

Pro Visions

The Quarterly Newsletter of the Auburn Food Bank

Mission Statement

The Auburn Food Bank provides food, referrals and emergency assistance to those in need within The Auburn School District

Officers

- President**
Dana Hinman
Vice-President
Dan Lancaster
Secretary
Barbara Vance
Treasurer
Chuck Folsom
Immediate Past President
Kevin Martin
Executive Director
Debbie Christian

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Pete Lewis
Jack Miller
Julie Molen
Jeani Rottle
JoAnn Swanson



SAVE THE DATE

THE 17TH ANNUAL HARVEST BREAKFAST
FRIDAY, NOVEMBER 5, 2010

7:00-8:30 AM

GRACE COMMUNITY CHURCH
1320 AUBURN WAY SOUTH
AUBURN, WA 98002

If you haven't already been invited,
please call 253-804-5696
or email: DebbieC@TheAuburnFoodBank.org
to reserve your place!
We are anxious to see you again!

Our theme this year is...

**WHAT IF...
YOU CAN MAKE
A DIFFERENCE**



Letter from the President

The Auburn Food Bank Board of Directors has faced the economic downturn with the attitude that we aren't going to cut what we have been doing for our clients. We are going to maintain the standards that we have set and we will, somehow, find the resources to continue.

In a time when agencies have to cut back or discontinue programs due to decreases in donations - this is extremely commendable!

The Auburn Food Bank Board is made up of 14 individuals from various work and life backgrounds. We are dedicated to helping clients find hope to face tomorrow!

The food bank served over 13,000 families (91,475 individuals) in fiscal year 2009/2010; and distributed over 1.8 million pounds of food. Seventy-five thousand dollars (\$75,000) helped families with rent assistance and utility bills. 125 students were fed each weekend of the school year. 23 Seniors received home delivery each

month throughout the year. 3051 volunteers and 11,418 volunteer hours were counted, along with 321 and 4994 hours for those who were doing

community service, school hours for Senior projects, and work rehabilitation hours.

The Board of Directors would like to thank the community and businesses in and around Auburn for helping us assure that we can continue to do what we do for our clients, as well as our staff and volunteers that are here each and every day helping those that need us to get through these difficult times. We will continue to maintain our high standards and we will not turn our backs on those that seek our help. We are grateful for you.



Most humbly yours,
Dana Hinman, Board President

Director's Report

YOU NEVER KNOW HOW STRONG YOU ARE UNTIL BEING STRONG IS THE ONLY CHOICE YOU HAVE....

Think about that for a minute...

Strong can be a lot of things.....being "strong" for others in grief.....being "strong" to stand up for a belief.....being "strong" because you are being attacked.....being "strong" because you face adversity.....being "strong" enough to enter through the food bank doors – telling strangers you have nothing for your family and you need their help. That is strong!

Strong says you can when you think you can't.

We have seen so many new, working families – people who have never had to ask for any help before. The "shock" in their eyes at walking through a system they have been supporting is hard to see. I have no promises for their future, I can only promise we will make this as painless as possible. You can be STRONG and make it through this tough time!

* * * * *

By the time you have read this:

– Longhorn BBQ had a great fundraiser for us --- "Dueling Out Hunger" --- helping us to raise much needed funds in the middle of the summer slump!

– Waste Management Company has run their first all city food drive for us. This came at the right moment --- we had closed our doors on Friday without much to offer on Monday morning. The food you donated at your curbside for Waste Management to collect – carried us for the next 2 weeks! Thank you LONGHORN BBQ & WASTE MANAGEMENT and our neighbors here in Auburn for caring!

So many of you are coming up with innovative ways to help out! I know the message can seem old – food, we need food. But the message is REAL and it is constant. KNOW that your donation is used immediately – someone TODAY needs YOU to stop by and donate so they won't have to go hungry..... or they won't have to tell their children there isn't anything to eat. This isn't a message from a foreign land – this is a message from right here in Auburn....today.

Thank you for what you do.....YOU make the difference in the lives of your neighbors.....YOU make it possible to help them.

Joining forces with YOU is a pleasure!

Debbie Christian, Executive Director



Volunteer

In November of 2009, Debra Hester's job was cut back at work. Since her kids were grown, she decided to use her, now, extra time to volunteer at the food bank. Later her job completely disappeared so, as she says, "the food bank became my home away from home." Debra works as a receptionist answering the phone, an interviewer - helping to check people in, covers vacation schedules and helps Gretchen Willard in the business department when called upon. Debra has lived in Auburn for about ten years and says

working at the food bank has opened her eyes to the many needs and the resources available for helping people. She is impressed with how complimentary the clients are of the food bank. Clients comment on the level of service and the compassion the employees show towards them. Debra thinks everyone should volunteer some time, somewhere. Find your passion and help out! Just an hour at the food bank will change your opinion and outlook on those who need our help.

2010 FOOD BANK BUSINESS DONORS

1ST UNITED METHODIST CHURCH
A & G MACHINES
AERO CONTROLS, INC.
ALASKA AIRLINES CREDIT UNION
ALBERTSON'S
ALPHA LAMBDA MASTER CHAPTER
AMERICAN LEGION
AMERICAN POSTAL WORKERS UNION
APPLIED TECHNOLOGY GROUP, LLC
ARCH TRANSPORT
ASPHALT EQUIPMENT & SERVICE COMPANY
ATLAS NUTRITION
AUBURN ADVENTIST ACADEMY
AUBURN BRAKE & MUFFLER
AUBURN DAIRY
AUBURN DISC GOLF ASSOC.
AUBURN EAGLES AUXILIARY
AUBURN ELKS 1808
AUBURN FOREIGN & DOMESTIC CAR, INC.
AUBURN GARDEN CLUB
AUBURN HILLS MANU HOME COMM
AUBURN INTERNATIONAL FARMERS MARKET
AUBURN LIBRARY
AUBURN MEADOWS
AUBURN MECHANICAL
AUBURN PARKS & REC
AUBURN POST OFFICE
AUBURN PRODUCE MARKET
AUBURN PUBLIC HEALTH EMPLOYEES
AUBURN REGIONAL MEDICAL CENTER
AUBURN RELAY FOR LIFE
AUBURN SCHOOL DIST # 408
AUBURN SCHOOL DISTRICT SECRETARY ASSOC.
AUBURN SELF STORAGE
AUBURN SENIOR CENTER
AUBURN SKATE CONNECTION
AUBURN SPORTS PHYSICAL MEDICINE
AUBURN SQUARE
AUBURN VALLEY BARBER SHOP
AUBURN VALLEY WINGS
AUBURN YOUTH COUNCIL
AUNTIE ANNE'S PRETZELS
AYR
B & B LOGISTICS
BEAUTY BLVD
BECU
BELL ANDERSON INSURANCE
BETA SIGMA PHI
BOEING COMPANY - BLUE BILLS
BUNCO GIRLS
CAFÉ PACIFIC
CARDINAL HEALTH
CASCADE TREASURE CLUB
CAT TRANSPORTATION
CENTRAL REFRIGERATION
CHILD NUTRITION - ASD
CHIPOTLE MEXICAN GRILL
CHRIS FARRELL BRIDGE GROUP
CITY OF AUBURN
CITY OF AUBURN EMPLOYEES
CITY OF AUBURN-MAINTENANCE
CITY OF SEATTLE
CLOVER LEAF SEAFOODS
COFFEY CHIROPRACTIC
COLUMBIA BANK - FUNDRAISER
COMBINED FEDERAL CAMPAIGN
COMCAST
COMMITTEE TO RE-ELECT GENE CERINO
COMMUNITY OF CHRIST

CORESTAR PILATES
CORVAIR'S NORTHWEST
CRT ENGLAND
CRT TRUCKING
CUB SCOUT PACK 460
CURVES
DAIRY QUEEN
DAMASCUS SHRINE #3 WSJ
DEL MONTE FRESH PRODUCE
DELTA RHO CHAPTER NO 3834
DEPT OF VETERANS AFFAIRS
DILETTANTE MOCHA CAFÉ
DISC GOLF WORLD, INC.
DONUT & MUFFIN FACTORY
DONUT STAR
DR. GRAHAM REEDY
DR. STUART RICH'S OFFICE
DYNACRAFT
EAR, NOSE & THROAT PLASTIC SURGERY
EASTERN STAR CYCLAMEN CH 65
EMERALD AIRE
EMERALD DOWNS
ESTES EXPRESS
EVERGREEN WOODWORKERS GUILD
EWING IRRIGATION
EZ-ACCESS
F.O.E. AUXILIARY #2298
FAA
FAR FAMILY FOUNDATION
FENTON FINDERS OF PUGET SOUND
FIDELITY CHARITABLE GIFT FUND
FIRST CHOICE HEALTH
FOOD MARKET @ LEA HILL
FRATERNAL ORDER OF EAGLES
FRED MEYER
FRITO LAY
GARFIELD REFINING COMPANY
GENERAL DYNAMICS
GENERAL MILLS
GOLDEN PHEASANT FOODS, LLC
GOOD NEWS RIDERS OF WA CHAPTER #68
GOS PRINTING CORPORATION
GREEN LOGISTICS
GREEN RIVER COMMUNITY COLLEGE
GREEN RIVER SADDLE CLUB
GSA
H & H PALLET CO.
HAIR MASTERS
HAMMELL TRUCKING
HEINZ COMPANY
HIGHLAND MEADOWS HOMEOWNERS
HINSHAW'S MOTORCYCLE
HIS MINISTRY
HITCH-N-GO SAM'S
HOLY FAMILY YOUTH GROUP
IMAGES HAIR DESIGN
IRON WORKERS LOCAL NO. 86
ISUZU
JACKSON FOOD STORES
JIM PALMER TRUCKING
JOHN FAMILY TRUST
JRC LOGISTICS
JUNIOR JUNCTION STATION
K & H FARMS
KCHA
KEIMIG ASSOCIATES ARCHITECTS
KELLER WILLIAMS
KEMPS TRUCKING
KENT 7TH DAY ADVENTIST

KID SAVVY
KIWANIS CLUB OF AUBURN
KIWANIS CLUB OF THE VALLEY
KNIGHT TRANSPORTATION
KNIGHTS OF COLOMBUS
KUSTOM KOATS
LAKELAND COMM. ASSOC.
LAKELAND HILLS HOMEOWNERS ASSOC. INC.
LAKELAND PARENTS MEET UP
LAKOTA CHAPTER NSDAR
LAUREATE ALPHA DELTA
LEADERSHIP INSTITUTE
LE DONUT
LMI AEROSPACE
LONGHORN BBQ
LOVER'S
MACY'S WEST GIFT
MAIN STREET BARBER SHOP
MALLARD POINTE APARTMENTS
MANE TEAM SALON
MARTIN TRUCKING
MAY TRUCKING
MCKINNEY TRAILER
MERRY MAIDS
MESSIAH LUTHERAN CHURCH
MICROSOFT MATCHING GIFTS PROGRAM
MILES SAND & GRAVEL
MILTON'S FINE FOODS
MOLEN ORTHODONTICS
MOLEN SURGICAL
MORGAN COUNSELING SERVICES
MORTON & ASSOCIATES
MOSBY BROS FARMS
MOTORWEST
MOUNTAIN VIEW FIRE & RESCUE
MUCKLESHOOT CASINO
MULTICARE
MY SPOT RESTAURANT
NETWORK FOR GOOD
NORTHWEST CABINET DESIGNS, INC.
NW FAMILY CHURCH
OPTIMISTS
PALISADES @ LAKELAND HOA
PANERA BREAD
PAPPAARDELLE'S
PARAMETRIX, INC.
PEDERSON COMPANY
PEEKAY
PENNY'S SALSA
PETE LEWIS FOR MAYOR
PFG HOLDING INC.
POE CONSTRUCTION
PRIDE TRANSPORT
PRIMUS INTERNATIONAL
PUBLIC HEALTH
PURPOSE RECYCLING LLC
PYRAMID COURT #88
QUIZNOS / DELY ENTERPRISES
R & L TRUCKING AND CONST. INC.
R & R TRUCKING
RAINIER CLASSIC CHEVY CLUB
RAINIER ORGANIC BAKERY
RAINIER SURGICAL & MEDICAL
RENTON EAGLES TRAVEL CLUB
RIO VERDE ACTIVITIES COMMITTEE
RIO VERDE WOMENS CLUB
ROTTLES CLOTHING & SHOES
RPM STEEL, INC.
SAFEWAY

SAFEWAY DISTRIBUTION
SAM'S CLUB
SANTA HOUSE
SCARFF FORD ISUZU
SCHNEIDER NATIONAL
SEATTLE COLD STORAGE
SEATTLE'S BEST COFFEE
SELECT PHOTOGRAPHY
SHAG
SIDEWINDER BASEBALL
SMITH BROTHERS
SOCIAL SECURITY
SOLID GROUND WASHINGTON
SONS OF ITALY AUBURN #1955
SONS OF NORWAY VESTERDALEN
SOROPTIMISTS
SPNJ LODGE II
SPROUTERS NORTHWEST, INC.
SRT
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STAPLES
STAN JOHNSON CONSTRUCTION
STARBUCKS
STEPHANS TRANSPORT
STERLING SAVINGS
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SUPERVALU
SUSTILA
SYSCO
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TMX AEROSPACE
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US BANK
US CENSUS BUREAU
USF REDDAWAY
VALLEY BANK
VALLEY DRIVE IN
VALLEY PONTIAC GMC
VALLEY REGIONAL FIRE AUTHORITY
VERITY CREDIT UNION
VERONA N. HOMEOWNERS ASSOCIATION
VETERANS AFFAIRS
WALGREENS
WAL-MART
WASHINGTON FEDERAL SAVINGS
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WEIGHT WATCHERS
WELLS FARGO COMMUNITY SUPPORT CAMPAIGN
WESLEY RETIREMENT HOME
WEST LAW OFFICES
WHITE RIVER DISC GOLF ASSOC.
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WINCO
WINDERMERE
WOLOSHUN & CLEMENTS
YAHN & SON FUNERAL HOME
YARDLEY CHIROPRACTIC
YMCA
YOUR VOICE
ZENITH ADMINISTRATORS
ZION LUTHERAN CHURCH
ZONES, INC.

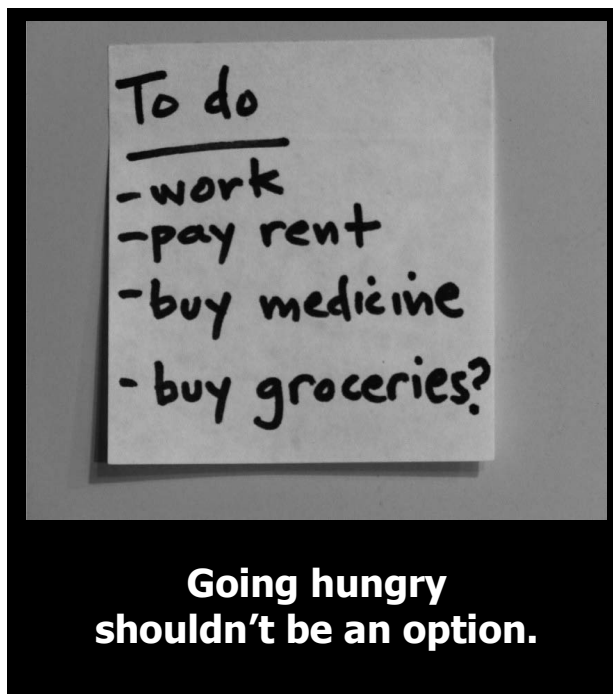


The Auburn Food Bank
930 18th Place NE
P.O. Box 464
Auburn, Washington 98071-0464

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U.S. Postage
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Return Service Requested

Dedicated to Helping People in Need by Collecting and Distributing Basic Resources



Last Quarter:

851 New Households
equaling 2373 new
individuals

4975 returning house-
holds equaling 41709
individuals

From the editor: ProVisions
welcomes your comments and
suggestions. Please send them to:

The Auburn Food Bank
P.O. Box 464
Auburn, Washington 98071-0464

253-804-5696
e-mail: debbiec@theauburnfoodbank.org

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