

Food first

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



Winter 2013



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Do you have extra fruit trees or vegetables growing in your backyard? The Foodbank gladly accepts produce donations. For more information about having the Foodbank harvest large sites, contact backyardbounty@foodbanksbc.org

Setting the Stage for 2013

As an organization, we have now officially moved from being 30, with all the attendant celebrations and acknowledgments, to being "thirty-something." We realize that we have to move beyond the short-term considerations of youth to ensuring that in the next 30 years we are able to achieve our goals of ending hunger and transforming the health of Santa Barbara County through good nutrition. When we invite you to our 60th celebration in 2042, we firmly believe that we will be able to report that we have achieved this goal and are focused on maintaining it.

This is not pie in the sky; it simply requires us to maintain the course that we have already set out on over the last couple of years:

- To leverage our food to draw people into national award-winning programs that will improve their food literacy and long-term capacity to look after their own nutritional needs in lean times or good times.
- To expand our capacity to build our food self-sufficiency at the County level, so that we are able to build the health of our population utilizing some of the wonderful produce that is grown here, rather than watching where 99% of all the produce we grow is shipped out of the county, and virtually everything we eat is trucked in from elsewhere.
- To serve as a supporter, catalyst for change, and educator with our network of 300 member nonprofit agencies and programs in the County. So that their focus includes nutrition education, food literacy skills and programs that will help people move forward in the long-term as well as help meet their short-term needs.
- Not a single hungry child, family or senior in our county. This is the most important thing and we will achieve it.

Sometimes we can get a sense of overwhelm for the need for our services, but we are confident that 2013 will be a key year when Santa Barbara County moves another step forward to lasting food security. When we do, it will be as a direct result of the amazing things that can happen when a community puts its mind to achieving a goal. We thank you for the wonderful support you have given us in the past, and we look forward to continuing and deepening that relationship. It is what makes so much possible.

Thank you,

A thank you note from a Healthy School Pantry Program participant.

Erik Talkin
Chief Executive Officer
etalkin@foodbanksbc.org
www.foodbanksbc.org
(805) 967-5741 x 100

Foodbank thank you for all
the fruit and vegetables you provide
for my family.
Ayslin 10

P.S. Check out foodsecuritychallenge.wordpress.com to learn about my month-long Food Security Challenge.

Your Nutrition

White beans, also known as white navy beans, offer extraordinary health benefits. They are loaded with antioxidants and provide a good supply of detoxifying molybdenum, fiber and protein, and rank low on the glycemic index. They produce alpha-amylase inhibitors, which help regulate fat storage in the body. What's more, white beans deliver a good supply of magnesium, a mineral with multiple health benefits.

White Bean & Kale Soup

Ingredients

- 1 lb dried Romano white beans
- 2 tablespoons canola or olive oil
- 2 medium yellow onions, diced
- 4 garlic cloves, chopped
- 2 teaspoons salt
- 1 teaspoon black pepper
- 2 bay leaves
- 1 teaspoon dried thyme
- 1 lb smoked turkey sausage, sliced
- 6 carrots, peeled and sliced
- 1 lb kale

Directions

Sort the beans to remove any unwanted debris. Rinse and cover beans with water by 2 inches in a pot and bring to boil. Remove from heat and let stand, uncovered for 1 hour. Drain and set aside. In a large soup pot, heat the oil over medium-low heat then add the onions and cook until softened, or about 6 minutes. Add the garlic and cook until fragrant, or about 1 minute. Add the beans, salt, pepper, bay leaves, thyme, and 2 quarts water and gently simmer for 40 minutes. Meanwhile, brown sausage in a skillet and set aside. Once beans are soft, stir in carrots and simmer for 5 minutes. While carrots are cooking, coarsely chop the kale, removing any thick stems and the center rib. Add the kale and simmer for 12 to 15 minutes. Add the sausage and season with salt and pepper to taste. Makes 6 servings.

Pink & Dude Chefs Program

The Foodbank is now in its second year of running Pink & Dude Chefs, an afterschool culinary education course for low-income middle school students aged 11 to 14. Created in 2008, Pink & Dude Chefs has become one of Cal Poly STRIDE's most popular community programs. During each 12-week afterschool program, students learn about nutrition and the basics of kitchen safety and complete the course knowing how to prepare nutritious snacks and meals for themselves and their families. At the end of the course, parents and community members are invited to attend a final feast, allowing students to show off their impressive cooking skills. If you are interested in volunteering for this great program, please contact Melissa Howard at mhoward@foodbanksbc.org or (805) 967-5741 x112.

Pictured: Yaned Trenado, age 13, grade 8 at Carpinteria Middle School. Yaned has big plans for her future, as she wants a career in medicine or nutrition and shared why she wanted to join Pink and Dude Chefs: "I thought this would help me learn how to cook different things. Even though we use healthy stuff it still tastes good, which is my favorite part about the program."



CalFresh: Providing Healthy Food For Working Families



Working families throughout Santa Barbara County make up a significant percent of those eligible for CalFresh (food stamps). While losing a job may precipitate a crisis in food security, in our communities the high cost of housing, transportation and other factors needed to stay employed can leave families unable to afford enough food. It is a sobering statistic that in Santa Barbara County a family of four with household income of \$63,700 or an individual making \$44,600 is defined by HUD as Low Income (income at 80% or less of area median income) and eligible for food stamps. It is equally sobering how many eligible families are not participating in this fundamental nutrition assistance program.



Pictured left to right: Amy Lopez, Foodbank Outreach Manager, and Promotoras de Salud conduct outreach to enroll eligible families into the CalFresh program at countywide health fairs.

The state-administered program issues monthly electronic benefits that can be used to buy food at many markets and stores in Santa Barbara County. These benefits help to improve the health and well-being of qualified households and individuals by providing them a means to meet their nutritional needs in an empowering and healthy way. As part of the Foodbank's outreach to the community, it has a goal to submit 540 CalFresh applications by the summer to equal 610,000 meals.

Agency Spotlight

We are proud to partner with the Sansum Diabetes Research Institute, a wonderful organization devoted to the prevention, treatment and cure of diabetes. Because healthy food and nutrition education are pillars of both our organizations, Sansum Diabetes Research Institute has become a great partner to address our community's needs. In particular, their Ready to Move program engages the youth of our community year-round to participate in nutrition education, and a variety of extracurricular activities (including Zumba, self-defense and Capoeira). Ready to Move incorporates Foodbank food into their nutrition education, and nearly all of their food has been fresh fruits and vegetables.

Pictured: Rose Linehan and Jillian Cathy of SDRI and Sansum Clinic.



Foundation Spotlight

The Foodbank recently received a grant award from Cottage Health System in support of its Children Health Initiative. At the core of this initiative are the Foodbank's Feed the Future programs, an innovative series of programs designed to foster nutritional independence and health in children, from the womb to high school graduation. Two of these programs have received national recognition: the Kid's Farmers Market and the Healthy School Pantry Program.



Cottage Health System values the Foodbank's efforts of the Children's Health Initiative. By providing education and nutritious food to children who need in most, the Foodbank is helping improve the health of our community. We are pleased to be able to support this program in 2013." -- Dana Goba, Community Health Coordinator, Cottage Health System

Many of our corporate partners support the Feed the Future programs: Allergan, Chevron, Citrix Online, Deckers Outdoor Corporation, Inn of the Spanish Garden, Mentor, Ronald McDonald House Charities, Santa Barbara Bank & Trust, Save Mart, Target, Sotheby's, Venoco Inc., Yardi Systems, Pacific Gas & Electric, and Wells Fargo Foundation. For more information on the Feed the Future programs, visit www.foodbanksbc.org/feedthefuture.

The Feed the Future programs have been designed, tested and implemented by the Foodbank and include:

Healthy Mothers, Healthy Babies (in the development phase)
Food Literacy in Preschool
Kid's Farmers Market Program
BackPack
Picnic in the Park
Healthy School Pantry
Pink & Dude Chefs
Nutritional Independence (in the development phase)

An amazing 44% of those we serve annually are children. This is an opportunity to educate and empower our children to better look after their own nutritional health. Each of these programs provides produce, food literacy training, skills to make healthy food choices and physical activities while building a community around food.

"Many families rely on the services provided by the Foodbank of Santa Barbara County and it is important to support great organizations who support our community," said Kathie Voss, District Manager. "Wells Fargo applauds the Foodbank's efforts to address the issue of hunger and to make sure food is available to those in need."

Holiday Food & Funds Drive

We would like to thank the community for a wonderfully successful Holiday Food & Funds Drive.

The Foodbank received over \$3,100 from Business First Bank and Heritage Oaks employees and customers, and 4,700 pounds of nonperishable goods from the participating countywide fire stations through KSBY's Season of Hope. Rincon Broadcasting also operated their annual Food for Families food drive at Blenders and Marborg Industries locations, and the Letter Carriers collected nearly 8,000 pounds of food.

"Working with the Foodbank of Santa Barbara County on the Season of Hope was a wonderful partnership. We are grateful for the support we received from the community to help those in need this holiday season."

- Kathleen Chao, KSBY-TV, President & General Manager



Volunteer Spotlight

Kristen Desmond, owner of Flagstone Pantry, began volunteering in November to help organize all of the grocery store food drive volunteers, train them on how to handle the food drives, and ensure food drives were approved by grocery store managers. Because of her efforts, we collected 95,000 pounds of food during the holiday season. She was a tremendous help and we couldn't have done it without out her.

"Helping the Foodbank with the grocery store food drives was an amazing experience. The Foodbank staff works incredibly hard, as does our entire community, to support families in need - but they can't do it without volunteers. I encourage others to take leadership opportunities as volunteers. It's truly a labor of love and one of the more rewarding things I did this holiday season. Thank you to all of the volunteers and store managers that made it happen."

- Kristen Desmond

Countless schools, grocery stores (Albertsons, Gelson's, Lassen's, Ralphs and VONS) and businesses helped raise food and funds while the News-Press and Santa Maria Times included grocery bag inserts.

From all of these effort and the support of the Holiday Haulers, who worked tirelessly to collect all the food and deliver it to us, we received 95,000 pounds of food. With this food, we were able to provide our 300 nonprofit partners and programs with much-needed nonperishable goods to meet their demands.

SAVE THE DATE

We invite you to learn more about our work and support us through our community sponsored events. Please visit our website for event information.

Lompoc Empty Bowls – March 27

Veterans Memorial Building

Food on the Vine – April 5 - 7

Santa Ynez Valley Wineries & Tasting Rooms

Canstruction – April 8

Santa Ynez Valley Marriott

National Association of Letter Carriers Food Drive – May 11

Santa Barbara Wine Country Half Marathon – May 11

Taste of the Nation – May 19

Montecito Country Club

Food from the Bar – July

Countywide Law Offices and Associations

California Wine Festival – July 18 - 20

Table of Life Gala – September 15

Pacifica Graduate Institute, Carpinteria

Backyard Bounty Program

Our gleaning program, Backyard Bounty, has been keeping active even through this winter season. With the help of community volunteers, Backyard Bounty harvests excess produce from local farms, orchards, and even from backyards, making use of produce that would otherwise go to waste in order to feed needy families year-round. To get involved, contact backyardbounty@foodbanksbc.org

The program needs volunteers to harvest, serve as a harvest leaders, help with administrative assistance and canvass neighborhoods and spread the word.

Brown Bag Program

Along with providing services for children and families, we support low-income seniors through the Brown Bag Program. Brown Bag currently operates at 12 locations countywide and will expand to as many as 15 locations in 2013.

Over 1,300 seniors participate in the program countywide. To better serve our clients, we have reimagined the program by partnering with agencies like Home Helpers and the Retired Senior Volunteer Program (R.S.V.P.). These new partnerships address other needs that senior recipients might have.

Another part of the program, our home delivery service, has also changed. We now distinguish home deliveries, offered in the past as part of Brown Bag, separately, allowing for a more strategic delivery service with focus on homebound seniors. For more information about the program, please contact Eloisa Chavez at echavez@foodbanksbc.org.



Thank you, Brown Bag Program volunteers, for your monthly commitment.

Planned Giving

Join our Legacy Giving Society and build a hunger-free Santa Barbara County for years to come. Please contact Diane Durst, (805) 967-5741 x104, to learn more about planned giving opportunities.

Monthly Giving Program

There are people in our community who need nutritious food and education every month, which is why we ask for the community's support every month. Become a member of our Harvest of the Month Club to help your neighbors. Call Diane Durst, (805) 967-5741 x 104 for more information about providing 1 in 4 people in our community with monthly support.

Support the **Foodbank of Santa Barbara County**
and you support 300 local nonprofits and programs.

www.foodbanksbc.org

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