

Foodfirst

Moving the Community from Hunger into Health

WINTER 2016

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THE MIGHTY GROWS FROM FRIENDS

Last December, my four year-old daughter Mia and my older daughter Lili were volunteering with me at the Foodbank's Backyard Bounty program, harvesting extra mandarins from the orchard of Chuck and Missy Sheldon, dedicated Foodbank supporters.

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THE MIGHTY GROWS FROM FRIENDS...

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Mia was fascinated by the rapid growth of the oranges and became worried that we wouldn't be able to pick them all. She quickly became skilled at using the clippers to ensure the fruit was harvested in the correct way and her mother was thrilled that she didn't harvest any additional fingers while doing it. We cleared 2,500 pounds of mandarins that day, and have collected over 80,000 lbs in this harvesting season. Yet we had to leave a lot of fruit to fall to the ground and rot. The simple reason was that we did not have the capacity within our South County warehouse to hold the additional food.

This is not an isolated problem. You may have seen some of the recent publicity concerning our search for donated land or facilities for a new Foodbank warehouse serving the South County. Currently there is 2.2 million lbs of food that we are having to turn away each year which we could process through our facility and provide to our programs and those of our 300 plus Santa Barbara County nonprofit agencies. That is a waste of scarce resources that we find intolerable.

Our current South County facility (we have a large warehouse in Santa Maria as well) is an old converted fire station that is small and has no loading dock. We have the property virtually free thanks to the County of Santa Barbara, but permitting restrictions prevents us from improving our current site and we have been told there is no other site that we can have.

The Foodbank represents a key strategic asset for the county. Not only in supporting all of the 300 social service agencies and programs that make this such a wonderful place to live, but also in our disaster relief role as the central conduit of food coming in from both the Federal government and from other food banks around the country in the event of catastrophe. With no loading dock?

We'll be letting you know more about our search for a new home that can serve the community for decades to come and keep Santa Barbara County fed and healthy.

It's going to be an exciting 2016.

Erik Talkin
CEO, Foodbank
www.hungerintohealth.com


4.86 M pounds of
produce reached
those in need last year
from our warehouses
and partners



THE BOUNTY IN OUR FRIENDS' BACKYARDS

Santa Barbara County's citrus crops ripen when we need them most during the leaner winter months. We have harvested over 80,000 pounds of fresh local produce with the help of 500+ volunteers over the last 3 months. The much-loved mandarin crop has been followed up by lemons, limes, oranges, avocado, tangelo and grapefruit. These amazing fruits help us ensure we can continue to provide the freshest and healthiest produce year round.

Do you have extra fruit in your backyard? Call Backyard Bounty to schedule a harvest! 805-967-5741 ext 109 or visit www.backyardbounty.org

A portrait of Mary Lynn, an older woman with short, wavy grey hair, smiling warmly at the camera. She is wearing a dark blue jacket over a purple scarf. The background is a soft-focus outdoor scene with green foliage.

Mary Lynn generously volunteers her time for the Bag Program in Santa Barbara

FRIENDS HELPING FRIENDS

Fresh fruits and vegetables, bread, beans and other proteins are just a few of the items qualifying seniors are able to receive twice a month through the Foodbank's Brown Bag program. Through 13 Brown Bag locations and 5 Home Delivery Programs countywide, the Brown Bag program distributed 460,922 pounds of food to 1,637 senior citizens over the age of 60 last year.

One recently retired senior, Garnetta, shared her realization that what she is receiving each month from her social security income is not enough to cover her expenses each month. *"When you have rent, electric bills, gas bills, laundry to pay for—I don't always have enough for food at the end of the month. I started picking up Brown Bags for the last 3 months."*

"I can't tell you how helpful this program has been for me and how much I see it help other seniors. I'm just incredibly grateful."

To learn more about the Brown Bag program, please visit our website at www.foodbanksbc.org/programs/brown-bag-program or you may contact Eloisa Chavez, Community Program Coordinator, at echavez@foodbanksbc.org or 805-967-5741 x 102.

DISASTER PREPAREDNESS

The Foodbank is part of VOAD (Voluntary Organizations Active in Disaster), serving as the fiscal agent and leader. During a disaster, the Foodbank is prepared to respond with food and necessary water for those that become displaced.

In collaboration with the California Association of Food Banks and several other central-coast food banks, we're going to be launching the Central Coast

Disaster Alliance, a consortium designed to share food, resources, and equipment in the event of a disaster.

In the coming months, we'll also be working with CAFB and the alliance to revise our respective Disaster Plans, and will be planning some table top and preparation exercises to train our staff.



LEAVE A LEGACY

The Foodbank is privileged to have many generous donors that give their time, talent and resources. Just as donors have made helping people and organizations their passion in life, others have chosen to continue their work in the future through our **Legacy Giving Society**.

Please contact Sam McIlriath, (805) 967-5741 x 110 to learn more about planned giving.

Here is a winter recipe from our Teens Love Cooking classes, that we offer in Santa Maria and Carpinteria. Try cooking this recipe with your teen at home.

YOUR NUTRITION

Moroccan Potato, Carrot, and Chickpea Stew

SERVES 4

Ingredients:

2 Tbs. olive oil
1 large russet potato (12 oz.), peeled and cut into ¾-inch cubes
1 ¾ cups carrots, peeled and cut into chunks
2 large shallots,
or 1 medium onion (1 cup)
½ tsp. salt
½ tsp. ground black pepper
1 15.5-oz. can low-sodium chickpeas, drained with liquid reserved, divided
⅓ cup dark raisins (optional)
1 ¼ tsp. ground cumin
½ tsp. ginger
½ tsp. cinnamon
2 Tbs. lemon juice, plus lemon wedges for garnish
4 oz. fresh spinach leaves (2 cups)

Directions:

1. Heat oil in large nonstick skillet over medium-high heat. Add potato, carrots, shallots, salt, and pepper; sauté 3 minutes. Add chickpea liquid, raisins, cumin, and ginger and cinnamon spices. Toss to blend, and bring to a simmer.
2. Cover; simmer over medium-low heat 8 minutes. Mix in 1 cup chickpeas. Cover, and simmer 2 to 4 minutes more, or until potato and carrots are just tender.
3. Place remaining chickpeas on plate, and mash coarsely with fork. Mix crushed chickpeas and lemon juice into stew. Mound spinach on top. Toss gently 1 to 2 minutes, or until spinach is reduced in volume. Add more water, salt, and pepper, if desired. Divide stew among shallow bowls. Serve with lemon wedges.

SAVE THE DATE

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

March 23
Lompoc Empty Bowls

April 10
Fork & Cork Classic,
Santa Barbara Polo Fields

May 7
Santa Barbara Wine
Country Half Marathon

May 14
Letter Carriers Stamp Out
Hunger Food Drive

June
End Summer Hunger

FRIENDS WHO HAVE HELPED

PAM MYERS



Pam lives in Chicago and volunteered remotely for our food bank. She responded to an ad we posted on VolunteerMatch for helping manage our online volunteer listings. Even though Pam was extremely over-qualified for the volunteer position (she's a database expert), she was willing to do whatever we needed and just wanted to get involved and help. Her efforts enabled us to advertise our volunteer opportunities on multiple outreach channels, which generated a flood of volunteer inquiries.

When Pam learned about our transition to a new database in 2014, Salesforce, we enlisted her help to add volunteer contacts into the new database. There were so many parts to manage for this transition and Pam stepped up to the plate to lead this project. She defined the tasks that needed to be done, trained, and managed other database and admin volunteers who were helping remotely from all over the United States.

Pam contributed over 1,000 volunteer hours over the past three years. She won an award from AT&T, her employer in Chicago, as well as the President's Volunteer Service Award from President Obama for her service. We are so grateful for her help. Thank you, Pam!

WELLS FARGO

Every day feels like Thanksgiving thanks to our corporate partner Wells Fargo. For the third year in a row, Wells Fargo has made a tremendous \$25,000 matching grant that helps boost community donations in November. Beyond spreading Thanksgiving cheer, Wells Fargo associates have recognized this partnership with the Foodbank through donations made at store openings in Isla Vista and Santa Barbara. But the company's passion and commitment to the Foodbank goes beyond dollars and cents. Wells Fargo team members consistently give back to the Foodbank by volunteering their time teaching Hand-On Banking classes at our Santa Barbara and Santa Maria warehouses.

Our strong partnership stretches back to 1986 when the Foodbank was just four-years-old. Since then, local Wells Fargo leaders have granted more than \$228,000 to the Foodbank, making it possible for us to distribute 1,824,560 meals. Thank you, Wells Fargo, for your partnership and support!



Wells Fargo's local team members gathered at our Santa Maria warehouse to celebrate the kick-off of the 2015 Thanksgiving Drive in partnership with local supporters Stu & Jan Bartleson who have contributed 100 birds annually for many years. Stu & Jan Bartleson have a longstanding commitment to the Santa Maria community that started with physical development of commercial and residential portions of the Orcutt area and leading to generous philanthropic giving. Thanks to the Bartlesons and Wells Fargo!

Support the **Foodbank of Santa Barbara County**
and you support over 300 local non-profits and programs.

501(c)3 TAX ID # 77-0169214

www.foodbanksbc.org

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