



FAMILY RESOURCE CENTER & FOOD BANK

2010 ANNUAL REPORT

FamilyWorks, a food bank and family center, nourishes and strengthens individuals and families by connecting people with support, resources and community.

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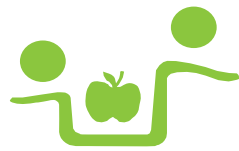


FROM THE PRESIDENT AND DIRECTOR:

It is because of your generosity that FamilyWorks remains strong and able to continue to be a resource for thousands of families for food and family support. Your contributions of time, energy, money and expertise are invaluable! We earnestly say thank you to each and every one of you, for caring so deeply for your community.

Kerwin Manuel, President and

JAKE WEBER, DIRECTOR



Nutrition

FROM AVA DOWELL, FOOD BANK MANAGER

“As more people struggle with food insecurity in our neighborhood it’s a challenge to make sure this grocery bag is filled with nutritional food. Hunger still hurts. More than numbers, the hungry are our neighbors, our sisters and our brothers. They are the children who sit at their desks thinking more about their empty stomachs than the lesson in front of them. The farmer who struggles to feed his own family; the woman/man who goes from food bank lines to garbage cans for meals. The faces of hunger haunt us as the problem persists. Let’s continue to work together!”



FamilyWorks distributed 705 tons of food last year thanks to the generosity of many community

members, businesses, Food Lifeline and Northwest Harvest. 35,776 food bank visits and 2481 home deliveries of groceries were made in 2010, representing 1428 Households and 2481 individuals.

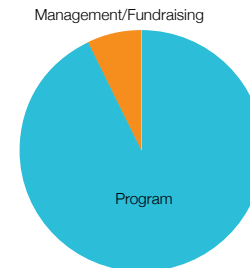
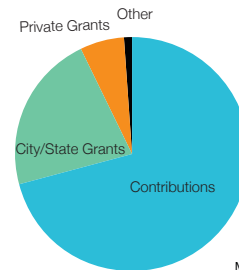
Thank you to everyone for contributing produce, non-perishable food and other supplies to the food bank so that all community members are nourished.

FINANCIALS:

In-Kind Donations totaled \$783,608 in food, children’s clothing, toys, books and diapers.

Support and Revenues
1,341,202

Expenses
1,338,410



THANK YOU TO OUR TALENTED, COMMITTED BOARD:

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"I used to be a dentist long ago. I live in my van now. Half of the van is devoted to books. The food from the food bank is key to my health. I rely on this food and thank you for being there for me and for all of us."

Daniel



"I was really moved by the class and the supportive environment at FamilyWorks. As a single parent, I would have never have been able to attend without the free childcare. Sometimes as the only parent, even little things are really BIG things, and just what you need to keep forging forward positively. I hope to have the opportunity to attend more programs at FamilyWorks, to renew myself, to get much needed information and support, to continue on my journey of parenthood."

Michelle, Parent of 7 year old awesome kiddo!



Family Support

"At the resource center, we build a strong foundation for all members of the family so that families can face an increasingly complicated future with hope, resiliency, and the knowledge that they are supported."

From Shirley Ferkingstad,
Resource Center Manager



More than 500 families, approximately 1,400 individuals visited the family resource center more than 8400 times, participating in parenting classes, Playgroups for parents and young children, the Teen Parent Program, and the Single Parent Program.



Education

In collaboration with the Wallingford Boys and Girls Club, FamilyWorks coordinated the 2010 After School Tutoring Program for 30 students, with one-on-one tutors helping students gain confidence and academic success. With the help of expert volunteers we were also able to offer: Information & Assistance, Computer Tutoring, Life Coaching and Employment Advice.



Community Building

295 Volunteers contributed 7631 hours in 2010. There is great power in these numbers in easing hunger and strengthening families and we cannot thank our volunteers enough!



"My son needs extra support to keep up with the pace of his class. The one on one help he is getting in the tutoring program is a tremendous aid to help him get his homework done, to understand things he hasn't understood in class, and to practice more in his reading and math. I have noticed a great deal of improvement in his reading skills, the comprehension of new words, the speed at which he can read, and, in general, his attitude towards wanting to read without being intimidated by it."

Teresa, Parent





A SPECIAL THANKS TO:

City of Seattle Human Services
Department
Eden Advanced Pest
Technologies
Food Lifeline
Kids on 45th St.
KC Public Health WIC
Northwest Harvest
PCC
Paron's Closet
Phinney Neighborhood
Association
QFC
Safeway
Shannon & Wilson
Solid Ground's Lettuce Link &
Food Resources
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Wallingford Center
Wallingford Community Senior
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