

# Washington Food Coalition Annual Conference

## Event Schedule

Wed, Sep 27, 2023

10:00 AM

### WFC Board of Directors meeting Room B

🕒 10:00 AM - 12:30 PM, Sep 27

The WFC Board will meet from 10 a.m. to 12:30 in Room B. A virtual Zoom option is available for board members.

12:00 PM

### Conference Registration Opens in Lobby 2

🕒 12:00 PM - 5:00 PM, Sep 27

Please check-in at the Registration table in the Rotunda at main entrance of the Conference Center. Don't forget to load the [Whova App](#).

Visit our exhibitors throughout the day on Thursday and Friday.

1:30 PM

### Conference Tours

🕒 1:30 PM - 4:00 PM, Sep 27

📍 Meet in the lobby by the registration table.

Join one of our conference attendees favorite activity! Pick one tour to go on and carpool with colleagues or new friends!

We are offering several tours for the 2023 WFC Conference:

1. Tour of the Northwest Harvest Warehouse and Pantry and one local pantry.
2. Brewery and Distillery Tour
3. Packing Plant and Visitor's Center
4. Winery Tour

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#### 4 Subsessions

#### ● Northwest Harvest Distribution Center and Fruitvale Market Tour

🕒 1:30 PM - 4:00 PM, Sep 27

📍 Meet in the lobby by the registration table at 1:30 for tour that begins at 2 p.m.

#### ● Single Hill Brewery & Sunrise Outreach Center (SOC) food bank

🕒 1:30 PM - 4:00 PM, Sep 27

#### ● Winery Tour - TBD

🕒 1:30 PM - 4:00 PM, Sep 27

#### ● Washington Fruit Processing Plant and Tree Top Visitor Center & Gift Shop

🕒 1:30 PM - 4:00 PM, Sep 27

📍 Meet in the lobby by the registration table at 1:30 for tour that begins at 2 p.m.

6:00 PM

### WELCOME RECEPTION - Sponsored by

🕒 6:00 PM - 8:30 PM, Sep 27

📍 Outdoor Plaza

Join us for our Welcome Reception, Wednesday evening at 6 p.m. The reception will be held in the Outdoor Plaza, right outside the main entrance of the conference center. Heavy appetizers, plus cash bar. Meet other attendees, WFC Board members, and make new connections!

**Thu, Sep 28, 2023**

8:00 AM

**Registration Opens**

🕒 8:00 AM - 4:00 PM, Sep 28

📍 Lobby 2

The registration desk will be open all day so you may register, pick up your packet, ask questions, or get your name tag. Someone will always be there to assist you.

**BREAKFAST Welcome & Announcements Sponsored by the Dairy Products Commission**

🕒 8:00 AM - 10:30 AM, Sep 28

📍 Ballroom C

Join us for breakfast and hear from our Presenting Sponsor - The American Heart Association.

9:00 AM

**Morning Keynote: Pamela Oaks Taking the World by Storm! - Tales of Superheroes and Nonprofit Leaders**

🕒 9:00 AM - 10:00 AM, Sep 28

📍 In Ballroom C

10:15 AM

**Tools for Our Trade**

🕒 10:15 AM - 11:45 AM, Sep 28

In this hands-on session our presenters will share and present some innovative tools, apps and resources that can make running your food program easier and more efficient. These are real life ideas that have proven to work. No theory here. Just the info and tips that will make your job of helping people get food much easier and more effective. This year this session will focus on the following:

- Wix (and SquareSpace)
- Canva
- Time Clock
- Volgistics

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👤 **Speakers**



**Alan Hamilton**

CEO  
Clark County Food Bank



**Stephanie Haag**

Operations Manager  
Hope Source

**Keynote follow up: MIND THE GAP: Bridging the ‘Resiliency’ and ‘Capacity Building’ Divide Pam Oaks**

🕒 10:15 AM - 11:45 AM, Sep 28

📍 TBD

Each year, multiple-billions of dollars are dispersed to nonprofits by trusts, foundations and the US government, specifically earmarked for under-served communities of color, to fund business, housing, educational and other human service needs. All this begs the question, "If billions of dollars are flowing through communities of color to help communities of color, then why don't more nonprofits led by people of color have more power and control over those billions or at the very least a say in how, when, where, why and on what those billions get spent?"

This powerful workshop will explore what it really means for nonprofits to be diverse, equitable AND inclusive, examine what it really means for organizations to be "community-centric", and provide powerful insights into the best and the worst of "capacity building" programs.

### **Agricultural Session Moderated by David Bobanick**

🕒 10:15 AM - 11:45 AM, Sep 28

📍 TBD

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#### **🗣️ Speaker**



**David Bobanick**

Director  
Harvest Against Hunger

### **Safety & Health Tools for Staff and Volunteers**

🕒 10:15 AM - 11:45 AM, Sep 28

📍 TBA

You are critical to keeping your staff and volunteers safe and healthy. The good news is that you don't have to do this on your own. Washington Food Coalition has partnered with State of Washington Department of Labor & Industries Safety & Health Investment Project to produce the Nonprofit Safety Hero set of videos and tools to help.

We will start by sharing the suite of safety and health tools we have created to help you train your staff and volunteers. This includes:

- Nonprofit Safety Hero guides and videos, covering these topics: Safety Leadership, Food Safety, Ergonomics, Tools & Equipment, and Safe Buildings.
- Safe Volunteer guide (new!), which covers L&I law related to volunteers
- APPApp, the Accident Prevention Program (APP) "document generator" to shorten the time it takes for you to create the required APP

We will then roll up our sleeves and strategize on how you might strengthen your safety and health practice. This session will be interactive, so bring your pencils and stories. Our goal is that you leave with a plan for how you will use the information and tools shared with you.

This session builds on the safety and health webinars WFC has held over the past few years, though prior knowledge on safety and health is not required.

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#### **🗣️ Speaker**



**Nancy Bacon**

SHIP Safety & Health Investment Projects

### **DIY HR for Non-Profit Leaders**

🕒 10:15 AM - 11:45 AM, Sep 28

📍 TBA

Hey there, Changemakers!

Are you tired of juggling your roles as both a visionary leader AND an HR manager at your nonprofit? Ever feel like you need an extra set of hands—or three—to manage your team while also making the world a better place? Then we've got the perfect remedy for you!

Join us for our unmissable "DIY HR for Nonprofit Leaders" workshop, where you'll get the low-down on all things Human Resources, minus the jargon and snooze-fest.

#### Who's It For?

- Nonprofit leaders and managers who wear multiple hats (because let's face it, we all do)
- Anyone who's suddenly found themselves in the "Oops, I'm also the HR person?" situation
- Small to medium nonprofit teams that can't yet afford a full-time HR person but are feeling the growing pains

#### What You'll Get:

Here's a quick peek at what you'll walk away with:

- **HR Tools:** Learn the essential forms, templates, and checklists you'll need to get your HR function up and running.
- **Recruitment Know-How:** Master the art of finding, interviewing, and onboarding the ideal team members who align with your mission.
- **Culture Crafting:** Learn how to create an inclusive, motivating, and super-productive work environment.
- **Performance & Feedback:** Uncover the secrets of annual reviews, feedback loops, and how to deal with challenging personnel issues without breaking into a sweat.
- **Professional Development:** Set up simple but effective growth and development plans for your team without breaking the bank.
- **Tech Tips:** A round-up of the best HR software and tools that are budget-friendly and nonprofit-compatible.
- **Legal 101:** What you absolutely MUST know about labor laws, benefits, and compliance to keep your nonprofit in the clear.

#### Bonus Takeaways

- A sense of empowerment, confidence, and - maybe - a newfound love for HR (who knew it was possible??)
- A secret handout of "HR Hacks for Busy Leaders"—it's gold, we promise

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Don't miss out on this chance to turn yourself into an HR whiz, all while keeping your eye on your mission's prize. Trust us, your future (less-stressed) self will thank you!

See you there!

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#### 🗣️ Speaker



#### Rebecca Weaver

CEO  
HRuprise

12:00 PM

#### LUNCH - Sponsored by The Weigelt Company

🕒 12:00 PM - 1:00 PM, Sep 28

1:15 PM

#### Build a Powerhouse Board - Nancy Bacon

🕒 1:15 PM - 2:45 PM, Sep 28

📍 TBA

Your board has tremendous potential power. It can move your mission forward with focus and intention if it is set up for success. Too often boards don't tap into their full power because their members don't know the job, aren't prepared to do the job, or aren't effectively supported. Whether you are a board member or Executive Director, you can take a few steps to ensure that your board taps into their full power, making you more effective and your mission more impactful.

Through this interactive conversation, board educator Nancy Bacon will share three areas where boards can focus their energy for maximize impact. She will be drawing from her popular course, *Powerhouse Boards* (available in an on-demand version at [www.nonprofitlearning.center](http://www.nonprofitlearning.center)). Come ready with your biggest challenges and ideas that have made a difference.

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👤 **Speaker**



**Nancy Bacon**

SHIP Safety & Health Investment Projects

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**WSDA Session**

🕒 1:15 PM - 2:45 PM, Sep 28

Stayed tuned for more info!

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👤 **Speaker**



**James Scovel**

WSDA Food Assistance

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**Client Choice Models**

🕒 1:15 PM - 2:45 PM, Sep 28

📍 TBA

Come learn about and see great examples for Client Choice models from rural and urban pantries, large and small. Also, a great mobile market.

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👤 **Speakers**



**Rachel Bishop**

Food Programs Manager  
Upper Valley MEND



**Jennifer Muzia**

Executive Director  
Ballard Food Bank



**Angel Swanson**

Director  
Feeding Feasible Feasts

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👤 **Moderator**



**Sarah Hill**

Director  
LemonAid Pantry

## Food Safety Tenets, Tips, & Tools - Susan Shelton

🕒 1:15 PM - 2:45 PM, Sep 28

We're all here to serve our communities safe food. Today's session will discuss the causes of foodborne illness, review Food Code requirements such as date marking, share useful food safety resources for donated foods, and help you meet your food safety priorities in your organization. We'll discuss the best ways to keep the germs from spreading and the food safe while also helping to answer your food safety questions that keep you up at night.

### 🗣️ Speaker



**Susan Shelton**

Food Safety Program Public Health Advisor  
Washington State Department of Health

## Community Centered Fundraising

🕒 1:15 PM - 2:45 PM, Sep 28

📍 TBA

3:00 PM

## Broadening Our Communities

🕒 3:00 PM - 4:30 PM, Sep 28

📍 TBA

### 🗣️ Speakers



**Elsa Young**

Food Security Impact Manager  
United Way of King County



**Amir Soukin**

Co-leader, Food Justice Collaborative  
East African Community Services & Food Justice Collaborative



**Yamila Sterling**

Food System Support Program Manager  
Food System Support Solid Ground



**Joy Hollingsworth**

Food Access Network Specialist: Western WA  
Northwest Harvest

### 🗣️ Moderator



**Barb Shimizu**

Director  
South King County Food Coalition

## Compliance for Nonprofits Receiving Public Funds with Nancy Bacon

🕒 3:00 PM - 4:30 PM, Sep 28

📍 TBD

Most food banks and emergency food providers receive government support. You may get money or in-kind goods from a public source: city, county, state, or federal governments. In some cases, you may get federal support indirectly through a more local level of government.

Nonprofits receive public funding or in-kind goods are required to maintain a level of compliance that ensures accuracy and transparency in how that support is used.

This session is designed to set you up for success when it comes to public support. We will cover:

- State nonprofit compliance
- Federal nonprofit compliance
- Public funding compliance (state and federal)

We will share some case studies to help you see how these rules work in practice.

This session will provide a high-level overview of what you need to know. You will have a better understanding of what questions to ask your WSDA Specialist.

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#### Speaker



**Nancy Bacon**

SHIP Safety & Health Investment Projects

## **Excel Basics – Expanding Your Comfort with Excel in a Food Bank Setting**

🕒 3:00 PM - 4:30 PM, Sep 28

From formatting, formulas, and pivot tables to best practices in data management, expand and refresh your Excel knowledge. If you have used Excel before, but don't feel confident in how to make a simple budget or how to format cells, this might be a great training for you! If you already know what a Pivot Table is, you might skip this session! **Bring your own experience to share and a tablet or laptop with Excel installed for a hands-on experience.** If you can't bring a computer with Excel, you will be paired with someone who does during the training. In this session you will learn and practice using at least 5 Excel skills to leave with increased confidence in your ability to use Excel to enhance and make your work easier.

### **Training Goals**

**Feel:** Increased confidence in ability to use Excel to enhance and make their work easier

**Do:** Practice at least 5 new skills in Excel that will be useful to their work.

**Learn:** Learn at least 5 basic Excel skills to enhance the work you do.

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#### Speaker



**Heather Crandal**

Volunteer Manager  
White Center Food Bank

## **Supporting Wellness in Pantries**

🕒 3:00 PM - 4:30 PM, Sep 28

👤 Speakers



**Dana Cordy**  
Nutrition Consultant  
WFC Nutrition Education



**Rachel Bishop**  
Food Programs Manager  
Upper Valley MEND



**Jeremy Yonaka**  
Food Distribution Center Coordinator  
Chelan Douglas Community Action Council



**Jody Stoltz**  
Excusive Director  
Tenino Community Service Center

6:00 PM

**DINNER - Sponsored by the South King County Food Coalition**

🕒 6:00 PM - 8:30 PM, Sep 28

📍 Baptist Event Center, 515 E Yakima Ave, Yakima, WA 98901

Let's get out of the Conference Center and go for a walk down the street to the Baptist Event Center. Menu includes Meat or Vegetarian Lasagna, Gluten Free too, plus Lemon Chicken, salads, fruit, roll and dessert! Plus beer and wine!

\$12 for dinner. If you didn't include the dinner during registration, please see the front desk.

**Fri, Sep 29, 2023**

8:30 AM

**BREAKFAST - Sponsored by Cascadia Produce**

🕒 8:30 AM - 9:45 AM, Sep 29

10:00 AM

**YOGA CLASS by Karissa Brandhagen**

🕒 10:00 AM - 11:15 AM, Sep 29

Where are you most comfortable at? The floor? A chair? Standing? Great! We will start there. How are you feeling? Overwhelmed? Burnt Out? Stressed? Let's start there and reset!

We will open practice by exploring our breath as a regulation tool, effortlessly moving through a grounding IREST somatic meditation, gently flowing through a series of cross midline movements & tension busting stretches, closing with a restorative guided meditation. During this class we will play with various embodied practices designed to reduce symptoms of stress and activate the parasympathetic nervous system & vagus nerve. This class is appropriate for all ages, abilities, & practice experience. If you can breathe, you can successfully participate. I cannot wait to connect!

👤 Speaker



**Karissa Brandhagen**  
Renu Hot Yoga Studio Yakima

**Volunteer Nuts and Bolts**

🕒 10:00 AM - 11:15 AM, Sep 29

📍 TBA



Join us for an interactive discussion about the ins-and-outs of stewarding your volunteer force: Recruitment, retention, training materials, fostering teamwork, handling conflict, sharing successes and struggles, and learning from one another's experiences.

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#### 🗨️ Speakers



**Lara Monroe**  
Washington Food Coalition



**Stephanie Haag**  
Operations Manager  
Hope Source

### Lead to Include, Inspire, and Achieve Results

🕒 10:00 AM - 11:15 AM, Sep 29

📍 TBA

Melanie Montgomery

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#### 🗨️ Speaker



**Melanie Montgomery**  
Chief Operating Officer  
Shandel Group

### Advocacy

🕒 10:00 AM - 11:15 AM, Sep 29

📍 TBA

Hear from Claire Lane, AHNC and Jake Garcia, Northwest Harvest on federal and state issues. What is going on with the Farm Bill, what can we expect next state legislative session and victories from last year. Get involved with the WFC's Advocacy committee!

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#### 🗨️ Speakers



**Jake Garcia**  
Public Policy Manager  
Northwest Harvest



**Claire Lane**  
Director  
Anti-Hunger & Nutrition Coalition

### Movie - Raising the Floor

🕒 10:00 AM - 11:15 AM, Sep 29

📍 TBD

*RAISING THE FLOOR* is the moving narrative of a majority Latinx community coming together to feed neighbors and strangers during an unprecedented public health crisis. It is the inspiring story of a group of local leaders whose sense of helplessness and concern led to bold policy innovation. The research findings from the Chelsea pilot offer lessons that resonate beyond one Massachusetts city and make a compelling case for reconsidering public policies around poverty and inequality in post-pandemic America.



<https://www.raisingthefloorfilm.com/>

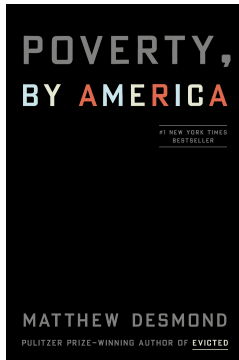
11:30 AM

### BOOK CLUB - Poverty, By America

🕒 11:30 AM - 12:45 PM, Sep 29

📍 TBD

Come join the discussion of our Book Club's book, *Poverty, By America* written by Matthew Desmond. This session will be facilitated by Stephanie Haag. Get your book on Amazon or your favorite book store for under \$20.



*ONE OF THE MOST ANTICIPATED BOOKS OF 2023: The Washington Post, Time, Esquire, Newsweek, Minneapolis Star Tribune, Elle, Salon, Lit Hub, Kirkus Reviews*

*The United States, the richest country on earth, has more poverty than any other advanced democracy. Why? Why does this land of plenty allow one in every eight of its children to go without basic necessities, permit scores of its citizens to live and die on the streets, and authorize its corporations to pay poverty wages?*

*In this landmark book, acclaimed sociologist Matthew Desmond draws on history, research, and original reporting to show how affluent Americans knowingly and unknowingly keep poor people poor. Those of us who are financially secure exploit the poor, driving down their wages while forcing them to overpay for housing and access to cash and credit. We prioritize the subsidization of our wealth over the alleviation of poverty, designing a welfare state that gives the most to those who need the least. And we stockpile opportunity in exclusive communities, creating zones of concentrated riches alongside those of concentrated despair. Some lives are made small so that others may grow.*

*Elegantly written and fiercely argued, this compassionate book gives us new ways of thinking about a morally urgent problem. It also helps us imagine solutions. Desmond builds a startlingly original and ambitious case for ending poverty. He calls on us all to become poverty abolitionists, engaged in a politics of collective belonging to usher in a new age of shared prosperity and, at last, true freedom.*

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🗨 Moderator



**Stephanie Haag**  
Operations Manager  
Hope Source

### Where's the Food? What's next?

🕒 11:30 AM - 12:45 PM, Sep 29

📍 TBA

Have you been wondering where all the food is? Why can't I find products for my program? What's with these current supply chain challenges? Come learn what's going on from food procurement experts: James Scovel, WSDA, Gary Newt with NWH and Casey Crane with Food Lifeline, to hear what they are doing to procure more food and what to expect from TEFAP this year.

### 🔊 Speakers



**James Scovel**  
WSDA Food Assistance



**Gary Newt**  
Director of Sourcing & Procurement  
Northwest Harvest



**Casey Crane**  
Director of Food Resources & Volunteer Production  
Food Lifeline

## Wage Equity

🕒 11:30 AM - 12:45 PM, Sep 29

📍 TBA

### 🔊 Speakers



**Jennifer Muzia**  
Executive Director  
Ballard Food Bank



**Jason Austin**  
Director of Organizing  
Seattle Human Services Coalition

## Adding Racial Equity to your Program's DNA

🕒 11:30 AM - 12:45 PM, Sep 29

Lots of leaders want to make their programs equitable and more inclusive, but where do we start? Once we've started, how do we do more? Join Josh Martinez of Future Emergent to learn about the impacts of systemic racism on food banking and the need for racial equity-based practices at food banks. Learn how to create a culture of inclusion at your agency and replace outdated systems with better ones.

### 🔊 Speaker



**Josh Martinez**  
CEO  
Future Emergent

## Healthcare Collaborative -The Next Big Thing in Healthcare Partnerships

🕒 11:30 AM - 12:45 PM, Sep 29

Hunger relief organizations can learn about the new ability, in some states, to [tap Medicaid money as reimbursement](#) for nutrition services.

The Centers for Medicare and Medicaid Services has [decreed](#) that by 2024, all hospitals and clinics in federal payment programs must *screen their patients for social determinants of health, including food insecurity*. This new legislative mandate is having an immediate impact on food bank partnerships with healthcare organizations.

Hear from our partners and supporters, Unite Us, United Healthcare and Humana about what is happening in Washington State and how your program can benefit.

🗣️ Speakers



**Scotty Yeung**  
Director of Sales Strategy  
Unite Us



**Brian Fowler**  
Humana

12:45 PM

**LUNCH & CLOSING -**

🕒 12:45 PM - 1:45 PM, Sep 29

📍 Ballroom C

Join us for lunch as we wrap things up and send you on your way back home. District basket giveaways, pick up your Silent Auction items and safe travels.