

# food **F O R** thought



from our



## Bisnar|Chase Adopts a Pantry.

On April 4th, an enthusiastic Bisnar|Chase staff teamed up with us to deliver fresh produce directly into the community. The Newport Beach law firm sponsored the first Mobile Pantry delivery to Southwest Community Center in Santa Ana.

Bisnar|Chase staff member, Amber Schiffert recently shared their experience on our blog:

*"Giving back to the community has always been a priority for John Bisnar, Brian Chase, and the entire law firm. It's important to John and Brian that our staff is involved in community outreach.*

*The staff of Bisnar|Chase feels blessed to be able to provide food for ourselves and families and being able to help those that do not have this life staple is dear to our hearts. Second Harvest has given us the opportunity to provide not only food to Orange County residents, but also to show them kindness, support and that their community cares about them."*



Our Mobile Pantry program serves low-income neighborhoods throughout Orange County each week by providing fresh produce and other nutritious food directly to families and individuals who struggle to make ends meet. With

each delivery, the truck transports a minimum of 5,000 pounds of fruit, vegetables, and dry goods into the community.

### How Much is 5,000 Pounds of Food?

The hard-working volunteers from Bisnar|Chase helped with the Pantry set-up, and then assisted local residents with their food selections. Nearly 4,000 meals reached almost 200 families in Santa Ana through the mobile pantry distribution.

Amber Schiffert: *"The program is a wonderful way to help the community we all live in. With so many living in poverty, and the economy continuing to stagnate, this type of charity is sorely needed throughout Orange County."*

Sponsorship of a Pantry delivery covers the cost of fuel and thousands of pounds of fresh food, and allows volunteers to be directly involved in bringing a lifeline of much-needed assistance that would literally not reach dinner tables otherwise.

Connie Jones, Executive Director, Southwest Community Center expressed her thoughts about the day: *"The seniors and families in our neighborhood really miss fresh foods, so this is a real blessing to them. You're creating an environment that gives them access to nutritious foods."*

Last year, our Mobile Pantry deliveries provided nearly two million meals to people in need. Mobile Pantry sponsors can bring philanthropy full-circle by financially supporting the cost of a pantry, and seeing firsthand the

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-Bisnar|Chase staff member,  
Amber Schiffert



immediate impact of their generosity during a distribution.

Lisa, client, family of six: *"The fresh produce is a big help, especially in today's economy."*

To find out more about how you can "Adopt a Pantry", contact Melanie Schneider, [Melanie@feedoc.org](mailto:Melanie@feedoc.org) or 949.653.2900, ext. 165. ▶



SECOND  
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SOCIETY OF ST. VINCENT DE PAUL

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## DIRECTOR'S CHAIR

### Monthly Harvest Club Creates Summer Smiles!

Our Kids Cafe program provides children with healthy choices during the school year at homework help sites throughout Orange County. When school is out, many of these children are at risk of going hungry.



Today, 43% of Orange County's children rely on the free and reduced lunches at school for a major part of their nutrition each day. During the summer, we serve breakfast and lunch to more than 3,000 children at our Kids Cafe sites.

With your help, we can feed even more kids. You can help us respond to the growing need by joining our Harvest Club. Simply pledge your monthly gift to become a member!

- \$20 per month will provide another child healthy after-school snacks.
- \$55 per month will help feed a child over the summer while school is out.
- And \$100 per month will fill a child's tummy all year long.
- Or, pledge whatever you can today!

#### Joining the Harvest Club is easy:

**It's convenient** as it automatically charges your credit card.  
**It's cost effective** because it reduces our costs, so we can feed more children.  
**It's flexible** – you can modify your donation at any time.

Please join our Harvest Club by returning the enclosed coupon. Or visit our website at [feedoc.org](http://feedoc.org), click on the "donate" button and follow the steps.

Let's keep smiles on these little faces over the summer and beyond!

A handwritten signature in orange ink that reads "Joe Schoeningh".

Joe Schoeningh  
Director



## A Hunger-Free Summer.


Let's fill tummies, nourish minds, and give hope – all summer long!



Our BackPack program bridges the meal gap for children over weekends and during the summer, a time when they often go without. Filled with nutritious, child-friendly food, the BackPacks offer children peace of mind knowing that they won't miss weekend meals during the summer when school is out.

You can help us create a hunger-free summer for these kids by sponsoring a Summer BackPack!

\$30 provides a month of weekend meals or \$90 will supply weekend meals for the entire summer. Simply send your gift in the enclosed envelope or visit our website at [feedoc.org](http://feedoc.org).

Together, we can fill tummies, nourish minds, and give hope – all summer long! 

## YOUR IMPACT!

### Volunteers Hit the Red Carpet.

More than 110 volunteers walked the red carpet into our warehouse on April 9 for the 15th Annual Volunteer Appreciation Luncheon. The Oscar-themed event celebrated our volunteers for the invaluable contribution they make to helping us feed the hungry in Orange County.

Our dedicated volunteers make up 55% of our workforce. Last year alone, volunteers provided over 100,000 hours in our warehouse, at our Incredible Edible Park, and through numerous other ways they offer their time and talents.

Upon arrival, each of our volunteers received a souvenir photo snapped by our in-house paparazzi. A delicious luncheon was provided by Orange County Catering at festive tables adorned with flower arrangements generously donated by Sue B. Warner.



### The Golden Can Award

Each year, we present a few of our star volunteers with *The Golden Can Award* in recognition of outstanding volunteer achievement. This year’s award-winners include: (pictured, left to right): Wiseman Hsu, Patty Santry, Ann Keough, and Bill and Margo Turner. Not pictured: Ellie Guyon and John and Mary Ward.

Congratulations to our *Golden Can Award* winners and a heartfelt “Thank You” to each and every one of our volunteers – you are all star performers in our eyes! ▶

## OUR IMPACT!

### New Kids Cafe Serves a Menu of Healthy Choices.

On March 3, we celebrated our latest Kids Cafe opening at the Boys & Girls Club of Santa Ana (BGCSA). Nearly 130 children happily snacked on carrots and string cheese during a well-deserved homework break.

Kids Cafe helps bridge the gap between meals, providing fresh fruits, vegetables, protein, and dairy options to children who may not otherwise have access to nutritious foods.

“The families we serve struggle so much financially that nutrition is rarely a priority. With Second Harvest’s help, we will continue to change that reality by providing healthy snacks and nutrition-related lessons to our kids,” (Robert Santana, BGCSA).

Kids Cafe has provided healthy after-school snacks, summer meals and nutrition education to low-income children throughout Orange County for more than a decade. We partner with Boys & Girls Clubs, community centers, and other homework help centers within walking distance of underserved schools. The new BGCSA Kids Cafe marks 35 sites now open in Orange County.



“Second Harvest is excited to expand our relationship with the Boys & Girls Clubs of Orange County. We share a common goal: to provide children an environment where they have an opportunity to thrive.” (Joe Schoeningh, Second Harvest). ▶



### What do the kids at BGCSA have to say about our snack program?

They’re good snacks and they have vitamin D in them.

Julian, age 7

We get milk that we might not normally get at home.

Tania, age 17

We get good snacks every day!

Marco, age 10

We like getting healthy things to eat every day.

Alejandra, age 8

# VOLUNTEER SPOTLIGHT

## Delaine Whitehead

### The Spirit of Volunteerism!

**How long:** Since 2001

**Activities:** Second Harvest Food Bank was proud to honor Delaine Whitehead as our Outstanding Community Volunteer during the OneOC Volunteer Center's "Spirit of Volunteerism" award luncheon. Delaine puts in a tremendous amount of time and effort to inspire fellow UnitedHealthcare employees to volunteer with the food bank. Through her efforts, 1,100 volunteers have assisted with over 2,800 hours!



Delaine shared some insight into her volunteer experience:

**Why I Volunteer:** I have always felt compassion for the needy. Volunteering my time is something I can do on a regular basis that doesn't require any

specialized skills. I learned service from my mother. She had me volunteering at our church from the age of 13. I've participated in some form of volunteer service ever since. That's a lot of years!

**What Keeps Me Involved:** I see great value in the seemingly routine job we do. Even though my part is small, together, we can accomplish great things.

**Most Rewarding Moment:** Seeing the generosity of people through the volume and quality of the donations the post office workers pick up during the "Stamp Out Hunger" food drive. It reminds me that most people are good.

**What I Like Most:** It's the team spirit of the UnitedHealthcare people I work with. No matter what we're asked to do, we do it with gusto and have fun. If it's sorting peaches that have been sitting too long, then we can laugh about it from one year to the next.

Find out more about our volunteer opportunities at [feedoc.org/How to Help](http://feedoc.org/How to Help).

## TAKE ACTION

### Help Us Stamp Out Hunger!

**This Saturday, May 14th,** your local letter carrier

will do more than drop off the mail. As part of their annual "Stamp Out Hunger" food drive, letter carriers throughout Orange County will also pick up your non-perishable food donations!

**How can you help?** Simply bag and place your non-perishable food donations next to the mailbox and your friendly letter carrier will pick them up. We'll make sure your donations go to feed our neighbors in need.

**No time to shop before Saturday?** You can still help by shopping our virtual food drive! Just visit our website at [feedoc.org](http://feedoc.org) and click on the "Stamp Out Hunger" image.



## Test Your Hunger IQ



Think you know the facts about hunger in Orange County? You may be surprised to find out what hunger looks like right in our own backyard. You probably know someone who has faced hunger in their lifetime — a friend, co-worker, neighbor or even family member.

Take our hunger pop quiz. The results may surprise you!

Visit our website at [feedoc.org](http://feedoc.org) and click on "OC Hunger Quiz."

**Our Website: [feedoc.org](http://feedoc.org)**



**Check out our Blog**  
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[Facebook.com/SecondHarvestFoodBank](https://www.facebook.com/SecondHarvestFoodBank)



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## FOCUS ON NUTRITION



**Did you know?** Our Brown Bag program distributes enough food to feed 4,200 seniors every month. Each twice-monthly delivery includes a nutrition information flyer.

**Harvest of the Month**  
Avocado

### Fun Fact

European sailors once used avocados as their form of butter.

### What's in it for you?

Half an avocado is a source of fiber, vitamin K, folate, vitamin C, vitamin B6, and potassium.

### Serving Idea

Replace mashed avocados for mayonnaise in sandwiches.

Visit our Nutrition page at [feedoc.org](http://feedoc.org) for more tasty tips and recipe ideas.