

WHERE THERE'S A WILL TO END HUNGER

Oscar-winning actor Jeff Bridges visited the Foodbank's South County warehouse for a conversation on preventing hunger and food insecurity, and to spend time meeting with warehouse staff.

As a Santa Barbara resident, Jeff - like thousands of others - is a long-term supporter of our Foodbank. But you may not know that, for decades, he has also been an anti-hunger activist. He is the national spokesperson for the organization Share Our Strength and promotes expanding 'Breakfast in the School' programs.

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Jeff Bridges photo credits:

Erwin Villegas

The reason for our meeting this time is that Jeff is being honored at the Foodbank's 2017 Table of Life Gala. As always it was a pleasure to sit down with such a thoughtful contributor to the discussion about how to build long-term food security in our country.

Jeff: I'm very proud to receive this honor. I've received a few awards as an actor, but this really warms my heart, to be involved in a community where so many people want to help others. We moved to this community 20 or so years ago. We got shook out of LA with that earthquake and landed in this magical place. Santa Barbara County is like a microcosm of the United States. There is great wealth here, but also challenging poverty, and that's why it's great to be in partnership with your organization.

Erik: How did you first connect with this issue?

Jeff: In 1996, my brother Beau starred in a movie (that I also had a part in), called "Hidden in America," about a family that struggles with food insecurity and where the father is too proud to seek help. It ended with the tagline: On any given night, up to 5 million children in America go to bed hungry. How many of us will wake up in the morning and think about solutions? That really struck a chord with me. I'd already been involved in the End Hunger Network and that only strengthened my resolve.

Erik: What would you say is a major challenge in ending hunger in America, because the Foodbank is providing food in ways small or large to one in four people who live here in Santa Barbara County.

Jeff: People can have a resistance to hunger relief because they think that you will make people dependent on 'handouts' - even though your Foodbank's innovative programs are all about empowering people to be self-sufficient as much as possible. But ending childhood hunger, that's something everybody can agree on, and it's a handle to deal with the larger problem of hunger. I mean, kids aren't the only people who are hungry ...

Erik: They don't call children 'dependents' for no reason ...

Jeff: Exactly! And in my experience, people don't want to be dependent. They want to be independent. But for me, the truth is we're interdependent. The only thing that holds hunger in place is a lack of community. Here in Santa Barbara County we have a strong sense of community, and we've created initiatives like the Food Action Plan that are all about long-term solutions. I love the creativity of that work! And I think the motto of your organization, 'Hunger into Health,' is such a great one, because it really is a simple health problem that we know how to fix. I also like to look at it as an issue of patriotism. I can't think of a more patriotic thing than making sure that everyone's kids - the future of our country - are healthy.

"I am here for my kids," explains Lompoc resident Rebeca White, who attended the kickoff of Alma Cena Sana. "I want them to learn good nutrition, because that is something that I did not learn growing up and struggled with in my adult life. I want them to know what healthy is

The Foodbank's newest initiative, Alma Cena Sana (ACS) grew from the Santa Barbara County Food Action Plan to make long-term changes in the health, nutrition and independence of food insecure individuals living in North Santa Barbara County.

Visitors to ACS can enjoy:

- Cooking classes
- · Making fresh fruit & veggie smoothies on the bike blender
- Chair yoga, Zumba & other group exercise
- Family meal & community discussion nights
- Educational presentations from other local nonprofits

and I am thankful that I can find that opportunity here."

• Diabetes wellness education with Nutrition Advocates

The program runs every Wednesday from 3-5pm at El Camino Community Center in Lompoc, W. Laurel Ave. & N. I St. Food distribution takes place on the third Wednesday of each month.

ACS Nutrition Advocates are trained community volunteers on site to support visitors with an array of nutrition questions. In line with the Food Action Plan, these volunteers come from within the community served by ACS.

Nutrition Advocates picked the Spanish name for the center, Alma Cena Sana. The three words translate to "healthy soul dinner." As two words, almacena sana means "healthy pantry." The Nutrition Advocates loved the play on words and rich meaning of this name.



YOUR **NUTRITION**

Squash and Peanut Butter Soup

Fall is a hectic time for families when it's tempting to eat less Here's a tasty recipe from Live

Ingredients

2 tbsp olive oil

- 5 cups butternut squash, peeled &
- 1/2 tsp ground coriander
- 2 cloves garlic, minced

- I serrano pepper, minced (optional)

Directions

- 2. Add the broth, peanut butter and
- 3. Reduce heat and simmer, covered, for 20 minutes, or until

From crisp cauliflower to leafy greens. From tender berries and heirloom tomatoes to staples like carrots and onions. Growers and distributors who donate more than 30,000 pounds of fresh produce to the Foodbank in a single year transform hunger into health with nutritious food. We're grateful and proud to honor these generous partners.

VEGGIE RESCUE

Fresh

HUNGER RELIEF CHAMPIONS

BACK-TO-BACK YEARS 2016 & 2017

HUNGER RELIEF CHAMPIONS²













pounds of food the Foodbank distributes each year!

HUNGER RELIEF CHAMPIONS



INNOVATIVE

Fresh produce makes up more than half the 10 million+











STAR VOLUNTEER: Rise & Shine Teens

By Christa Graybill, Warehouse Projects Coordinator

Lizeth Sanchez, Orian Lathrop, Aiden Smith, Jayda Barrera, and

Brianna Fernandez, (not pictured) are part of the Rise and Shine Teens. They came in to volunteer every Wednesday this summer. The girls said that they wanted to help feed those in need so they decided to donate some time out of their busy schedules to help us out at the South County warehouse. These superstars also help out at a number of other nonprofits including BUNS (bunny rescue), reading to seniors at Vista del Monte, and they organize and execute their own park and beach clean-ups. What an inspirational bunch of volunteers. We are lucky to have them!

Summer Food and Fun!

Picnic in the Park offered nutritious meals (and fun physical activity) to children throughout Santa Barbara County every weekday this summer, bridging the gap when **no school = no lunch** for kids who depend on school meal programs.

Thanks to ConAgra Foods, KEYT, KCOY, KKFX, and our corporate, foundation and individual donors whose contributions to End Summer Hunger provided 37,000+ lunches to more than 3.250 children this summer.

Thank you for attending our 2017 Young at Heart Senior Fair. The services your organization provides are crucial in the lives of senior residents here in Santa Barbara. We are grateful for your organization and recognize that our fair could not have gone as smoothly without your important contribution to this essential event. We look forward to collaborating with you on future projects.



Sincerely, Housing Authority City of Santa Barbara

Home Harvests Help!

By McCall Marshall, Backyard Bounty Coordinator

Join us for Mandarin Mania this fall and winter, when we gather 40,000-50,000 pounds of ripe mandarins from just one orchard! We're recruiting now for corporate and other volunteer groups to help with this mega-glean! (805) 403-8327 or

www.backyardbounty.org/volunteer.php

And watch #Glean805 for info about World Food Day, October 16.



Join us for events that strengthen and feed the Santa Barbara community.

SAVE the DATE

September 10 Santa Barbara Fermentation Festival

September 25-26 JOINJACOB Team Santa Barbara Triathlon

October 14 Table of Life Gala

October 25 Santa Maria Empty Bowls

November 11 Family Volunteer Day w/ Spencer the Gardener

November 12 20th Annual Santa Barbara Empty **Bowls Lunch**

November - December Thanksgiving & **Holiday Drives** Corporate Challenge



Support the Foodbank of Santa Barbara County and you provide food to more than 300 local nonprofits & programs. 501(c)3 Tax ID # 77-0169214











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