# **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 handson 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 weren¹t sure who was having more fun. After PIP was done for the day, you¹d 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



# YOUR NUTRITION Tofu Scramble

Ingredients

2 14-ounce blocks extra-firm tofu 2 tablespoons vegetable oil 1 small onion, chopped 1 small green bell pepper, finely chopped 1 small red bell pepper, finely chopped

1/2 teaspoon ground coriander1/2 teaspoon ground cumin1 1/2 teaspoons ground turmeri

1 15-ounce can black beans, rinsed, drained

1/4 cup coarsely chopped fresh cilantro

Kosher salt, freshly ground pepper 4-6 whole wheat tortillas, warm Garnishes: salsa, chopped avocado, grated cheddar, sliced scallions, and hot pepper sauce (optional)

#### Preparation

1. Place tofu on a plate lined with several layers of paper towels (to absorb liquid). Using a fork or potato masher, smash tofu.

2. Heat oil in a large skillet over medium-high heat. Add onion and peppers; cook, stirring occasionally, until softened, 3-4 minutes. Stir in coriander and cumin; cook until fragrant, about 1 minute. Stir in tofu, then turmeric. Add beans; cook, stirring often until heated through, 1-2 minutes. Stir in cilantro; season with salt and pepper.

3. Serve scramble with tortillas and garnishes, as desired.



Did you know that by eating less meat, you can not only positively impact your health, but you can also positively impact the health of

**the environment?** Raising cattle for meat uses way more water than it takes to grow fruits and vegetables and it contributes more to climate change than all the forms of transportation combined. Eating less meat reduces your intake of cholesterol and saturated fats and makes room for more nutrient rich plant foods like vegetable and whole grains, thus reducing your risk for all sorts of diseases including heart disease and diabetes.

# BACKYARD BOUNTY DAY OCTOBER 24th



We are kicking off
Harvest Season this
year in a whole new
way. We are partnering
with gleaning
organizations in
Ventura, Santa Barbara
and San Luis Obispo
Counties to Glean805
from LA to SLO.

NORTH COUNTY: We will be partnering with Santa Ynez Fruit and Veggie Rescue to do a farm glean of fresh veggies at a local farm.

SOUTH COUNTY: Celebrate local, seasonal produce by donating fruit from your backyard at our booth at the Farmers Market downtown from 8:30-1pm AND Volunteer to glean in backyards around Santa Barbara, Goleta and Carpinteria.

Give back and have fun at the same time.

Visit www.backyardbounty.org or call 805-403-8327.

# HELP US GET READY FOR THE WINTER CITRUS SEASON

Santa Barbara County is lucky to have a year round growing season and California's fruit tree season ramps up when we need it most - during the fall and winter when we struggle to keep our warehouse stocked with fresh produce. The bulk of Backyard Bounty donations come in during October to February and we want to be ready to make the most of it. That means having equipment, volunteers and resources available to keep food from going to waste.

Find out how you can donate, volunteer, sign up for our newsletter, and follow us on social media at www.backyardbounty.org.

# THE IMPACT OF YOUR GIFT

Learn about the impact of your gift at www.foodbanksbc.org/our-impact. Then, take our survey and tell us how we're doing.



# **PRODUCE PARTNER**

APIO Produce Sales was founded in 1979 by five celery growers in the Santa Maria Valley, CA. The name "Apio" means "celery" in Spanish. By 1982 APIO, Inc. built its own prototype broccoli-packing trailer, a revolutionary concept considering that all broccoli was field packed into bins. As a result, APIO, Inc. grew to one of the largest broccoli shippers in the world and now having many different products available from bagged lettuce products to cut vegetable trays and many more.

APIO, Inc. is a proud sponsor of the Foodbank donating over 158,000 pounds of fresh produce last year. This high quality produce is distributed to our programs such as Healthy School Pantry, Mobile Farmers Markets, Kid¹s Farmers Markets, Food Literacy in Preschool and Brown Bag for Seniors and to our 300 local non-profit partners and programs.

"APIO, Inc. is delighted to be able to help the Foodbank of Santa Barbara County, and truly values our long relationship. At a time when so many are hungry or "food insecure" it is wonderful to be able to help those in need in our community. We appreciate the professionalism and dedication of your organization, and admire the wonderful work you do," shared Anne Byerly, VP Marketing APIO, Inc.

The Foodbank distributes over 4 million pounds of produce annually.

Thank you APIO, Inc.

for your continued support of the Foodbank.

# **BUSINESS PARTNERS SPOTLIGHT**



Walmart is a strong corporate partner, donating all year to our Grocery Rescue Program, volunteering at our programs and providing vital funding. When summer comes along their employees are always happy to help with Picnic in the Park and help End Summer Hunger by distributing nutritious lunches and playing with the kids. Last year, Walmart generously donated \$125,000 to replace a Foodbank vehicle, support CALFresh participation in our County and ensure that those in our community receive healthy nutritious food year round. We are grateful for Walmart¹s continued support and investment in our community.



For seven years, Deckers Brands has stood with the Foodbank in moving the community from hunger into health.

Compassionate leaders and team members at all levels at Deckers have lent a hand in many ways from picking fruit and repacking grocery donations to leading the Corporate Challenge and have invested the resources to make over 1.1 million meals possible for our community. Thank you, Deckers.



A second year supporter of the Foodbank, Aera Energy led the charge to End Summer Hunger. Not only did they provide generous financial support, but sent a large group of interns to spend a day running one of our Picnic in the

Park sites, our summer lunch program. In addition to this support, Aera Energy is also helping sponsor upcoming Empty Bowl events in Santa Maria and Lompoc. With a real heart for the communities where they do business, Aera recognizes the Foodbank as a good way to impact large numbers of individuals and families.

# SAVE THE DATE

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

Please visit our website for event information.

#### September 24

Agency Leaders' Summit Location: Pacifica Graduate Institute, Upper Campus

#### October 17

Table of Life Gala Location: Jim & Stephanie Sokolove¹s Montecito Estate

### October 24

Backyard Bounty Day

#### October 28

Santa Maria Empty Bowls Location: Santa Maria Fairpark

#### **November 1**

Santa Barbara Empty Bowls Location: Ben Page Youth Center

#### November 2-25

Thanksgiving Drive & Wells Fargo \$15k Match Letter Carries Food Drive, Santa Barbara

#### November 21

Letter Carries Food Drive, Santa Barbara

**November - December** Holiday Funds Drive & Corporate Challenge

### LEAVE A LEGACY

The Foodbank is privileged to have many generous donors that give of 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.