

NUTRITION ADVOCATE NETWORK



The Nutrition Advocate Network empowers Foodbank participants to move from hunger into health through food literacy and civic engagement training. Nutrition Advocates are community leaders who volunteer in their community, model health and wellness, and bridge communication between underrepresented community members and the Foodbank.

Nutrition Advocates attend monthly trainings on leadership and nutrition. Trainings include hands-on cooking classes where participants cook healthy

recipes. They also exchange tips with peers on how to adopt healthy habits, such as how to include more vegetables in their diet. In a recent lesson called Nutrient Density, participants learned to differentiate between nutrient dense foods, i.e. whole grains or green vegetables, and nutrient-poor foods, i.e. white bread and snack foods. Recipes include culturally appropriate menus that have been modified to optimize nutrition.

Nutrition Advocates then use their training to volunteer as community leaders on a project that address a health need in their community. Volunteer projects may include School Gardens, CALFresh Outreach, or Healthy School Pantry distributions. These trainings provide participants with the knowledge and skills they need to influence positive change in their communities, such as community organizing, public speaking, and project management.

Thanks to our wonderful Nutrition Advocates for taking action and being great community leaders.

VOLUNTEER SPOTLIGHT

Summer 2015 marked the third consecutive year TJ Maxx Santa Maria volunteered with Picnic in the Park. Their love for and commitment to the program grows every year. This year, Store Manager Marie Elliott and Supervisor Mario Resendez took on the great responsibility of Site Leadership. And, when TJ Maxx gets active with the kids, they do it right. The TJ Maxx Action Crew, led by Supervisor Berta Rodriguez, built an elaborate obstacle course guaranteed to give kids and employees a workout. We weren't sure who was having more fun. After PIP was done for the day, you'd think the team was ready to get home, but no—they brought their own picnic to the park, sat down together as a TJ Maxx family, and enjoyed lunch at the picnic tables. **Thank you TJ Maxx for your dedication to the community and displaying great leadership!**



If you want more information about applying for CALFresh (Food Stamps) benefits with Foodbank support, please contact: Amy Lopez, Outreach Manager elopez@foodbanksbc.org (805) 967-5741 x 115.

Support the **Foodbank of Santa Barbara County** and you support over 300 local non-profits and programs.
501(c)3 TAX ID # 77-0169214

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1 out of 4 people in Santa Barbara County rely on the Foodbank for nutritional support annually.

WORKING WITH THE COMMUNITY

This has been an exciting year for our community, with significant steps towards a healthy, food secure County for all Santa Barbarans.

The Foodbank has safely and effectively distributed 9.7 million pounds of food, of which half was fresh produce. This is such a wonderful change from the early days of food banking, when we were reliant on more unhealthy food. Now we are able to make use of all that fresh produce combining it with food literacy and cooking education to keep our community healthy.

Our member network of over 300 local partner non-profit agencies and programs in the County, combined with our own national award-winning programs has allowed us to increase the number and quality of programs offered whether teaching preschoolers how to love fresh fruits and vegetables or ensuring that our most vulnerable senior citizens have enough of them.

Local impact groups in Lompoc and Santa Barbara Westside are allowing community members, local non-profit partners and interested parties to work together in new ways to strengthen the health and interconnectedness of neighborhoods. On the wider scale, our co-leadership of the Santa Barbara County Food Action Plan (sbcfoodaction.org) has allowed us to lay the groundwork for how we are going to help build the economic and health outcomes future of the entire county. **Our job is not only to move people out of hunger, but into health.**

This is your Foodbank. Volunteers run our programs and financial supporters provide the means to ensure that we all remain fed and healthy. Society cannot work without this basic prerequisite and we are proud that this is happening in Santa Barbara County.

There is a lot of work to do, but we are very excited about being able to undertake it with you.

Thanks for your partnership.

Erik Talkin

