



**Northshore Nourishing
Network News**
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Editor: Sue Freeman

Hello, everyone, and here we are again. If there's something (up to 75 words in length) you'd like included in a future newsletter, please send it to me at suefree7@hotmail.com by the last Friday of any month. This issue is focused on the local groups that are either hosting a free, sit-down community Thanksgiving meal or planning to provide ingredients for a meal for families to enjoy at home. If you know of any other events let me know and I'll get that info. to everyone asap.

Holy Family Catholic Church, Kirkland: a community Thanksgiving meal on Thursday, November 22 from noon - 4.30 p.m. To help, to donate, or for more information please email hfkthanksgiving@gmail.com or contact Andrea Liggett in the Parish office at 425 822 0295.

Kenmore Community Church: The Tuesday (November 27) after Thanksgiving there's a free community sit-down dinner from 6.00 – 7.00 p.m. To donate food contact Chef Anne Marie Schukar at 425 210 7463 or chef@chefannemarie.com Chef Anne Marie is also the contact if you'd like to help serve the meal.

Cedar Park Northshore Church will be providing free turkeys plus the usual veggies and side dishes for Thanksgiving. Donations of the following items would be most appreciated: turkeys; instant mashed potatoes; stuffing; canned veggies; jello; canned fruit, canned yams; canned black olives; gravy (cans or jars); cranberry sauce. For information about quantities and drop off details please contact Jenni at Jenni.j@cedarpark.org for details.

The Northshore YMCA is providing free gift cards and holiday meal basket items to underserved families in our community. For details on how to sponsor a basket, or for a meal basket request form, please contact Rodney Scott at rscott@seattleyymca.org

UWB Husky Pantry: the two pantries on the UWB (University of Washington Bothell) campus are helping students in residence make ends meet year-round. Donations of the following items are always welcome: canned tuna; canned chicken; instant Ramen; canned beans (garbanzo, pinto, etc); canned veggies (corn, mixed veg); spaghetti; pasta sauce; granola bars; fruit snacks; crackers; rice; instant rice; toiletries (feminine hygiene products, toilet paper). For drop off information, Rene Galindo, Resident Director, Residential Life at rgalindo@uw.edu is the contact. A Thanksgiving meal is planned, but no details are available as yet.

Not a meal but an event of interest: **The Kirkland Interfaith Network (KIN)** is hosting an Alternative Giving Fair on Saturday November 3 from 10.00 a.m. – 4.00 p.m., Peter Kirkland Community Center (Kirkland Senior Center) 352 Kirkland Avenue, Kirkland. Several nonprofits will have a selection of holiday themed cards, plus you'll find hand-crafted and fair-trade gifts from Ten Thousand Villages.

NUHSA: the health and well-being of everyone in our community is a value we all share! If you'd like to add your voice by becoming a member (as an organization or as an individual) of NUHSA, check out www.NUHSA.org for information.

**Thank you for all you do to make our
community a healthier place!**