

Fall/
Winter
2015

ISSAQUAH

Food & Clothing Bank



'Tis the Season to Give

The holidays are a natural time to give. The Thanksgiving and Christmas holidays put people in generous mood, meaning it is our busiest donation time here at the Issaquah Food and Clothing Bank.

Do you want your donation to have the most impact for people in your community? If so, read on for the IFCB Holiday Giving Guide.

Way to Give #1: Volunteer

Volunteering is a fantastic way to give back to your community and help out IFCB at the same time.

Help in the Food Bank or at the Holiday Gift Barn!

Go to issaquahfoodbank.org to enroll as a volunteer, sign up on-line for volunteer shifts and email megan@issaquahfoodbank.org with any questions.

Way to Give #2: Food, Clothing or Toiletries Drive

Drives are the bread and butter of IFCB, and you can choose one based on your interests. A few tips to make your drive fun and easy:

- Visit our website for a list of Specific needs
- Contact John@issaquahfoodbank.org & make drop off arrangements
- Before your drive, pick up crates from IFCB
- Give donors enough notice so they can gather their donations

Have Fun!



Way to Give #3: Donate Money

For those who prefer a classic way to give, money is a great option.

Cash donations help two ways:

1. We can buy items to fill gaps in our inventory
2. We can expand programs like Holiday Gift Barn, Summer Lunch and Tools for School

Donate online at issaquahfoodbank.org or in person at the Food Bank.



Way to Give #4: Issaquah Turkey Trot

Start your Turkey Day off right with a fun run/walk that benefits the Issaquah Food and Clothing Bank.

Register at issaquahturkeytrot.org.

Check in

Updates and Highlights



We received over 10,000 pounds of food from local gardeners and the garden at Pickering Barn this year!

Recipe for Hope 2015 raised \$101,313 for IFCB programs and services! Thank you donors!

Winter Calendar:

- Turkey Trot: Thanksgiving Day, 9am
- Holiday Gift Barn: Dec. 7-8, donor drop off 1-7pm
Dec. 9-10, client shopping
- Donate to IFCB: anytime!



Issaquah Police Chief Scott Behrbaum was the Recipe for Hope keynote speaker

“When the whole world is silent, even one voice becomes powerful.”

~Malala Yousafzai

Executive Report: Issaquah Food & Clothing Bank = Community Safety Net

Not a day goes by that I don't recognize the positive impact my personal 'safety net' has made in my life. Although we weren't rich, we also weren't poor. My parental safety net instilled a sense of security that encouraged confidence, exploration, trust and opportunity. I have moved through the world feeling lifted up and knowing I would be picked up if I fell.

Today, more than ever, I recognize what a privilege it is to have a safety net that is so tight that I

wouldn't slip through. I know this because I see so many amazing neighbors who need just a little tighter net to help them thrive. We work with individuals who have had a significant break in a significant relationship—families who have experienced tragedy, loss and pain, and community members who need a little extra support.

It's a privilege to work for an agency that is a safety net for so many. The IFCB is often the first door people walk through when

they are struggling. We do so much: provide basic supplies, lend a listening ear, provide referrals, enhance community connections and offer a lot of support.

This organization is led by a compassionate and supportive staff team. We have a culture of acceptance and understanding. Our goal is to be a solid foundation for those in need. We expand our safety net by working with other organizations,

service groups and community members. We are a true 'community safety net!'



Cori Walters, IFCB Executive Director & Leadership Eastside member

Photo by: Barbara Roser

Customer Profile: Deana's Story



From l-r, the Buckley family at Recipe for Hope : Hal, Deana and Morgan. Sarah and Erin are in the front row.

Now, Morgan is a junior at Issaquah High School and was the featured speaker at the IFCB's Recipe for Hope Breakfast in September 2015—the girl who was once filled with anxiety can now speak with confidence to 400 people, a feat many adults will never accomplish in their lifetime.

Deana gives some of the credit for their successful life to the Issaquah Food and Clothing Bank. IFCB takes the stress out of the end of the month, when SNAP (food benefits) run out, and she can shop for clothes and household items in the Clothing Bank. If she can't find what she needs for her younger daughters, she can put in an Eastside Baby Corner order.

Over the years the Buckley family has built a strong relationship with IFCB staff and volunteers, which makes shopping at IFCB a welcoming, not stressful, experience. Hal and Deana have many goals and plans for their future, but their immediate focus is on their girls and making sure they are healthy, happy and focused on their own bright futures.

Deana and Hal Buckley are loving parents to three lovely girls: Morgan, Erin and Sarah. They are a normal family. The girls go to school. Hal goes to work. Deana goes grocery shopping. Only, when Deana goes shopping at the end of the month, she goes to the Issaquah Food and Clothing Bank, not the grocery store.

Their troubles started with a house fire 8 years ago and were compounded when Hal lost a well paying job. The family struggled to find a place to live and was homeless for a time. Being homeless is hard anytime, but it is especially hard with three young children who aren't sure why they can't just go home at the end of the day. Their oldest daughter, Morgan, was especially affected by the upheaval and began to suffer from overwhelming anxiety and stress.

However, Deana and Hal don't take troubles like this sitting down. They worked hard to get into permanent housing and finally were able to move into their own apartment in the YWCA Family Village in Issaquah. Their two younger girls are thriving in elementary school. It took Morgan a little longer to get settled, and she did a year of high school online.



Erin, Morgan and Sarah with their favorite Holiday Gift Barn gifts from 2014.

Help Holiday Joy Come to Issaquah this Season

It wouldn't be the holiday season in Issaquah without the Holiday Gift Barn! This program turns Pickering Barn into a giant toy store for kids of all ages. Parents are able to shop for their kids, choosing exactly what they know their children will like. Then, they wrap the gifts before going home to keep the gifts a surprise.

There are many ways to get involved with this amazing holiday program. New gifts for all ages and volunteers

are essential for this program.

New this holiday season is Lunch for the Break. This program, which launched in Spring 2015, helps bridge the food gap during school breaks when children aren't getting their free/reduced school lunches. Each school age child in a family receives a box of breakfast, lunch and snack food. Donors follow a specific shopping list, fill their boxes and drop them off at one of our distribution locations.

The Details

Holiday Gift Barn:

- Go to issaquahfoodbank.org/holiday-gift-barn to register as a volunteer or donor and get all the program details.

Lunch for the Break:

- Go to issaquahfoodbank.org/lunch-for-the-break to register as a donor, download the shopping list and more.



l-r: Lisette Murrell, Eastridge Church; Connie Fletcher, Issaquah Kiwanis and Rebecca Rayner, IFCB with Lunch for the Break boxes

Partner Highlight: Community Church of Issaquah

The Community Church of Issaquah, led by Pastor Keith Madsen (pictured right, with his wife), has been the organizer and driver of the annual Mayor's Month of Concern. This drive brought in 20,000 pounds of food from Issaquah and Sammamish grocery stores last month, restocking our shelves after the lean summer months.



Fast Facts

Stats and more to keep you informed

- **22% of children in King County are food insecure**, compared to 13% of people in the overall population
- Food insecurity is more likely to affect residents of South King County and families of color or in poverty—**49% of Latino households with children were food insecure** in 2010
- **Free/reduced price lunches help feed 1 in 3 children** in public schools

“It is not enough to be compassionate. You must act.”

~His Holiness, The Dalai Lama

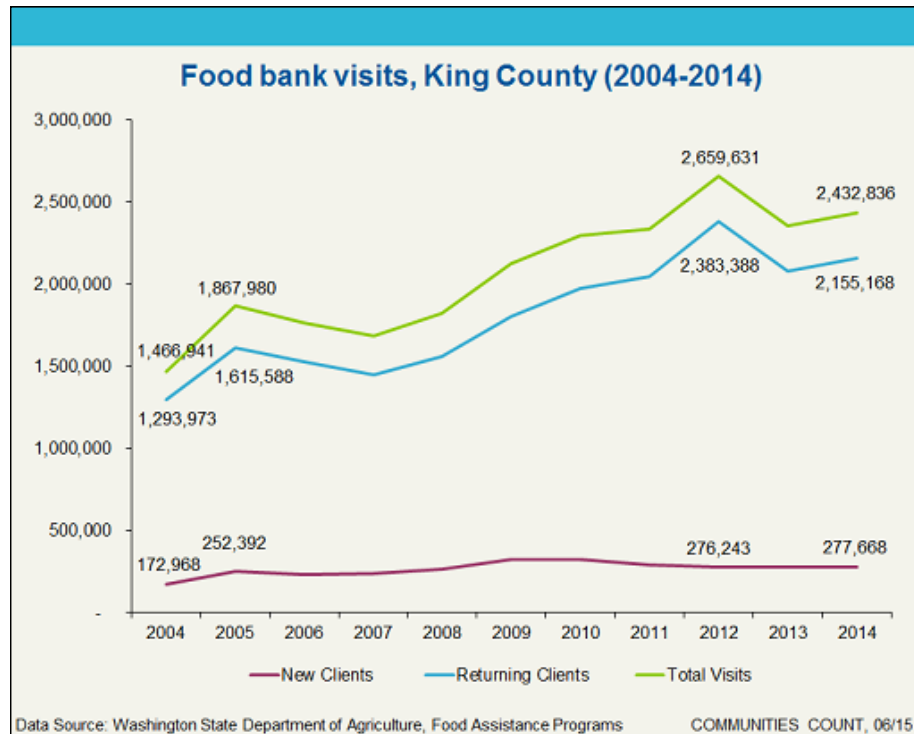
Food Bank Demand Rises

Lowest income populations don't see benefits of economic recovery

One in five children in Washington is hungry and may not know where their next meal is coming from.

This number is even more distressing when looking at the data: new food bank client numbers peaked in 2010, the height of the recession. Numbers for returning food bank clients peaked in 2012.

However, both new and returning client numbers are on the rise again, even though the economy is said to be fully recovered.



As often happens, the most vulnerable members of the population are not seeing the effects of an improving economy.

This issue is compounded by high housing costs. Issaquah is an increasingly popular, and

unaffordable, place to live. The average cost for an apartment in Issaquah is an incredible \$2,498. The King County average is \$2,200, according to Zillow.

To read more about this trend, go to communitiescount.org.

MEET A VOLUNTEER: STINA

Stina McGlinchey has been an Issaquah Food and Clothing Bank volunteer for three years. She started out volunteering in the Clothing Bank, but has recently expanded to helping out in the Food Bank as well. Because our volunteer levels can be unpredictable her flexibility and ability to fill in anywhere are invaluable.

Stina can sort and stock food and clothes with the best of them, but her favorite part about volunteering is working with the clients. Her favorite volunteer job is checking Clothing Bank clients in at the computer, where she can greet and check in with everyone.

Thank you Stina!



Stina sorting clothes in the Clothing Bank

“The smallest act of kindness is worth more than the grandest intention.”

~Oscar Wilde

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CLOTHING BANK**

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**THANK YOU to all our
wonderful donors and
volunteers!**



Issaquah Turkey Trot

All Proceeds Go to the Issaquah Food Bank
Thanksgiving Day 2015

Would you prefer to get this newsletter via email?
Email becky@issaquahfoodbank.org with the subject "newsletter" to save some paper!

GET CONNECTED!

Our Mission

*The Issaquah
Food and Clothing
Bank provides
basic needs to our
community
members to
promote
self-sufficiency.*



1. Volunteer

We are in need of dedicated volunteers for the Food and Clothing Bank. Register online at issaquahfoodbank.org.

2. Donate

Here's how to deliver your wonderful donations:

Food: Monday-Friday, 8am-4pm

Clothing: 24-hour drop box on 1st Ave SE

Money: donate online at issaquahfoodbank.org

3. Hold a Drive

Is there something you are particularly passionate about? Hold a drive! You can collect clothing, baby formula, toiletries, and more. For more ideas, email cori@issaquahfoodbank.org.

