



we can

thrive

together

ISSAQUAH
Food & Clothing Bank

2017 Impact Report

who we serve

Dear Partners,

On behalf of the staff, board and most importantly, the people we serve, thank you for your interest in and support for the Issaquah Food & Clothing Bank! 2017 was an encouraging year for increased capacity to meet the growing need, yet challenging given the continued gap for those accessing our services.

In looking forward, we are particularly excited about what lies ahead in 2018:

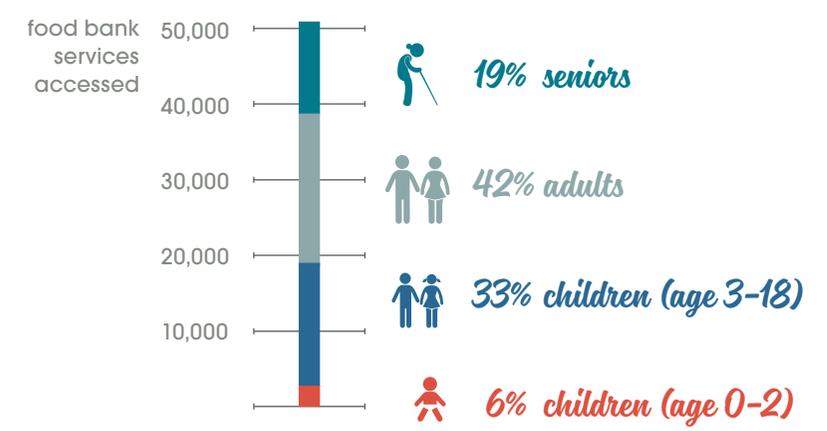
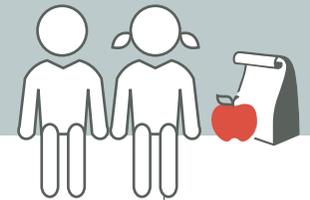
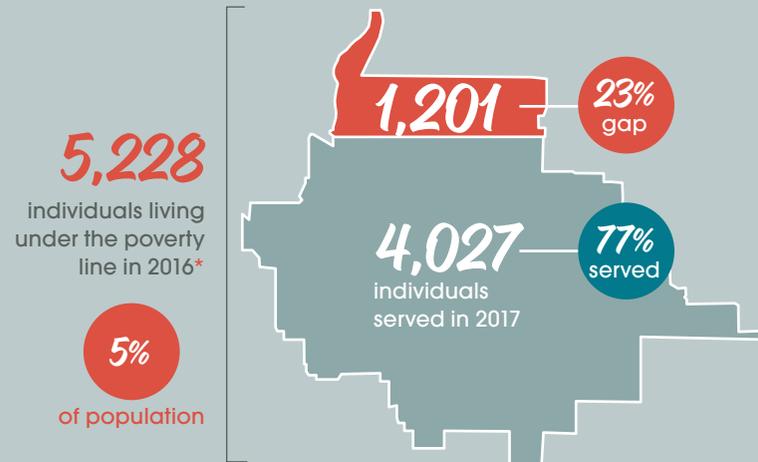
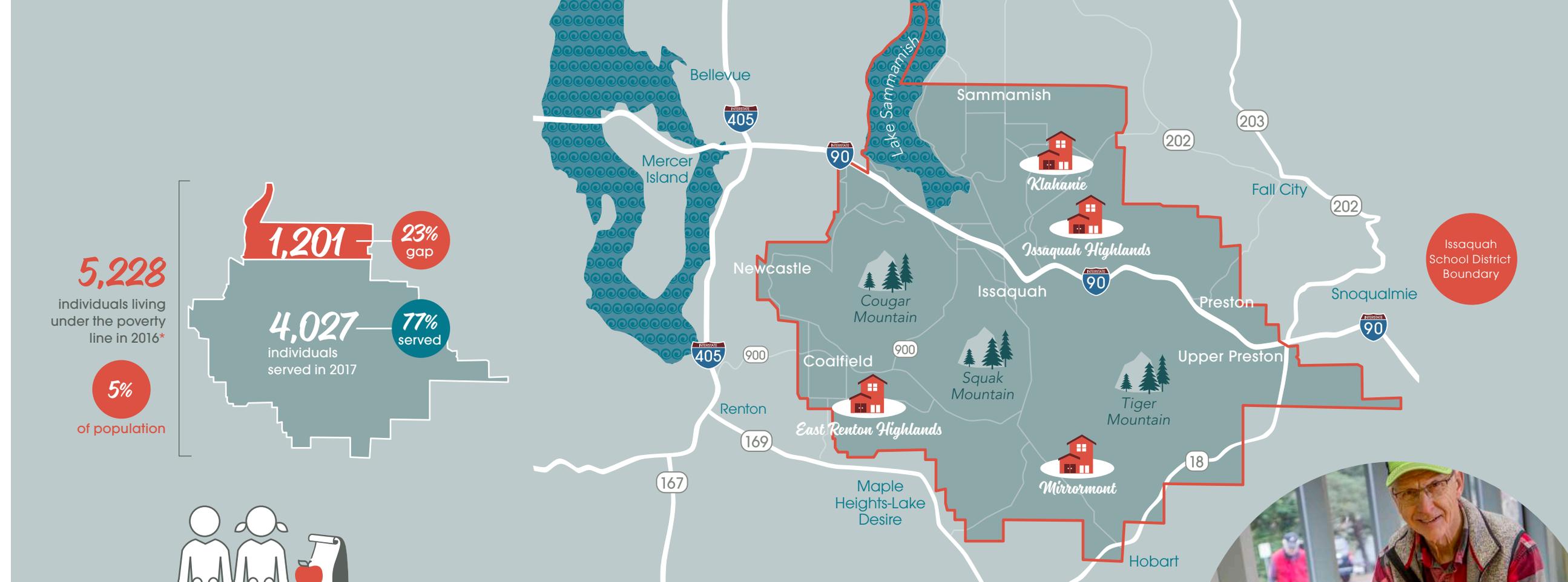
- **Expanding our youth feeding programs** with the long-term goal of serving all children in our community that are food insecure
- **Increasing our outreach and building new partnerships** with the intent to serve our clients better through community collaboration
- **Piloting a mobile food bank program** utilizing a refrigerated box truck so that we can more easily touch pocket communities who struggle with getting their basic needs met
- **Continuing to improve our shopping space** to enhance the overall shopping flow for our clients and provide the most dignified experience possible
- **Improving our volunteer work space** to maximize functionality and safety

While the local economy is booming, it's important to understand that not everyone is participating equally due to income disparity. Unfortunately, for those who are not benefiting from the growing fruits of our economy, times are only getting harder. Basic needs including housing, transportation, food and clothing are increasingly difficult to afford. That's where you continue to make a clear difference in the lives of those we serve. So as you review our impact report, please accept our sincere appreciation and know you have played a substantial role in making all this happen.

Thank you for your partnership!


Cori Walters
Executive Director


Tom Ehlers
Board Chair



20,010 volunteer hours served in 2017

*U.S. Census Bureau **Issaquah School District, Feb. 2018

choosing *optimism*

Christina Martin has an infectious positivity. Despite the challenges life has thrown at her, Christina, along with her three kids—Christian, 13, Sophia, 11, and Joshua, 6—looks at each day with optimism and self-assurance.

Having grown up in poverty, Christina has found the cycle extremely difficult to break. When she had the opportunity to move into affordable housing in Issaquah eleven years ago, she jumped at the chance as a step toward ending that cycle. She loved that Front Street looked the same as she remembered it as a child. “I like the people here. I like the small town vibe (Issaquah) gives off,” Christina said. But, living in Issaquah has its challenges too—and the number one challenge is “transportation.” Christina added, “Getting around town is somewhat difficult.” Christina doesn’t own a car, so if a needed service isn’t on a bus line, getting there can be nearly impossible. Christina’s daughter has an ongoing medical condition which requires many doctor appointments. Hopelink’s medical transportation program, which serves all of King County, has been key to getting them to medical appointments not on a bus route.

As a single mom of three, Christina envisions a different future for her children. While it can be a struggle for her to make ends meet each month, she has appreciated being able to

“I thank them all,



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access food bank services since her 13-year-old was a toddler. Christina just started a new job in December 2017, and shared how difficult it can be to get dinner on the table for three kids as a working mom. She said that the Issaquah Food & Clothing Bank helps her to create quality meals, down to the little details, like extra cheese for Taco Tuesday. “Now I have food at the end of the day when my kids ask ‘what’s for dinner.’” Christina said she loves being able to make dinner for her kids at home instead of relying on cheaper, less healthy options like fast food.

Because of her new work schedule and her restrictions with bus transportation, Christina now participates in the Issaquah Food & Clothing Bank *Groceries to Go* program, which delivers groceries to families who aren’t able to shop in person at the food bank. Christina said *Groceries to Go* has “helped me 10 times over”. With a tight schedule and a lot of responsibility between home and work, *Groceries to Go* allows Christina the time and energy to focus on what’s important to her

and her family. She especially loves the milk, fruit, and vegetables that are delivered. Six-year-old Joshua loves the small size milks his mom can pack in his lunch. “He gets so excited when he sees them,” Christina said.

Christina also participates in the Issaquah Food & Clothing Bank’s special programs. Her favorite is the *Holiday Gift Barn* because “it allows me to give my kids a Christmas—a little something special that I may not be able to provide.” Christian, Sophia, and Joshua don’t know about the *Holiday Gift Barn* (shh!), so their favorite program is *Lunch for the Break*, with all the fun food and snacks that come in each box. Christina said Sophia, 11, loves getting a big jar of crunchy peanut butter and hiding it from her brothers so she can eat it all.

Christina wanted to end by saying this about the Issaquah Food & Clothing Bank community: “Everyone is amazing and helpful and kind. I thank them all, every one of them, for all of their hard work. Not just for me, but for our whole community.”

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but for our whole
community.”



the mission

of the Issaquah Food & Clothing Bank is to provide basic needs to our community members to promote self-sufficiency



causes of food *insecurity*

high housing costs



In 2015, only ¼ of homes, townhomes, and condos in Issaquah were affordable for median income households.*



1 in 5 Issaquah renters and homeowners were **severely** housing cost burdened in 2015 (costs exceeding 50% of household income).*

When housing expenditures take a large part of a family's budget, funds remaining for essentials like food and clothing are significantly reduced.



income disparity

5,228

individuals in our service area are living under the poverty line.**



6.1%

of adults 65 and over in Issaquah are living under the poverty line.*

mobility issues



Transportation is the #1 need for adults with disabilities and the #3 need for older adults.***

2,769

Issaquah residents experienced a disability in 2015 (8.3% of total population, 5% of children under 18, and 30% of those 65 and older).*



cultural in-accessibility



30% of families in the Issaquah School District speak a language other than English at home.*

There's a need for linguistically and culturally accessible services and a less complex service system to reduce significant barriers for the community.*

addressing needs through *creative programming*

client services



54,363

bags of groceries totaling 1,015,572 lbs of food



22,594

bags of clothing and household items



3,701

bags of toiletries



4,458

packages of diapers



824

hours of one-on-one case management support



\$44,759

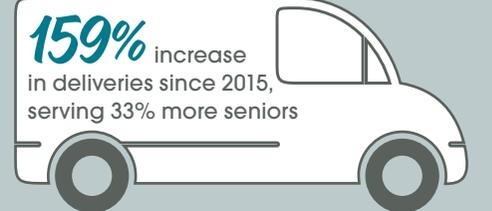
spent on eviction prevention and utility support

groceries to go



1,968

deliveries of food and household items to clients who were ill, disabled, or otherwise unable to access our services



159% increase in deliveries since 2015, serving 33% more seniors

multi-lingual website & staff



103

different languages are translatable on our website and our staff members speak 4 different languages.

user-friendly service system

Our food bank signage uses a multilingual pictorial system to help clients easily navigate our services.

one willing heart can be a catalyst for many

After seven years and \$280,000 raised for the Issaquah Food & Clothing Bank, you'd expect that Heather Matthews would be full of well-earned pride for everything she's built with our annual Turkey Trot event. Humility, however, is one of her greatest traits, along with determination, perseverance and a very compassionate and willing heart! Having been raised with a mother who was often volunteering for and giving to the Issaquah Food & Clothing Bank, she always felt a connection and continued in her mother's example.

In 2010, Heather (who was 7 months pregnant at the time) held the first annual Issaquah Turkey Trot with mostly family and friends from her community. Despite a blizzard that Thanksgiving morning, 325 of her 350 registrants came out to support the food bank and make Heather's dream a reality!

With \$4,000 raised from the first event and everyone happy to be there even in the harshest weather, Heather knew there was something special there.

Subsequent years brought more challenges, but each always ended with great success! Routes had to be revamped each year to accommodate construction, citizen concerns needed to be alleviated with new routes, and there was always red tape to

work through. Captain Stan Conrad, former Commander of the Issaquah Police, was always willing to troubleshoot with Heather, and Cori Walters, Executive Director at the food bank, maintained a "how can we make this work" attitude which was always an encouragement to keep forging ahead. Now, after having worked diligently to build a successful route down Front Street (a long-time dream of Cori's), Heather's fears about tackling that giant



"I felt deep in my heart for the people who have to line up in the rain to get food, and I wanted to do my part to help them."

Heather Matthews

have been assuaged. "When I saw the food bank crowded and everyone running down Front Street, I thanked Cori for pushing me."

Heather's husband, Tom, has been a great support, taking on the role of event announcer-which fits his outgoing personality perfectly. He's become such a fan of the event that he and his fellow "turkey bowlers" pushed their annual Thanksgiving Day Turkey Bowl to a later time to accommodate the Turkey Trot. The Matthews' entire extended family commits to participating with the Turkey Trot each year, including helping with their four boys so that Heather and Tom can focus on their tasks the day of the event. Their youngest two boys, now

4 and 7, are life-timers, having been born into the tradition. The older two, now 10 and 13, are becoming a bigger help and they all look forward to it each year.

Heather describes this as a "faith-building journey" as she's watched each step in the process come together and the right people, like Jim Berry from the Salmon Days run, join the team. "The biggest compliment for me is when volunteers come back year after year." When hard things are happening in the world, this event reminds her that, "there are so many good people."

She has intentionally made the Turkey Trot a fun, casual event rather than a timed running event to encourage a sense of community and that's exactly what she's achieved. Participants don turkey hats, costumes, and take photos with the giant inflatable turkey "mascot". And, as Heather says, "There's a special feeling there that morning that you can't explain."

Heather also does the color run at her school and puts on youth events for her church every month, in addition to teaching Zumba three times a week. How does she do all this with four boys? "I don't clean my house, I have a housekeeper, and I don't fold laundry." What an amazing example of capitalizing on our resources and making giving back a priority! Thank you, Heather and Tom, may your legacy live on for generations to come!

celebrating our 2017 corporate partners

Pioneer \$30,000+	Visionary \$10,000+	Premier \$5,000+
Issaquah Turkey Trot	KRITSONIS LINDOR Windermere REAL ESTATE Lake Sammamish Fireworks Show	City of Sammamish
glassybaby white light fund	CITY OF ISSAQUAH WASHINGTON	St. Joseph Catholic Church and School ISSAQUAH SNOQUALMIE
SAMMAMISH PRESBYTERIAN CHURCH	anonymous	ZEEKS PIZZA
Champion \$2,250+	Matching Gifts \$2,000+	In-Kind \$2,000+
NAES Corporation BECU Carson & Noel, PLLC Miller Family Dermatology Cafe Rio Eastside Emergency Physicians Regency Centers Rotary Club of Issaquah Windermere Foundation	Microsoft BECU Bill & Melinda Gates Foundation Boeing NAES Corporation Google Expedia	Trader Joe's QFC Target Costco Fred Meyer Safeway PCC Metropolitan Market Issaquah-Sammamish Reporter Teadora
		Advanced Medical Group, Inc. BANNER BANK CHRISTIAN MANLEY ORTHODONTICS EST. 1981 GRAINGER



1,528 of K-12 students in the Issaquah School District are receiving free or reduced-price lunch. That's 7.53% of all students.*

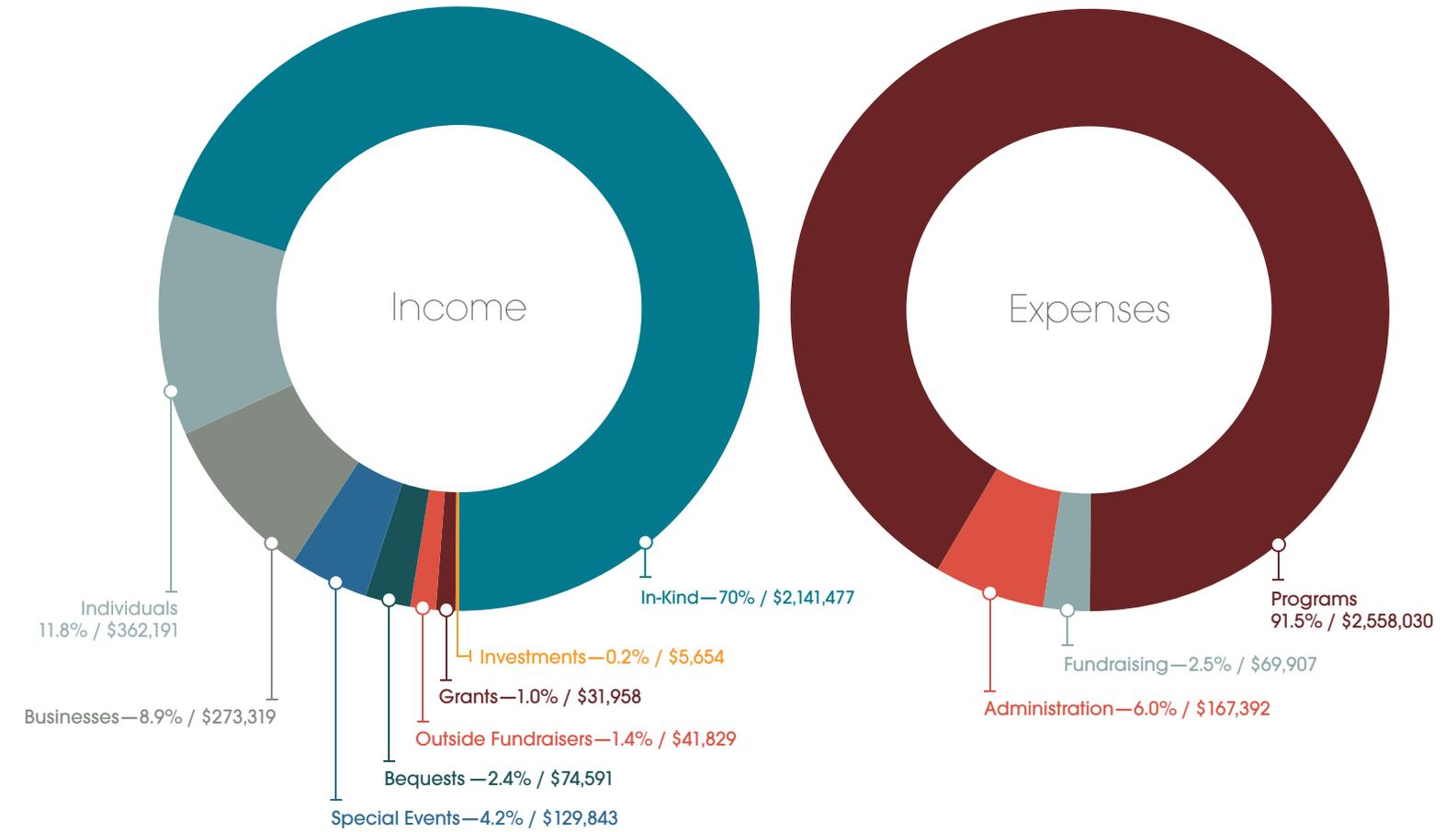


117 students in the Issaquah School District experienced homelessness during the 2016 academic year.**



Low-income high school students are 17% less likely to enroll in post-secondary education than their non-low income peers.**

*Issaquah School District Feb. 2018 **2017 Issaquah Community Needs Assessment



Tools 4 School—Over 900 backpacks of school supplies were distributed in 2017.

Program Partners:

- Issaquah Schools Foundation
- Eastridge Church



Lunch for the Break—1,269 boxes of breakfast, lunch, and snacks distributed over the week-long breaks from school.

Program Partners:

- Our Savior Lutheran Church
- Issaquah School District PTSA Council

Summer Lunch—2,819 bags of breakfast, lunch, and snacks distributed in summer of 2017—a 62% increase from 2016.

Program Partners:

- Eastridge Church



Issaquah Power Packs—A weekend emergency feeding program that distributed 700 power packs in the first four months of the 2017–2018 school year.

Program Partners:

- Issaquah School District PTAs/PTSAs
- School counselors and nurses
- Carson & Noel, PLLC



Holiday Gift Barn—Each December, the Picking Barn is transformed into a mini shopping mall, allowing parents to shop for their kids for the holiday. 1,450 children received gifts through this program in 2017.

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envision a hunger-free community

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Food & Clothing Bank

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