



# ISSAQUAH

## Food & Clothing Bank

Fall/Winter 2019

### Multiplying Impact

by Bonnie DeCaro-Monahan

Many wonder how we're able to provide resources for 5,000+ people every year and the answer is simple...leverage. Thanks to our amazing volunteers and generous community partners, donor dollars are stretched to multiply the impact of every dollar.

Did you know that \$1 given to the Issaquah Food & Clothing Bank equals over \$6 in food? A \$250 gift can provide 7 weeks of groceries delivered to a home-bound family!

Now more than ever, we need your help to keep healthy food accessible to all those who need it.



Please include us in your year-end giving by giving online at [issaquahfoodbank.org](http://issaquahfoodbank.org).

Want your own "Feed the Need" sticker to help spread the news? Come see us at the food bank or e-mail Bonnie at [bonnie@issaquahfoodbank.org](mailto:bonnie@issaquahfoodbank.org).

#### INSIDE THIS ISSUE...

Champion Spotlight 2

Upcoming Events 3

10th Anniversary Turkey Trot 3

Outreach Efforts 4

New Food Project 4

Holiday Gift Barn 2019 5

Fill the Truck Food Drive 6

### Executive Report

by Cori Walters, Executive Director

Sadly, changes to the federal food stamp program, also known as the Supplemental Nutrition Assistance Program or SNAP, were approved on December 4th and the first of three proposals will take action immediately.

This first rule is scheduled to be implemented in April 2020 and will cut hundreds of thousands of people from the program, many of whom are children or individuals who struggle with

employment because of homelessness, mental disabilities, lack of education, severe poverty, and/or transportation barriers. Once this change takes place, a family of four with a household income of \$50,000 will no longer qualify for assistance.

We experienced a 18% increase in food bank services alone this past year and with these federal cuts, we anticipate this percentage to spike in 2020.



Your financial support is more important now than ever before. Severe cuts to funding federal government assistance programs, like SNAP, are unprecedented.

Thanks to your help, customers of the Issaquah Food & Clothing Bank will tell you that we play a pivotal role in ensuring that their most basic needs are being met.

## Champion Spotlight: Bonnie Nicholson

by Bonnie DeCaro-Monahan

**Who could possibly be a more compassionate volunteer than someone who has been, and still is, a recipient of our resources?**

*"I've always been very appreciative, especially since I've been receiving Groceries to Go. I started that before my back surgery because I couldn't even walk. That's how much nerve pain I was having. Just getting to the grocery store was a big ordeal and it's just a 10 minute walk. Now I can walk fine, but I do have tendonitis and carpal tunnel, so carrying the groceries would not be possible for me."* shared Bonnie.

After two back-to-back surgeries in 2018 that successfully corrected bone spurs on her vertebrae caused by osteoarthritis, she may not be physically capable of holding down a job yet, but Bonnie certainly makes it a priority to volunteer at the food bank

every moment she can. Although she has to stop herself from attempting to lift heavy crates, just being at the food bank and part of that work is rewarding to her. Bonnie described it saying, *"It's exciting, it's active – which I need – and then the feeling of community and it's like a part of my family now. People know me."* She was warmed one day when she came in later than usual and another volunteer said, *"Oh, I'm glad you're here. I was worried when I didn't see you."*

When asked what it's like having been on the recipient end and now being a part of making it all possible, Bonnie said, *"It's a huge eye opener being behind the scenes...just how many hours, and how many hands, and how many volunteers it takes to run all of the various little nuances of the programs that you guys have here. It's pretty amazing actually."* She added, *"You don't*

*understand just how much work and how much love and time and effort goes into sorting this food and throwing out the bad stuff, just getting it ready for people to take and be fed."*

Bonnie also has a new respect for the Groceries to Go packers who pack her and about a hundred other grocery delivery orders each week. She even writes "thank you so much" in her notes to the Groceries to Go packers on her order each week. Having helped pack Groceries to Go, Bonnie appreciates all the time that goes into it. *"It gives you a better understanding of how much people care, because now I care."*

Until she is physically capable of working, Bonnie has to get by on temporary disability from the State, explaining, *"It's not a lot of money to live on, but we're okay...especially with the food bank."* Fortunately, she and her youngest son are on section 8 for housing. *"If we didn't have section 8, we'd be homeless because I don't even have the ability to bring in enough."* added Bonnie. *"I really love coming here. It's something to look forward to each day. I feel like I'm a part of something bigger and I am"* shared Bonnie.



*We love having you on the team Bonnie! Your work ethic, compassion, and commitment make it a brighter place to be.*

# Mark Your Calendars!

## Holiday Closures

Christmas Eve  
Tuesday, December 24th | CLOSED at 2:00 p.m.

Christmas Day  
Wednesday, December 25th | CLOSED

New Years Day  
Wednesday, January 1st | CLOSED

Martin Luther King Day  
Monday, January 20th | Half-day operation, no shopping

## Volunteer Appreciation Dinner

Pickering Barn in Issaquah  
Tuesday, March 3, 2020 from 6:30 - 8:30 p.m.

## Recipe for Hope 2020

Eastridge Church in Issaquah  
Tuesday, September 29, 2020 - 7:00 a.m. Breakfast & 11:30 a.m. Lunch



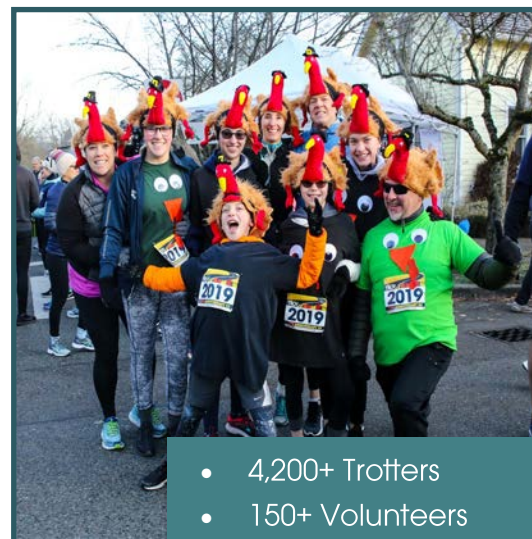
# 10th Anniversary Turkey Trot

*Gobble gobble! That's "thank you" in turkey!*

What an exciting way to start Thanksgiving day—beautiful sunshine, crisp fall air, and the amazing energy of **4,200+ trotters!** It's thrilling to witness so many of our community members coming together to support the Issaquah Food & Clothing Bank. We also want to extend our gratitude to the **150+ volunteers** who came out to help as well as our **21 sponsors.** Without your help and contribution, none of this would be possible!

We're happy to report that we raised **\$103,000** in net proceeds and received **200 lbs. of food donations** the day of the event.

Thank you for joining us for the 10th Anniversary of this awesome community event and for making this the biggest Issaquah Turkey Trot yet!



- 4,200+ Trotters
- 150+ Volunteers
- 21 Sponsors
- \$103,000 and 200 lbs. of food to help reduce food insecurity!

## Expanding Outreach Efforts

by Rebecca Rice

We serve a lot of households each week at the Issaquah Food & Clothing Bank – 450 per week, on average! Even with that many households coming through our doors each week, we know there are still people in our communities whose needs are not being met. People who need access to our important services, but can't or won't step through our doors.

As part of our essential outreach efforts to those households, we are working with community partners to develop two new partnerships. One is with the Issaquah Senior Center. For 4-8 hours each week, our social worker will take appointments on site at the Senior Center, allowing people there to get information about resources and referrals to services without making a special stop at another organization or even making a phone call!

The second brand new partnership is with Eastside Fire & Rescue and is part of a larger King County Emergency Medical Services program

called Mobile Integrated Healthcare. This program will be funded by your tax dollars via the EMS levy that just passed this November (thank you!).

Mobile Integrated Healthcare programs are designed to provide additional resources and services to people who are calling 911, but either don't have an urgent medical emergency, or need additional resources once their medical emergency is stabilized. For example, a senior with diabetes could be having health problems if they can't leave the house to go grocery shopping, and have no healthy food.

The Issaquah Food & Clothing Bank and Eastside Fire & Rescue partnership is unique among Mobile Integrated Healthcare programs, in that the fire department is partnering with an outside agency (us) to provide a social worker. When firefighters respond to 911 medical calls, they will evaluate the situation to see if it's a good referral to the program. If it is, a firefighter and our social worker will go on a follow up visit to the



person's home to assess the situation and provide appropriate resources, referrals, and support. In many cases, we anticipate being able to utilize our existing programs, such as Groceries to Go, to help meet existing food needs as quickly as possible.

This program will allow our community safety net to function even more smoothly, with less stop gap measures by individuals. We know that by partnering with Eastside Fire and Rescue, our important programs will be able to reach the people who need them the most.

Our local Mobile Integrated Healthcare program is scheduled to roll out in early 2020. We are looking forward to starting the new year off with important new partnerships, helping us provide more of our essential services!



Issaquah-Sammamish Food Project volunteers.

## Neighborhood Coordinators Needed

Thanks to long-time supporters, Jim and Chris Berry, and several local neighborhoods, the Issaquah-Sammamish Food Project has grown quickly since it's start in April. This simple model utilizes neighborhood coordinators who collect food from neighbors once every other month. It's less than a 2 hour commitment every two months and, thus far, it's brought in nearly **10,000 lbs. of food!** Want to be a part of it? Visit [issaquahsammamishfood-project.org](http://issaquahsammamishfood-project.org) for details on how to get involved.

# The Power of Giving

The holiday season is the most wonderful (and expensive!) time of the year. The added expenses of obligatory gifts, large meals, and gatherings are just a couple of reasons why families typically experience added stress and financial strain around this time of year.

The Holiday Gift Barn program helps to alleviate the stress that many of our neighbors are faced with during this

season. This year, over **400 families** came to shop for brand new gifts, toys, and warm clothing at the Pickering Barn in Issaquah and another **150 families** shopped at the Issaquah Food & Clothing Bank the following week.

We would not be able to pull off this amazing program without the generosity of **thousands of donors and 400+ volunteers.**

With your help, over **1,400 children** received gifts this holiday season!

*Thank you!*



Issaquah Food & Clothing Bank  
**HOLIDAY GIFT BARN**



## Our Mission

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

## Fill the Truck Food Drive!

A BIG thank you to the Eastside Firefighters Benevolent Fund for organizing and conducting this food and gift drive in our benefit! This year marks the **9th year** of the annual "Fill the Truck" food drive, which happens over every Thanksgiving weekend.

Thanks to the contributions of *hundreds of donors* and the tireless efforts of *120+ volunteers* and, of course, our Eastside firefighters and staff, we received *32,712 lbs. of food, 5 pallets of new toys and clothing, and over \$3,400 in financial gifts.*



*Eastside firefighters and volunteers loading totes to "Fill the Truck"!*

The "Fill the Truck" food & gift drive is essential in restocking our shelves in the food bank and market during and after the holiday season and provides so many gifts for our Holiday Gift Barn program. We greatly appreciate everyone who played a part in making this year's Fill the Truck food & gift drive a total success!

