocate & Resource Hub Program Manager

Community Resource Hub

In August we assisted 40 people with emergency rent and utility payments. Of those 40 clients we assisted, 9 had never received any services at Ballard Food Bank before. One day a week we are offering DOL vouchers for drivers licenses and state ID. We are also helping register our neighbors to vote, offering voter registration on select days. Our community partner United Healthcare has returned to the Hub and is connecting with clients about enhanced medical benefits through their Medicare advantage plan.



Ballard Food Bank volunteer packing bags of food.

A NOTE FROM JEN



Jen at the construction site.

In mid-September we broke ground on our new home. While the celebration was covered with a layer of smoke from the fires and the weight of the COVID crisis, the importance of this moment, the critical role our new food bank and community resource hub will play in bringing our community food, services and hope was a bright spot in our organization and community's history.

We continue to experience nearly double the number of deliveries and visits. In the 2019 calendar year we had 39,488 food bank visits and deliveries; we anticipate 60,000 in 2020. **Our community has never been more challenged by a crisis that is impacting each of us.**

Which is why when we broke ground it was a moment of hope and excitement. Ballard Food Bank has a long history of serving our neighbors through the most difficult times, yet we have never had a permanent home.



We will have a welcoming cafe space.



Our vision for our food bank shopping market.

This new home – one of hope and belonging – will offer our neighbors a larger grocery style food bank, a café to grab a cup of soup, coffee and sandwich, a hub to connect with service providers from across our city all in one place. Double in size, it will be a one-stop shop for food and hope.

Thank you to you, our amazing community. We would not be where we are today without you. We look forward to opening our doors at 1400 NW Leary Way in Fall 2021! Please reach out to learn more about how you can be involved.

Be well,

Jen Muzia

Jen Muzia, Executive Director
jenm@ballardfoodbank.org

ONE CLIENT'S STORY

Times are tough for many in our community. Unexpected life changes mean that food insecurity is a reality for folks who weren't expecting it. We are here for our neighbors when they need us, especially as Covid-19 continues to have lasting impacts on our community.

"I have always been sort of successful financially ever since I got out of college. **I never imagined that one day I would need help.** I stumbled on Ballard Food Bank, volunteering my service while getting some free food. Never in my life have I worried about putting food on the table until then.

The food was amazing; fresh vegetables, various protein choices and fruits! I am eating better because of such amazing selection. **Overall, this experience taught me about humility, compassion, kindness, and loving your neighbors and friends.** It is very fulfilling knowing that we have such a compassionate program."

- Ballard Food Bank client