

Foodfirst

Moving the Community from Hunger into Health

FALL 2017

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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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WHERE THERE'S A WILL TO END HUNGER

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Jeff Bridges photo credits:
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ACS Does It Best by Lee Sherman, Director of Community Impact

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

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
- 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 nutritious convenience foods. Here's a tasty recipe from Live Earth Farm. It's yummy, filling, healthy and easy to make!

Ingredients

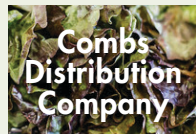
- 2 tbsp olive oil
- 5 cups butternut squash, peeled & cut into cubes
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 2 cloves garlic, minced
- 1 large onion, peeled and diced
- 5 cups broth of choice
- 3/4 cup peanut butter
- 2 tbsp tomato paste
- 1/4 cup chopped cilantro
- sea salt and freshly ground black pepper
- 1 serrano pepper, minced (optional)

Directions

1. Heat oil in a saucepan over medium heat. Add butternut squash, seasonings, garlic, and onion; cook, stirring occasionally, until the onion starts to turn translucent.
2. Add the broth, peanut butter and tomato paste. Bring to a boil.
3. Reduce heat and simmer, covered, for 20 minutes, or until squash is tender. Add cilantro, salt and pepper before serving.

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.

HUNGER RELIEF CHAMPIONS



BACK-TO-BACK YEARS 2016 & 2017 HUNGER RELIEF CHAMPIONS²

Fresh produce makes up more than half the 10 million+ pounds of food the Foodbank distributes each year!

HUNGER RELIEF CHAMPIONS

2016

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.



SAVE the DATE

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

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.

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FOODBANK
SANTA BARBARA COUNTY

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

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

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