

# FamilyWorks

Family Resource Center & Food Bank

FamilyWorks E-Newsletter

March 2013



## Upcoming Activities and Events

More Info:  
206 694-6727

### April Literacy Day Thursday, April 18th

Join us for an afternoon of literacy activities in collaboration with the Seattle Public Library. Children receive a free book! If you cannot make it, but want to donate a book, we are collecting gently used children's books and would appreciate your support.

### A Place at the Table

The movie, One Nation Underfed, starring Jeff Bridges and opening 3/1 at the Varsity Theater, examines the issue of hunger, by following three people struggling with food insecurity. Read more and [take action](#) locally by supporting FamilyWorks Food Bank.

Dear Friends,

You have found hundreds of ways to make a difference in the lives of the people who use the Food Bank and Resource Center. Thank you, our loyal community, for your support in 2012! Your generosity is an extraordinary force.

With your help, 340 tons of food nourished over 1900 households. Over 1500 people continue on a path of greater resiliency with parenting and advocacy skills, served with the highest dignity and respect.

We continue to challenge ourselves to make the most of your donor contributions.

With gratitude,

*Jake Weber, Director*

### My Favorite Place to Come and Feel Safe

"My name is John Earl Bethel. I like FamilyWorks Food Bank because, to me, I really don't get a chance to cook a lot, you know, living around boats and parks. I don't get much access to places to cook and frankly my needs are simple: a can of Beanie-Weenies, some Vienna Sausages, a few crackers and a vegetable tray, and I am a happy camper.



I hang out in the hallway a lot, simply because I have no place to go, and the folks that run the Food Bank have been very good to me. I always come away with something to eat. I sometimes take a No Cook bag, but for the most part I will just take a couple of things, enough for a day or two. I eat my lunch in the hall and then go to the library.

The folks at Family Works have kept me fed and I feel safe when I am here. I do use other Food Banks, but this is my favorite place to come. Thank you for being there."

### Sharing with the Next Generation

## Single Parent Potluck

Make new friends at the Single Parent Potluck, April 27th, 3-5pm, at the Wallingford Community Senior Center. Call Sarah for more information: 206 694-6849.

## Take Action

Consider signing up for action alerts from [The Children's Alliance](#) and the [Statewide Poverty Action Network](#). It's a great way to keep up with the current legislative issues affecting our community in need.

## GiveBIG with some leverage!

### Wednesday, May 15

Seattle Foundation is hosting a ONE DAY on-line giving event with a percentage match called GiveBIG! Check out the participating organizations doing amazing work. Tell us what you think of our [FamilyWorks Profile](#).

## Learn more about FamilyWorks

by watching our [video](#). Meet Jake, Holly, Harry and see how we are meeting the needs of families. Come for a visit. We'd like to get to know you.

## Donate Now!

Give a gift of community and stability, and make a difference in our community every day.

## Quick Links [Our Website](#)

Join Our Mailing List!



The saying, "you can't take it with you," is only partially true. Just ask Cathy Sander, a former FamilyWorks board member, who made a lasting gift by recognizing FamilyWorks in her will. "I cannot give monthly right now. But I can do something for later. Designating FamilyWorks in my will is a pot of gold that will fulfill an immediate

need whenever that time comes." The satisfaction and joy of giving is Cathy's forever, knowing her efforts to strengthen families will live on.

Thanks to the generosity of dedicated donors such as Cathy Sander and others, the [Merridy Williams Society](#) planned giving fund continues to grow.

Regardless of size, a planned gift is truly a gift to the next generation. We invite you to become part of the [Merridy Williams Society](#). Click [here](#) for more information.

## Great Cost Cutting Ideas from a Food Bank Customer

As a single mother of four healthy and hungry children, I not only have to be creative in the kitchen, but I must be creative with my budget too. We go to outlet stores such as Grocery Outlet and look for family favorites. We found coconut milk and almond milk for 67 cents a half gallon and bought out the whole shelf. We found Turkey Kielbasa's for \$1 a package and we were able to buy 20 packages with a savings of \$120! They were regularly \$7 a package and they freeze well! You can also put them in spaghetti sauces or scrambled eggs! One thing my mom used to do was take the extra food from our plates and reinvent it into lunch or breakfast for the next day. For example, if we didn't finish our cereal, she would add a few ingredients and turn them into muffins and we were none the wiser!! I think we were the only kids that had Cheerios' in their muffins. Hope this gets you started!  
By Holly R.



## Car Tabs Renewal = Bus Tickets for Our Customers



Sign up to receive 8 free bus tickets when you renew your vehicle tabs. Please consider donating your bus tickets to

Familyworks to help us meet the many requests we receive every day. Thank you!

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