

Food first

Working to End Hunger and Transform the Health of Santa Barbara County Through Good Nutrition



Spring 2012

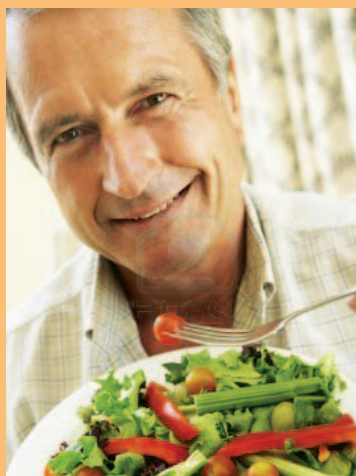


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During the months of March and April, all donations made to the Foodbank will help us earn a portion of a national \$1 million gift from the Feinstein Foundation.
The more you give, the more we can feed those in need.
www.foodbanksbc.org



More than 1,500 seniors receive nutritious food through our Brown Bag Program



They want to thank you for making this possible...

Happy Birthday! This year marks our 30th anniversary of incorporation as a non-profit launched to source, safely store and distribute food in Santa Barbara County. Since then we have distributed well over 100 million pounds of food to those in need, both through our network of 290 local agencies and programs, and through our own direct programs.

We celebrate the incredible commitment and contribution of the community in coming together to support us and to meet this challenge, of working to ensure that no one in our county needs to go to bed hungry or malnourished. We have gone from a small distribution to an organization that is now providing more than 11 million pounds of food a year throughout the county. The need now is even greater than when the organization began in the early 80's. Recent years of recession and underemployment has taken a toll on many people's nutritional health. The sources of food available to us from out of state have dropped significantly.

Yet in this 30th year, we are not only looking back or concerning ourselves with the challenges of the moment. We want to look forward 30 years, to what kind of community we all want to create around food. How will we make our county food secure, with adequate nutritious food for all? We have some great ideas, but we would like to hear from you too. In the next couple of months we will be undertaking a countywide visioning process to see what role your food bank can play in making a hunger-free and healthy Santa Barbara County. You can get involved right now by dropping me an e-mail or calling me with your ideas, feedback and support.

We can achieve some amazing things together.

Sincerely,

Erik Talkin
Chief Executive Officer
ETalkin@foodbanksbc.org
(805) 967-5741 ext. 100



Food Literacy in Preschool (FLIP)

In February, the Foodbank launched a much anticipated pilot program, Food Literacy in Preschool (FLIP). With the goal to increase preschoolers' exposure and consumption of different fruits and vegetables, FLIP has a creative age-and pallet-appropriate lesson that introduces a new fruit or vegetable to preschoolers each month. A trained volunteer reads a fun storybook to participating children about the special ingredient, they then get to feel, taste and smell the ingredient. At the end of the lesson, each student gets to take home a recipe with the special ingredient to share with the rest of the family.



Your Nutrition

In summer and fall, fresh produce is abundant but during the cooler months, there are fewer seasonally available choices. Enter kale and other dark, leafy greens that thrive in winter weather. Not only is kale available in December and January, it's also a nutritional powerhouse with high concentrations of the antioxidant vitamins A, C and K. Kale is also an excellent source of sulphur-containing bioactive phytonutrients when consumed raw as found in the Kid's Farmers Market Incredible Hulk Shake recipe.

Prep time: 5 minutes; Serving size: 1 cup;
Servings per recipe: 5; Tastes: 10

Ingredients

- 1 cup frozen unsweetened pineapple chunks
- 1 ½ cups 100% pineapple juice
- ½ cup low-fat vanilla yogurt
- 3 cups firmly-packed fresh curly kale

Directions

1. Measure out 1 cup frozen pineapple
2. Measure out 1 ½ cup 100% pineapple juice
3. Measure out ½ cup non-fat vanilla yogurt
4. Tear 5 leaves of kale into small pieces
5. Remove any large ribs and discard
6. Measure out 3 cups firmly-packed fresh curly kale
7. Puree in blender until smooth with no visible leaves and bright green in color



Healthy Families

At seven sites countywide, serving families with school children in local schools, Healthy School Pantry is a strategic change in the Foodbank's approach to distributing food and improving the nutritional health of low-income families. Focusing our partnerships with ten schools with high free & reduced rates, through this monthly program, the Foodbank distributes staple food items and fresh produce to more than 1,200 families countywide (most sites are at schools, but some are at community centers, serving multiple schools). But what makes this program special is that at each distribution we have a professional food demonstration and tasting, put on in partnership with The Orfalea Family Foundation, with the food the families take home. They also get simple, bi-lingual recipes encouraging them to prepare family meals at home with the food they picked up.

We also invite partner health organizations to partake and reach out to families about various services and health screenings. In addition, the Foodbank does CalFresh outreach and recruits parents to become volunteers and community leaders in their communities through these distributions. And there is always fun physical exercise and games to keep families moving.

Healthy School Pantry is the latest example of how the Foodbank is laying a strong foundation for health in underserved areas of our community. Without your support, effective programs like this could not be possible.



Dr. Serena Fuller conducts a food demonstration at our La Cumbre Jr. High School Healthy School Pantry site.

Foundation Spotlight

As we celebrate our 30th anniversary, we honor the Wood-Claeysens Foundation for their 9 years of steadfast support.

The Wood-Claeysens Foundation has donated over \$1 million cumulatively since 1993. Each year, they make a generous donation of top-quality meat (steer, pig, lamb, turkey and chicken) from the Santa Maria Fair. Their support extends beyond providing essential product to our member agency network, to our countywide Brown Bag Program, Santa Barbara Empty Bowls and general operations.

On behalf of those we serve, thank you for investing in the health of our county.

Corporate Partner Spotlight

In 2011, the Foodbank expanded its Kid's Farmers Market Program to 18 sites through the generous support of Pacific Gas & Electric Company and Yardi Systems.

"We're proud to partner with the Foodbank of Santa Barbara County on the Kid's Farmers Market Program, which aligns with PG&E's value of investing in education and the overall health of our customers. This partnership will give the leaders of tomorrow critical knowledge about the healthy foods that will nourish them and ultimately provide them with the energy to keep our communities vibrant and thriving," shared Patricia Wilmore, Local Area Manager of Governmental Relations.

A long-time supporter of the Foodbank's BackPack Program, Yardi Systems considers itself an integral part of the communities in which it operates and, by extension, the larger global community. As such, they believe it is vitally important to contribute to the health and well-being of those communities, whether



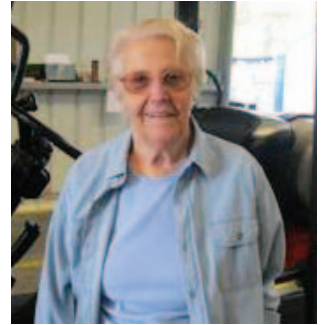
by volunteering time and energy to worthwhile causes or providing financial support to advance humanitarian goals.

Kory Raftery, External Communications Representative for Pacific Gas & Electric Company, volunteered at a Kid's Farmers Market Program site in Santa Maria.

Volunteer Spotlight

"When I first started at the Foodbank, there was only a small refrigerator and freezer to store perishable items,"

recalls Edith Oakeson, a veteran volunteer at the Foodbank. Edith, formerly a school bus driver, began doing routine grocery store pickups 20 years ago. She now volunteers in our sorting facility every week.



Edith Oakeson

Through her tireless hours of service, the Foodbank has increased its capacity to store and distribute nutritious foods. "I feel like I own the place," says Edith. It's true.

We are forever grateful for Edith's time and commitment to our cause and the community.

Agency Spotlight

The Santa Maria Boys & Girls Club distributes over 26,000 pounds of fresh produce from the Foodbank each year. Their club has 4,000 members with an additional 12,000 kids benefiting from Club outreach programs. Their outreach includes a Kid's Farmers Market Program site.



Anna Libbon and Ed Galarza from the Santa Maria Boys & Girls Club work with Foodbank staff member Cynthia Youngern to select nutritious food for their program.

SAVE THE DATE

Canstruction - February 8 - 16
Santa Ynez Marriott, Buellton

Lompoc Empty Bowls - March 28
Veteran's Memorial Building, Lompoc

Town Hall Meetings - March
Share your ideas and feedback about the next 30 years of food banking

Spring Food & Funds Drive - April 16 - 30

Taste of the Nation - May 20
Montecito Country Club, Montecito

California Wine Festival - July 19 - 21
Chase Palm Park, Santa Barbara

Santa Barbara Triathlon - August 24 - 26

Visit our website for more information about these events and our 30th anniversary.

Your Vote Mattered

The Foodbank has been selected by Montecito Bank & Trust and the community to be beneficiary of the 2012 Santa Barbara Triathlon. Montecito Bank & Trust's President and CEO Janet A. Garufis stated: "We are so proud to announce that the Foodbank of Santa Barbara has been named the official beneficiary of the 2012 Santa Barbara Triathlon. We were completely overwhelmed by the community support and votes that came in for all 9 of the nonprofits, but in the end the Foodbank's persistence and hard work led them to receive an impressive 30% of the votes. Montecito Bank & Trust actively supports the critical work of the Foodbank."

The triathlon aligns with our new approach of ending hunger by replacing it with health and ensuring that exercise is seen as a vital complement to good nutrition in our programs. To register for the triathlon and support the Foodbank, visit www.santabarbaratriathlon.com.



All-Agency Conference

On October 4th, 2011, the Foodbank hosted its Inaugural All-Agency Conference at the Hotel Corque in Solvang. We were joined by 170 representatives from our countywide network of 290 nonprofits and programs.

The conference included presentations from Debbie Fabriquier and Mitzi Baum from Feeding America, the national network of food banks, and Erik Talkin, Amy Lopez, Robin Coutu, and Dr. Serena Fuller from the Foodbank. Important breakout sessions covered everything from nutrition and food safety to volunteer management and CalFresh (food stamps) outreach. We presented information about food literacy and nutrition and how it is vital to our mission to transform the health of our county. "I really appreciate all this new information. I thought Foodbank was just a warehouse where we received our products. Thanks for taking us into consideration," commented a grateful member agency representative.

Together, we are transforming the health of our communities.



Support the **Foodbank of Santa Barbara County**
and you support 290 local nonprofits.

www.foodbanksbc.org

Santa Barbara Facility
4554 Hollister Avenue
Santa Barbara, CA 93110
T: (805) 967-5741
F: (805) 683-4951

Santa Maria Facility
490 W. Foster Road
Santa Maria, CA 93455
T: (805) 937-3422
F: (805) 937-8750

Education & Administration
Center
1525 State St., Ste. 100
Santa Barbara, CA 93101
T: (805) 967-5741
F: (805) 683-4951

