



## Northshore Nourishing Network News

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Editor: Sue Freeman

Hello, everyone, and I hope you're all enjoying this lovely seasonal sunshine.

**Thanksgiving Info:** Free community dinner Thursday November 28 at Holy Family Catholic Church in Kirkland. For the meal time and volunteer information please email [hfkthanksgiving@gmail.com](mailto:hfkthanksgiving@gmail.com) or contact Andrea Liggett in the Parish office at 425 822 0295. Donations of food items are also gratefully accepted. HFCK is also looking for someone who has a contact in the Linen industry who can help with discounted rental table cloths and napkins. Andrea is the point person for this, too.

**The Northshore YMCA** is continuing the tradition of providing gift cards and Holiday Meal Basket items to families in need in our community. For the request form and other information please contact Rodney Scott at [rscott@seattleyymca.org](mailto:rscott@seattleyymca.org)

**Kenmore Community Church** will be having a Thanksgiving meal as part of its free Community Dinners on the last Tuesday night of each month. So ... Tuesday, November 26, 2019 from 6.00 p.m. to 7.00 p.m. is the date to put on your calendar. Kenmore Community Church is located at 7504 NE Bothell Way, Kenmore, WA 98028. 425-486-7487.

**The Husky Pantry on the UW Campus:** On the Monday and Tuesday of Thanksgiving week from 9.00 a.m. – 4.30 p.m., the Husky Pantry located in the HaWRC office (Health and Wellness Resource Center ARC-120) and the Husky Food Pantry in the Diversity Center (UW1-173) will be accepting donations of non-perishable food items such as canned tuna and chicken, chicken/beef cup noodles, mac n cheese, granola bars, crackers, etc.

Toiletry items - shampoo, body wash, toothpaste, toothbrushes, floss, and feminine hygiene products - are also most welcome. Dean Wu is the contact and you can reach him at [deanawu@uw.edu](mailto:deanawu@uw.edu)

### King Co District Court Community Court

<https://kingcounty.gov/courts/district-court/Community%20Courts.aspx/dchome/users/ecooley/BlueZone>. The Community Court program, a therapeutic court aimed at helping folks with misdemeanors, is opening a new site at Shoreline City Hall in January. The resource center at each community court includes a wide array of on-site services - healthcare/insurance, education, job training, behavioral health, substance use disorder help, and more - and coordinator Ericka Cooley is looking for partners who can provide sack lunches once a week to folks when they've concluded their court hearing in Shoreline. It's estimated that 10 – 15 sack lunches will be needed initially. For more information please contact Ericka directly at [ecooley@kingcounty.gov](mailto:ecooley@kingcounty.gov)

### FRAC (Food Research and Action Center)

For all the latest FRAC news, including updates on the proposed changes to the SNAP (Supplemental Nutrition Assistance Program), to sign up for weekly e-news blasts, register for webinars etc., please to go to [www.frac.org](http://www.frac.org) And, check out the insightful blog in which five grandparents raising grandchildren share the challenges they face and how the federal nutrition programs help feed their 'grandfamilies'.

**And finally** ... don't forget our next informal get-together 10.00 – 11.00 a.m. Thursday December 12 at the Rooster Coffee and Bakery, 16507 140<sup>th</sup> St NE, Woodinville. Hope to see you there.

If there's something (up to 75 words in length) you'd like included in future newsletters, please send it to me at [suefree7@hotmail.com](mailto:suefree7@hotmail.com) by the last Friday of any month. **Thank you!**