

food FOR thought



The New Face of Hunger.



Meet Robert. A college professor in his late forties, in the prime of his life and career, he is dying of cancer. The physical toll his illness takes makes it impossible for him to work any longer. He can no longer afford insurance and the medical bills are piling up. As he stands in line at a local pantry, Robert is grateful for the food provided, even as he wonders how he will pay for his medications.

Say hello to Christopher. A 32-year-old businessman in the mortgage industry, with a wife, and six young children: three boys and three girls. When the mortgage industry implodes, so does his livelihood. Now the family of eight lives in a garage. Christopher knows he'll find another job, but in the meantime wonders how he'll feed his family.

And Maryanne. A 65-year-old university graduate, city council candidate, and former realtor. When local real estate took a freefall, so did Maryanne. Financially devastated, she lost her home and took up residence

in her car. Instead of enjoying the golden years of retirement, Maryanne now wonders where her next meal will come from, as she transitions out of homelessness.

Meet the newest faces of hunger.

Average people who never imagined they'd find themselves standing in line for a meal, tucking their children in at night in the corner of a garage, or curling up in the back seat of their car. But many of us are only an unexpected illness or a lost job away from counting ourselves among the latest hunger statistics.

In homes, workplaces, and schools across Orange County, many residents don't know where they'll find their next meal. An astonishing one in five residents of Orange County live on the brink of hunger—and in a suffering economy, these numbers continue to grow.

That's why we work so hard to make sure that children, families, and seniors in Orange County have access to nutritious food. Because no one should go hungry.

Help and hope.

At Second Harvest Food Bank, we partner with over 450 pantries, emergency shelters, and soup kitchens in our community to provide food for our hungry neighbors. As Orange County's largest hunger-relief organization, we've provided millions of meals, thousands of pounds of nutritious produce and immeasurable hope to our neighbors in need.

What's missing?

But we cannot do it alone. We need your help to bridge the ever-widening meal gap for working families right here in Orange County. Every dollar donated to Second Harvest provides three meals to someone like Robert, Maryanne or Christopher and his family. Together we can make sure that Robert gets both the nourishment he needs and the medications that will ease his pain. We can help Christopher feed his children, so he can focus on his job search. And we can help ease the burden for Maryanne as she struggles to get back on her feet. Together we can feed the hungry, nourish the needy, and provide hope for the future. You can help by sending your gift today. ▶



SECOND HARVEST
FOOD BANK
ORANGE COUNTY

SOCIETY OF ST. VINCENT DE PAUL

FEEDING AMERICA
A member of

DIRECTOR'S CHAIR



Second Harvest Is Taking Action!


September is Hunger Action Month. As a member of the Feeding America network, we're joining with our partner hunger-relief agencies to ask all Americans to pledge to fight domestic hunger.

Our theme for Hunger Action Month: *30 Ways in 30 Days*. When you visit our website calendar at feedoc.org, you'll find new daily ways to fight hunger. Each daily 'way' is easy, doable, and impactful. You can also download a calendar with thirty days of activities, ranging from changing your Facebook status to finding out how to support us through our corporate partners.

We invite you to take the *My Way Pledge*, choosing "your way" to continue the fight against hunger all month long. Everyone has their own strengths; take stock of yours, take the pledge, and then take a few minutes to peruse some of the many suggestions on how to enact your pledge.

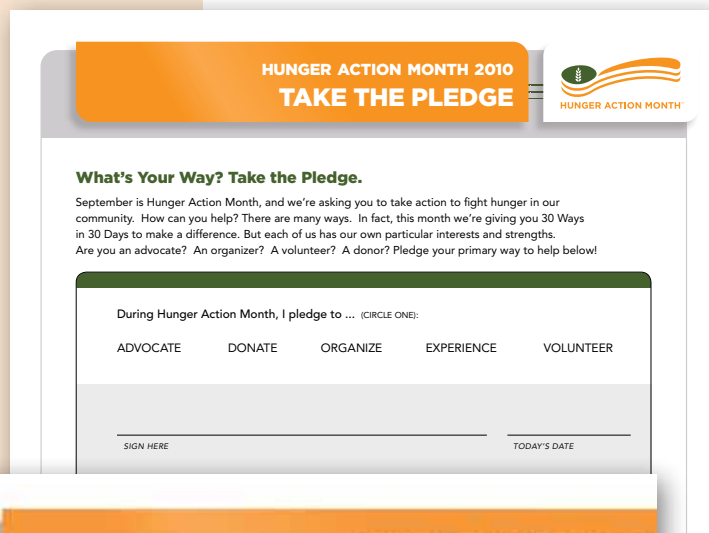
Our nation is in recovery from a massive recession, millions of Americans are faced with food insecurity – and we're working harder every day to assist individuals and their families right here in Orange County.

It's a daily challenge, and we are always looking for new ways to meet it head on. Hunger Action Month is a crucial time to raise awareness, and get people involved in fighting hunger, throughout September and beyond. Thank you for helping to fight hunger in Orange County!


Joe Schoening, Director

Take Action.

- ▶ Take the *My Way Pledge* online at feedoc.org. Ask your friends and family to take the pledge!
- ▶ Check out our website calendar for daily action ideas. Download a copy to share.
- ▶ Set up a fundraising team for the Thanksgiving Day Turkey Trot. Email SpecialEvents@feedoc.org for more information.



**\$1 = 6 meals
in September!**

Thanks to the generous support of a partner, every dollar donated during Hunger Action Month will be matched!

YOUR IMPACT!

New Mobile Pantry Hits the Road.

We recently rolled out the newest member in our Mobile Pantry fleet – a refrigerated truck capable of delivering up to 10,000 pounds of fresh fruits and vegetables to Orange County residents struggling to feed their families.

The new truck was made possible through a donation by Kraft Foods and its Foundation, in partnership with Feeding America.

Our new truck made its debut at Our Lady of the Pillar Church in Santa Ana, filled with 5,500 pounds of fresh fruits and vegetables provided by Ralphs Grocery Company. Employee volunteers from both Kraft Foods and Ralphs were on hand to help distribute grapes, carrots, onions, and other produce to 230 area residents – who in turn were able to feed 1,200 family members.

Our Mobile Pantry Program provides a way to get more fresh produce directly into needy neighborhoods. This new refrigerated truck not only allows us to increase our Mobile Pantry site visits each month, but also to distribute perishables, such as meat and dairy products.

“The mobile pantry truck will increase the reach of Second Harvest Food Bank to help feed more families,” said Tom Franscell, Sr. Customer Business Manager for Kraft Foods. “And with a mix of fresh fruits and vegetables, families have more options for good nutrition and balanced meals.”

“Recent demand for food assistance has increased by 35 percent,” adds Joe Schoening, Director of Second Harvest. “The Kraft Foods Mobile Pantry could not come at a better time to help us increase the number of clients we are able to reach.”



Thanks to all our community partners for their vital role. To find out more about them, visit feedoc.org/HowtoHelp.

OUR IMPACT!

By the Numbers.

Over the past nine months, Second Harvest Food Bank has helped feed thousands of Orange County residents struggling with hunger. Here are a few highlights:

Nearly 9 million Meals provided to Orange County residents in need.

Nearly 1.4 million Pounds of fresh produce provided through our Farm to Family program.

Over 8,800 Volunteers who lent us their hearts and hands to help feed the hungry.

Over 2,800 Children served nutritious meals and snacks over the summer, when school meals were unavailable.

Over 2,700 Backpacks distributed with nutritious food for the weekend, a time when children often go without.



over **2,800** CHILDREN SERVED

nearly **9 MILLION MEALS**

over **8,800** VOLUNTEERS

AGENCY SPOTLIGHT

First Lutheran of Fullerton

Location: Fullerton, California

The 400 member church has served hot meals out of their Caring Hands Kitchen for more than 20 years. The Caring Hands Kitchen, along with the Caring Hands Pantry is part of the Caring Hands Ministry. The outreach was started by a First Lutheran bible study group and is now supported by other local churches and community groups.

Partnership with Second Harvest: Since 2003

People Served: Weekly Dinner – 150 people
Weekly Pantry – 220 Families

Programs Offered: Tuesday Caring Hands Kitchen Hot Meal at 6:00pm; Wednesday Caring Hands “Client Choice” Pantry from 10:00am to Noon; Holiday shoe boxes and socks filled with hygiene products for our pantry guests and homeless clients; and Caring Hands Quilts for

hospital patients and Lutheran World Relief.

“I am really thankful for First Lutheran of Fullerton and all the nice people that help out. They make me feel like I am part of their church family and not just a stranger that came off the street. Getting dinner here on Tuesday nights and groceries on Wednesdays really helps me and my family out. We are so thankful for them.”

— Anonymous (client)

“When I first walked in, I was amazed to see 150 people waiting to get dinner. I was expecting maybe 10 or 15 people. First Lutheran did a great job providing a healthy dinner and it was great how welcoming they were to everyone. It opened my eyes that there really is a hunger problem, even in my own neighborhood.”

— Scott Hutchison (visitor)



Find us on Facebook

Facebook.com/
SecondHarvestFoodBank



Follow us on Twitter

Twitter.com/
SecondHarvestFB

FOCUS ON NUTRITION

Did you know... We include nutrition information and recipes in every bag of groceries we deliver to seniors through our Brown Bag program?

Apples Fun Fact

2,500 apple varieties are grown in the U.S.

What's in it for you?

A medium-sized apple is a source of fiber and vitamin C.

Serving Idea

Mix apple chunks and raisins with your morning oatmeal.

Feedoc.org/How We Work/Nutrition

for more tasty tips and recipe ideas.



Save these Dates...

► Scouting for Food

October 30 – November 6, 2010

Boy Scout & Girl Scout Food Drive. Donation bags are delivered to residences and the Scouts return on November 6, 2010 to collect the food.

► “No Lunch” Luncheon

November 23, 2010

11:30 am – 1:00 pm

Guests participate in a “soup kitchen” style lunch while getting to know the Food Bank and honoring the year’s community awardees.

► Dana Point Turkey Trot

November 25, 2010

7:00 am

Join the pledge donation drive and RUN so others can eat!

For more details, go to feedoc.org