

Foodfirst

Moving the Community from Hunger into Health

FALL 2018

CREATING A
LOCAL TABLE
OF LIFE
.....PG. 2

TEENS LOVE
COOKING
.....PG. 3

STAR
VOLUNTEERS
.....PG. 4

CREATING A LOCAL TABLE OF LIFE

"Thanks" to the twin South County disasters of last winter, we now understand that hunger can strike anyone across our community, at any time. For many among us, hunger is a three-times-a-day disaster, but the Thomas Fire and the Montecito 1/9 Debris Flow proved that we are all vulnerable in an emergency.

The Foodbank is integrating lessons learned into a rigorous new disaster preparedness plan. (See inside for more details.)

CREATING A LOCAL TABLE OF LIFE

continued from page 1



BOARD OF TRUSTEES

- Vibeke Weiland, *Chair*
George L. Bean, *Vice Chair*
Cindy Halstead, *Treasurer*
Carol Olson, *Secretary*
Frank Abatemarco
Narded Eguluz
Wayne Elias
Scott Hansen
Tim Harrington
Helen John-Kelly
Betsey Moller
Ian Stewart
Barbara Tzur
Erwin Villegas

Cover image: Jacqueline Pilar

We will soon celebrate our annual Table of Life Gala, a fundraiser to support our disaster preparedness work, on October 6.

This year, we are thrilled to honor two members of the Montecito community who put initiative and innovation into action, via their family businesses, in order to feed both the bodies and spirits of those whose homes, neighbors and sense of safety were lost.

Alison Hardey turned Jeannine’s Bakery on Coast Village Road into a hub of comfort and information just days after the debris flow. Locals could stop in for coffee, a scone, hugs and to share information or ask about others who’d been affected.

“When everything else is stripped away, all that’s left is kindness,” Alison shared recently. “People needed food, yes, but they needed a place to go to stay connected with their community.”

Patrick Braid, who carries on his father John’s business, Village Cheese & Wine in the Upper Village, jumped into the breach during the fire and throughout debris flow clean up. He and his team sourced ingredients and produced thousands of fresh sandwiches and other meals — and delivered them behind evacuation lines — to keep first responders and community members fortified to face weeks of unrelenting challenges.

Patrick noted, “I knew if we were going to count on firefighters and first responders to carry us to safety, we needed to step up as a community to nourish and protect them in return. I thought of what I could do, and made it happen.”

Building a resilient community before an emergency is key to disaster preparedness. Our award-winning children’s health programs, like Teens Love Cooking (featured at right), empower families with nutrition knowledge and skills to eat healthfully on any budget, and when resources may be limited during a disaster.

We are *your* Foodbank, here to serve all of Santa Barbara County.


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



TLC Gives SB County Teens Mad Kitchen Skills

By Anne Barkett, Community Programs Manager, Bilingual

Teens Love Cooking (TLC), our nutrition education program for middle- and high-schoolers, has been taught in more than 15 schools and community centers — from Carpinteria to Lompoc to New Cuyama — since 2011.

TLC is an after-school program that meets weekly for seven weeks. Tweens and teens become competent, independent and healthy with nutrition knowledge and valuable food preparation skills, like knife safety and heat cooking methods.

Students learn to make nutritious choices amidst overly prevalent options of cheap, processed and fast food. The kids also learn to prepare healthy alternatives to their favorite fast foods, such as fresh veggie and chicken stir-fry instead of fast food-chain “orange chicken.”

Because the Foodbank uses a culturally responsive approach, students in the TLC program learn to cook foods that are compatible with traditional diets of the communities we serve. Sample meals include pozole, ratatouille and Colombian lentils with brown rice.

At the end of the course, students prepare a feast to share what they learned with their families. TLC is one of our Feed the Future Children’s Health Initiative programs, all of which provide food access and skills to help children and their families learn to eat healthfully on any budget.

For more information about TLC, contact Anne Barkett at abarkett@foodbanksbc.org or (805) 680-8274.

Spring 2018 TLC sites:
Blue Sky Center (New Cuyama)
Boys and Girls Club (Santa Maria)
Carpinteria Middle School (Carpinteria)
Haley Street Youth Center (Santa Barbara)
Housing Authority Teen Academy (Santa Barbara)
Lompoc Valley Middle School (Lompoc)
St. George Family Youth Center (Isla Vista)
Transition House (Santa Barbara)

What TLC Students Say

Here’s what Arleth and Francia, Lompoc 8th graders, had to say at a recent TLC class:



Arleth: “One thing I’ve tried [in TLC] that I didn’t like before was cooked spinach. It was stir-in-the-pan/steamed. And it was actually really good. I really enjoyed it on my pizza.”

Francia: “I just discovered cooked spinach.”

Arleth: “It’s so good.”

Francia: “A couple of months ago I was like, this is amazing. Now I eat so much spinach!”

Arleth: “What we’re cooking today is ratatouille from the movie, ‘Ratatouille.’ It’s tomato, eggplant, onion, garlic, and zucchini.”
(After their first taste of their ratatouille...)

Francia: “I never thought eggplant would be so good.”

Arleth: “Oh my gosh, it is so good. I’m very surprised. I’m in shock. I definitely would make ratatouille for my family at home.”

YOUR NUTRITION

Quinoa, Pear & Spinach Salad in a Jar

Try this easy, tasty and nutrient-dense salad to stay healthy on the go.
Courtesy of Alexis Joseph for Hummusapien.com.

Dressing
4 Tbsp balsamic vinegar
3 Tbsp extra-virgin olive oil
1 ½ Tbsp pure maple syrup
¼ tsp salt
Black pepper to taste

- Whisk together in a bowl.

Salad
½ cup cooked quinoa
½ large pear, diced
2 Tbsp pecans, chopped
2 Tbsp red onion, chopped
2 Tbsp dried cherries or cranberries
2-3 cups fresh spinach, baby or torn

- Layer into a 1-quart mason jar from the bottom up:
- Dressing, quinoa, nuts, pear, onion, dried fruit. Finish with spinach on top.
- Refrigerate overnight. When ready to eat, dump into bowl, toss gently and enjoy!

Recipe and photo used with permission.



25TH HOUR: Foodbank Disaster Preparedness Conference

SEPTEMBER 12 / 8 AM – 5 PM / PACIFICA GRADUATE INSTITUTE, LADERA LANE CAMPUS

The Foodbank is a major second responder in case of emergency in Santa Barbara County.

- We are the sole designated distributor of USDA foods and the primary source of food for the entire county of Santa Barbara.
- As part of nationwide and statewide networks of foodbanks, we have access to food resupply from our sister organizations to the north, east and south.
- We are the fiscal sponsor of Santa Barbara County VOAD: Volunteer Organizations Active in Disaster.

The conference will prepare nonprofits, law enforcement, education, health care, media and others to respond and collaborate effectively in case of a large-scale emergency in our area.

STAR VOLUNTEER: PETER BERGETT North County



Peter has been volunteering for the Foodbank of Santa Barbara County for more than 18 years. He started as a volunteer at Brown Bag sites throughout Santa Maria. He eventually moved to the warehouse where he runs Brown Bag home delivery packing like a well-oiled machine, making sure all the home-bound seniors get taken care of. We've come to rely on Peter to ensure Brown Bag packing goes smoothly. Peter also volunteers at the Santa Barbara County Animal Shelter, Santa Maria Valley Humane Society, Santa Maria Police Department, Air and Natural History Museum, Santa Maria Library, Lompoc Valley Medical Center, and more. He is also a Big Brother and a leader in the Civil Air Patrol. With all that he does for our community, we at the Foodbank feel truly honored he spends so much of his time with us.

STAR VOLUNTEER: ANDREW TRUONG South County



Andrew Truong was such a terrific volunteer nutrition educator in our Kids' Farmers Market, we recruited him to teach Teens Love Cooking as well! A 20-year-old UCSB student about to complete a BFA in acting, Andrew also runs and works in a small gallery in the Funk Zone where he exhibits his ceramics and paintings. Andrew goes above and beyond in every lesson he teaches. Our youth are drawn to his spirit and energy, which makes them want to learn more about how to cook and eat healthy, delicious foods with their families at home. He hails from Anaheim, and says, "I've spent my life trying to build the community as a volunteer wherever I go." We're grateful to Andrew, who has become an indispensable part of our Feed the Future Children's Health Initiative programs.

DISASTER FOOD BOXES

This year, the Foodbank will launch a Disaster Food Box program. Community members will be able to purchase boxes containing enough nutrient-rich food for a single person for one full week. They're compact, easy to store and shelf-stable for 25 years.

Hunger is a daily disaster for many in our community. As always, we're committed to food security for all. For every Disaster Food Box purchased at full price, we'll donate one to a family in need.



Foodbank of Santa Barbara County
Donate • Volunteer • Get Help

www.foodbanksbc.org

 FoodbankSB  Foodbanksbc  Foodbanksbc

Santa Barbara Facility
4554 Hollister Avenue
Santa Barbara, CA 93110
(805) 967-5741

Santa Maria Facility
490 W. Foster Road
Santa Maria, CA 93455
(805) 937-3422

Education & Administration Center
1525 State St., Ste. 100
Santa Barbara, CA 93101
(805) 967-5741

SAVE the DATE

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

August - September
JOIN JACOB
Campaign

September 12
25th Hour: Foodbank
Disaster Preparedness
Conference

Table of Life
Sponsor Thank You Event
The Lark

September 30
Carpinteria Triathlon

October - November
End Hunger Games:
Corporate Challenge

October 6
Table of Life Gala

October 24
Santa Maria Empty Bowls

November 11
Santa Barbara
Empty Bowls

November-December
Mandarin Mania
Gleaning Season

Thanksgiving &
Holiday Drives



FOODBANK
SANTA BARBARA COUNTY