

Foodfirst

Moving the Community from Hunger into Health

SPRING 2017

THE LOCAL
TRADITION
OF FOOD
.....PG. 2

MARIA'S
STORY
.....PG. 3

STAR
VOLUNTEERS
.....PG. 4

THE LOCAL TRADITION OF FOOD....

In March, I had the opportunity to sit down and talk with chef Julian Martinez, owner of the Santa Barbara restaurant **Barbareño**. I asked Julian about the thinking behind his ingredients: "We focus on food traditions created here and ingredients sourced locally." ...

Full Story on page 2

THE LOCAL TRADITION OF FOOD

continued from page 1



BOARD OF TRUSTEES:

Barry Spector, Board Chair
Frank Abatemarco, Vice Chair
Vibeke Weiland, Secretary
Cindy Halstead, Treasurer
George Bean
Peter N. Brown
Dianne Dawes
Narded Equiluz
Wayne Elias
Scott Hansen
Tim Harrington
Dr. John La Puma
Carol Olson
Lori Shaw
Barbara Tzur
Erwin Villegas



Volunteer This Summer

Thousands of low-income children in our county, who receive free and reduced-priced school meals, don't have access to nutritious, reliable meals in the summer. Volunteer to help us distribute 36,000 nutritious meals to children in need via our Picnic in the Park program. With your volunteer service, the program provides free, nutritious meals, physical fitness activities, and enrichment opportunities from June to August, ensuring that summer is fun for all children in our community.

Thanks to our generous End Summer Hunger partners, SaveMart, SB Womens Lawyers, KEYT-TV, KCOY-TV, KKFX-TV, and MANY more, we're on our way to raising the necessary \$100,000 to operate Picnic in the Park.

To schedule
your training &
volunteer spot:

Santa Maria Area
Lori Bailey
lbailey@foodbanksbc.org
(805) 937-3422 x109

Santa Barbara Area
Caitlin Henry
chenry@foodbanksbc.org
(805) 403-2471

If you're not able to volunteer, we hope you'll consider making a financial contribution to the program. We've received an anonymous \$25,000 Challenge Grant to help match your contributions.

Visit www.endsummerhunger.org to give or learn more.



In March, I had the opportunity to sit down and talk with chef Julian Martinez, owner of the Santa Barbara restaurant **Barbareño** 205 West Canon Perdido Street, Santa Barbara CA 93101. Julian says, "the name comes from a Santa Barbara version of Los Angeles' Angelino, as well being used in the early days of Spanish settlement."



My wife Mari and I have dined there a couple of times in the last year and really enjoyed the fresh and sometimes unusual ingredients as well as their commitment to smoking and preparing their own Santa Maria style Tri-tip.

I asked Julian about the thinking behind his ingredients: "We focus on food traditions created here and ingredients sourced locally. My original research for the restaurant revealed that the first avocados in America were planted right here on the corner of Canon Perdido and De La Vina, so we always have a dish centered around avocado. We also use acorns, which were a staple of the Chumash Indians. One other item that is always on the menu is something you might find foraging. Right now, it is eucalyptus featured in a eucalyptus ice cream. We want to employ something which might be underutilized."



I stressed that the Foodbank takes a similar approach of looking for the healthiest local food to work with, both in our educational programs and in the 300+ nonprofit agencies and programs we work with countywide. We might get donated a great deal of persimmons and then work to provide recipes that allow for them to be used in a whole range of recipes. Julian also provided a more whimsical example of this 'local tradition' approach, which are the tiny egg mc muffin-like appetizers, which are based on the original, created here in Santa Barbara.



I talked to Julian about the Foodbank's approach of building food literacy (the skills to plan, budget, shop, cook and store food) as the cornerstone of bringing lasting value to our work in the community. He was very excited by this concept and said that as a competitive athlete, he realizes "the vital grounding of nutrition for being able to be mobile and demand the most from our bodies." He tries to avoid industrialized food and stresses the health benefits from eating as a family at home. "Except when you come out to Barbareño!"



Erik Talkin
CEO, Foodbank of Santa Barbara County
www.hungerintohealth.com



DIABETES EDUCATION PROGRAM: Maria's Story

By Bethany Stetson, Director of Community Impact

Maria Rosalva (54) lives with her daughter, Norbella (32) and her two grandsons (3 and 7 years old), and her mother, Juana (69). When Maria was diagnosed with Diabetes Type 2 two years ago, she did not have access to healthy, diabetic friendly foods or the tools to turn her health around. Her doctor recommended the Foodbank's Diabetes Education Program and through our classes, Maria began learning how to use healthy food to improve her condition and the health of her family. Maria joined the program (pictured above) and immediately became very motivated to improve her eating patterns and inspire her family members to do the same. Her A1c has gone down substantially since joining.

Our Diabetes Education Program offers a comprehensive range of services including 4 weekly classes focusing on diabetes education, nutrition and cooking, access to bi-monthly boxes of healthy foods and produce, follow-up social support meetings and free monitoring of blood Hemoglobin A1C levels for all participants. At the completion of our 4-week curriculum, participants receive bi-monthly food provisions with diabetic friendly foods (low-sodium, high fiber, whole grain etc.) and produce to support continued health, learning and application of their new food literacy training. Participants also take a grocery tour as part of the curriculum to explore making healthy food choices, experience the importance of physical activity and participate in group activities for diabetes self-management.

"Through these Foodbank classes I feel alive again. I made changes to my food choices every day and I inspired my family to do the same. I have the motivation to care for my own health."
- Maria Rosalva

An estimated 21% of households served by the Foodbank report having at least one member with diabetes.

BACKYARD BOUNTY

Orange season may be winding down, but it's not over yet! Did you know that Valencia oranges are known for being the only orange varietal that is in season throughout the summer? Clean up and pruning is vital to the health and well-being of your trees. Many citrus trees will continue to produce crops throughout the year, and if the tree isn't harvested entirely for each crop, old fruit may remain on the branches. The old fruit will continue to draw water and energy, leaving less resources for the blossoms and new fruit coming in. Removing all old fruit from trees (fruit will look withered, darkened, and sometimes moldy) is the best way to ensure a happy, healthy tree with bountiful, delicious fruit!

Want to donate your bounty?

Drop off fruit at our warehouses weekdays, between 7:00am and 3:30pm. If you are unable to harvest the fruit yourselves, visit our website at www.backyardbounty.org and register your crop to be harvested.



YOUR NUTRITION

Jicama Veggie Salad with Tangy Avocado Dressing

(from our Teens Love Cooking Program)

Jicama is one of the very low-calorie root vegetables, carrying only 35 calories per 100 g. It contains dietary fiber, and antioxidants, in addition to providing healthy amounts of essential minerals like magnesium, copper, iron and manganese.

Salad Mix

3 cups Romaine lettuce, medium-chopped (about ½ medium head)
¾ cup cucumber, medium-diced (about 1 medium)
½ cup jicama, peeled, medium-diced (about ½ small)
½ cup canned corn, rinsed and drained
¼ cup red onion, small-diced

Dressing

1 large avocado, peeled and pitted
½ cup 100% orange juice
¼ cup lime juice (about 2-3 limes)
½ tsp garlic powder
½ tsp salt
1 cup cilantro, chopped

Directions

1. Prepare lettuce, cucumber, jicama, corn, and onion. Combine in a large bowl and set aside.
2. In a blender, add avocado, orange juice, lime juice, garlic powder, salt, and cilantro. Cover and blend until smooth. Thin with water, if necessary. Drizzle over salad and toss lightly. Serve immediately.



STAR VOLUNTEER: DR. BETH PRINZ

By Caitlin Henry, Volunteer Services Manager



At the Foodbank, there are many ways to be involved and to use your talents and skills to further our mission to end hunger and transform the health of our community. One great example is Dr. Beth Prinz, a local internal medicine physician, who reached out in September of 2016. Dr. Prinz says she was drawn to volunteering with the Foodbank because of our efforts around providing healthy food options for children and youth. Beth believes that is it a “worthy cause” and is now enjoying her second class session as the Lead Volunteer Educator of the Teens Love Cooking course held at Carpinteria Middle School.

From her experience in the medical profession, Beth says that it is “harder to make changes later in life”, so she’s excited about providing early intervention and education to put these youth on a “healthy path for life”. She enjoys working with the kids who are enthusiastic about learning and participating, as well as working with other volunteers who show such commitment, and the school staff who have been extremely supportive and appreciative. Beth volunteers with the Foodbank because “the Foodbank sees that it’s not just about getting calories on the plate”.

STAR VOLUNTEER: HOLLY ALPER

By Caitlin Henry, Volunteer Services Manager



Volunteers like Holly Alper provide the Foodbank with the passion and dedication needed to continue to support the thousands of food insecure adults, children, and families in our community. Holly is at our Santa Barbara warehouse every single Tuesday volunteering for our Grocery Rescue Program, helping staff members and her fellow volunteers unload, weigh, and sort donated foods that will be distributed to those struggling with hunger. “It fills my heart...there is no way I wouldn’t do this,” says Holly. Her love for the Foodbank and commitment to our mission of transforming the health of our community is truly cherished and does not go unnoticed. Thank you Holly!

SAVE THE DATE

We invite you to learn more about our work and support us through our community-sponsored events.

May 7
Fork & Cork Classic,
Santa Barbara,
Fess Parker Doubletree

May 13
National Letter Carriers
Food Drive
SY Wine Country
Half Marathon

June
End Summer Hunger
Campaign

July 13 - 15
CA Wine Festival,
Santa Barbara

July 17
All At Once
Jack Johnson Concert
Santa Barbara Bowl

Sept 14
Foodbank Summit,
Pacifica Graduate Institute



JACK JOHNSON SUMMER TOUR

The Foodbank is teaming up with Jack Johnson on his 2017 Summer Tour and *All At Once*, a social action network connecting nonprofits with people who want to become active in their local and world community. **We’ll have a booth at the July 17th Jack Johnson concert at the Santa Barbara Bowl.** Stop by, learn more about our work and **help us raise funds.** Jack Johnson’s charity is matching donations contributed to us — either at the show or via our website — through September 1st, up to a total of \$2500. Make a contribution right now and your money will be doubled by the Johnson Ohana Foundation!

*allatonce**

www.AllAtOnce.org

Support the Foodbank and you support the nutritional health of 1 in 4 people in **Santa Barbara County.**

501(c)3 Tax ID # 77-0169214

www.foodbanksbc.org FoodbankSB Foodbanksbc

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



FOODBANK
SANTA BARBARA COUNTY