The Trot is going to look a little different this year, but we can still get outside on Thanksgiving morning and raise funds for our mission of bringing food and hope to our neighbors! Our Virtual Turkey Trot allows you to run, walk, or jog on your own schedule - wherever you choose. And you still get a collectible t-shirt!

Top 3 Reasons to Trot

1. Make a positive difference in your community
   We believe food is a basic human right. Make sure our neighbors have the support they need by participating in our biggest fundraiser of the year.

2. Take part in a healthy activity with friends and family
   Tired of Zoom calls? This is your chance to get outside and exercise!

3. Dress up and have fun – we all need a moment of joy!
   Don’t miss out on the 14th year of this holiday tradition.

Share the fun
Use the hashtag #SeattleTurkeyTrot on social media to connect with your community. Post your run time, pictures from your day, or other memories you want to share. As always, costumes are encouraged!

Support our mission
Consider making a fundraising team to inspire others to give. Or be a social media ambassador and help get the word out! We appreciate all the ways people contribute to make this fundraiser a success.

Visit our website for information on donating, volunteering, and more!
www.ballardfoodbank.org

Weekly updates can be found on our social media pages!
WHAT’S HAPPENING AT BFB

As we head into fall, we continue to see a skyrocketing need for services at Ballard Food Bank. Our staff and volunteers are working hard to streamline our programs to best meet the needs of our neighbors. We know that as the Covid-19 health crisis continues, we are a necessary resource for the community.

Drive-Thru Food Bank
We continue to offer our drive-thru food bank four days a week. We are making changes as we head into the colder months, including additional lighting in our parking lot and covered tents for volunteers, staff, and walk-up clients.

Home Delivery
We are delivering food to over 700 households each week. Volunteers are key to making deliveries of healthy food that fit people’s dietary needs. We recently partnered with United Way King County to help folks get food delivered through Door Dash.

Weekend Food for Kids
This fall marks the start of the school year for many. Even though it doesn’t look like how we imagined, we are still working with local schools to distribute bags of food. For many of our school partners, we will be distributing bags of food like we did in previous years. But we will also be supporting schools who are offering a meal site instead. We distributed 300 bags each week over the summer. This fall, we are expecting those numbers to increase closer to 500.

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In mid-September, we broke ground on our new home. While the celebration was covered with a layer of smoke from the fires and the weight of the COVID crisis, the importance of this moment, the critical role our new food bank and community resource hub will play in bringing our community food, services and hope was a bright spot in our organization and community’s history.

We continue to experience nearly double the number of deliveries and visits. In the 2019 calendar year, we had 39,488 food bank visits and deliveries; we anticipate 60,000 in 2020. Our community has never been more challenged by a crisis that is impacting each of us.

Which is why when we broke ground it was a moment of hope and excitement. Ballard Food Bank has a long history of serving our neighbors through the most difficult times, yet we have never had a permanent home.

Our vision for our food bank shopping market.

This new home – one of hope and belonging – will offer our neighbors a larger grocery style food bank, a café to grab a cup of soup, coffee and sandwich, a hub to connect with service providers from across our city all in one place. Double in size, it will be a one-stop shop for food and hope.

Thank you to you, our amazing community. We would not be where we are today without you. We look forward to opening our doors at 1400 NW Leary Way in Fall 2021! Please reach out to learn more about how you can be involved.

Be well,
Jen Muzia, Executive Director
jenm@ballardfoodbank.org

In August, we assisted 40 people with emergency rent and utility payments. Of those 40 clients we assisted, 9 had never received any services at Ballard Food Bank before. One day a week we are offering DOL vouchers for drivers licenses and state ID. We are also helping register our neighbors to vote, offering voter registration on select days. Our community partner United Healthcare has returned to the Hub and is connecting with clients about enhanced medical benefits though their Medicare advantage plan.

“A client’s story

“I have always been sort of successful financially ever since I got out of college. I never imagined that one day I would need help. I stumbled on Ballard Food Bank, volunteering my service while getting some free food. Never in my life have I worried about putting food on the table until then.

The food was amazing: fresh vegetables, various protein choices and fruits! I am eating better because of such amazing selection. Overall, this experience taught me about humility, compassion, kindness, and loving your neighbors and friends. It is very fulfilling knowing that we have such a compassionate program.”

- Ballard Food Bank client

Ballard Food Bank volunteer packing bags of food.