

Food for Thought

News from Second Harvest Food Bank of Orange County



“My children love the fresh fruits and vegetables...these are special things.”

—SILVIA

Getting food from the pantry helps Silvia make ends meet. Her rent has increased steadily in the last few years.

Thank you for helping my family have a better future

My name is Silvia and I am so thankful that I can come here and get food for my family. I have three children—one in college, a senior in high school, and one in elementary. My children love the fresh fruits and vegetables and the meat I bring home. These are special things that are expensive in the store. I'm just happy with everything they give us.

The food helps us because our money is limited. My husband works in a warehouse, but sometimes he'll only get four days of work. I started working part time at a clothing store to help pay the bills, but the money just doesn't last. In the last two years, our rent increased by \$400 a month, so most of our money goes to rent. It's hard to maintain our bills and feed everyone in that situation.

Food is a big help

We've been through some hard times as a family. There were times we needed milk, but had no money to buy it. Sometimes my kids tell me they're going to get a part-time job to help us out. But we tell them, “We want you to study. We want you to have a better life than the one we're able to give you now, to have more possibilities.” It's important that they work at their studies, and we're getting by.

The food we get from the food bank has helped us so much. I'm so appreciative of all the people who give their time and donations. It helps our family and a lot of others who are in our situation. I thank God the food bank exists and that there are people who will support this work. I know it makes my family very happy.

Spring 2016

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UPCOMING EVENTS

“FOOD BANK 101” TOURS

We offer regular tours of our food distribution center for children and adults. What better way to discover opportunities for you to partner with us and help end hunger in Orange County.

MAY 14TH STAMP OUT HUNGER FOOD DRIVE

Leave nonperishable food donations by your mailbox or take them to your post office to help feed hungry people in our local communities.

JUNE ABC7 / VONS FEED SOCAL FOOD DRIVE

During the month of June, ABC 7 will be promoting the Feed SoCal Food Drive to benefit Southern California food banks, including Second Harvest. Food will be collected at area Vons and Albertsons grocery stores all month long. The daylong “Stuff-A-Truck” event supporting Second Harvest is on June 24th at 185 E. 17th St. Costa Mesa

JULY 20TH 12:00—3:00PM ORANGE COUNTY FAIR FOOD DRIVE

Receive free admission to the fair on “We Care Wednesday” when you donate five or more nonperishable food items at the fair. All donations will go to Second Harvest.

OCTOBER 6TH HARVESTERS 24TH FASHION SHOW & LUNCHEON

Save the date for the Harvesters premier fundraiser presenting fashion highlights for 2017 and an exclusive luncheon in the Renee and Henry Segerstrom Center.

For more information, please call 949-653-2900 or visit our website at FeedOC.org

A note from Nicole

As summer approaches, we’re looking forward to the variety and abundance of fresh fruits and vegetables that come with the season. Last year, 38 percent of the food we distributed was fresh produce. That means so much to the families we serve. We hear stories, like Silvia’s and Lucia’s, of the way fresh produce is making a difference in the lives of those we serve. One little boy at a Kid’s Cafe told us he’d never had an orange before.



Our latest hunger study revealed that 79 percent of the households we serve reported purchasing inexpensive, unhealthy food because they couldn’t afford healthier options. At Second Harvest, we’re committed to increasing the amount of fresh fruits and vegetables we distribute to these families. Our biggest challenge is paying for the transportation to get produce from the farm to those in need. Your support is helping make that possible, and we’re grateful for your investment in helping us distribute the most nutritious food possible.

“We’re grateful for your investment in helping us distribute the most nutritious food possible.”

We’re thankful for the commitment of our staff as well. Recently, Gloria Jetter Crockett joined our team as our new chief development officer. I know she cares deeply about our mission and we’re excited to have her wealth of knowledge and experience making an impact on our work.

As we’ve been developing our strategic plan, we’re seeing the possibility of ending hunger in our communities. In fact, we’re working towards closing the meal gap—the difference between the number of meals provided and the number of meals needed for those who are struggling—by the year 2025. You play an invaluable role in helping us reach that goal. Without the generosity of our contributors, our volunteers and the businesses and organizations that support our work, we could not be feeding over 200,000 people in Orange County every month. Thank you for your generosity and your friendship.

Gratefully,

Nicole Suydam, CEO | Your Partner



PARTNER SPOTLIGHT

Native American Church: Caring for our neighbors

Twice a month, Second Harvest’s Mobile Pantry rolls into the parking lot of the Native American Church. Almost 25 volunteers from three different congregations and a local Wellness center set out and distribute food to about 170 families. Ruth Kennedy manages the program with her sister Joanie. “We have a heart for people in need. And these are our neighbors,” says Ruth. “What this does is give them a bridge for those times when they don’t have money.”

The program started six years ago as a once-a-month distribution, but after a year the church requested a second distribution. “One thing spoke volumes to me at one of our first distributions,” recalls Ruth. “Here come the kids munching on cucumbers like they’re popsicles. And they’re grinning from ear-to-ear. I never thought of a cucumber as a treat!”

“We want to be good neighbors. It’s very rewarding.”

—RUTH

Happy to receive fresh produce

To encourage cooking vegetables people may be unfamiliar with, volunteers hand out recipe cards. The church also offers a playtime for children while their parents collect the fresh produce and other food. Twice a year, Ruth distributes toothbrushes and teaches children about oral hygiene. All three congregations at the church have embraced the Mobile Pantry program. “Our whole philosophy is that while we have the ability to do this, we should,” says Ruth. “We want to be good neighbors. It’s very rewarding.”

Ruth says families are most grateful to receive the fresh fruits and vegetables. She credits the donor support of Second Harvest as the reason they’re able to distribute the quantity and variety of produce. “I definitely want to say thank you to them,” she says. “It’s wonderful food. You can see when they’re going through the line how happy everyone is to receive it.”



The twice-a-month Mobile Pantry brings fresh produce to this low-income neighborhood.

STAFF SPOTLIGHT

New Chief Development Officer Meet Gloria

Gloria Jetter Crockett, our new chief development officer, comes to Second Harvest with over 20 years of experience working with nonprofits. “I’ve always had a deep passion for non-profit work, specifically around making sure we provide services for individuals in need,” says Gloria. “And I love how strong volunteerism is at Second Harvest.”

Although Gloria has volunteered for hunger-related causes over the years, she says it was volunteering with her daughter at Second Harvest’s Incredible Edible Farm that made her more aware of the hunger needs in Orange County. “When I share statistics with people, they’re surprised by how many families we help who have come across hard times,” says Gloria. “We need to be there for everyone.”

Gloria is impressed with the number of volunteers and in-kind support the organization gets from the community. She’s also impressed with the efficiency of the distribution center. “I’m excited to be telling our story. I want people to know how they can partner with us to end hunger in Orange County,” says Gloria. “Our donors and community partners have made a tremendous impact in our fight against hunger, but we have not reached everyone who needs our help.”



Thank you for the healthy fruits and vegetables

My name is Lucia. I’m 82 years old, and I walk to this mobile pantry distribution every month. It helps me a lot because it means I don’t have to spend so much money buying food. They have many fruits and vegetables here, which I appreciate.

I’m a cancer survivor. I had cancer for four years. I had chemotherapy. But now, thank God, I don’t have problems. Eating healthy is very important to me because of that. Without my health,

there’s nothing. I make a lot of fruit salad or chicken with vegetables.

In 1962 when I started working here, I made \$1.15 an hour in a factory. I’ve worked in offices doing computer work and on an assembly line. I raised four children with my husband. He died in 2009. Now I live on my pension. It’s low, but I get along. I just have to keep figuring out ways to make it stretch.

Living a grateful life

When I had cancer, I had a bad fall. Now, every morning when I get up, I’m grateful. You never know when that’s

going to end. I’m grateful for all the food I get here, like the melon that I got today. I’m thankful to have a good neighbor who helps me carry my food home. I have grandchildren and great grandchildren, and some of them are in college. My son comes by the house three times a week. I have a good family.

And I’m very grateful for the people that provide this food. I know they’re people like me, and they’re doing what they can with what they have. When you’re living little-by-little, everything helps. So I’m thankful for everything they give. Everything.



“I’m a cancer survivor—Eating healthy is very important to me.” —LUCIA

Lucia walks to the mobile pantry in her neighborhood. Her neighbor helps carry home the fresh produce.

Your support brings fresh produce to families struggling with hunger

For many people, the idea of a food bank conjures images of canned and dry goods handed out in a box. But at Second Harvest Food Bank, we're much more than that. Last year, 38 percent of our food distribution was fresh produce, and it's our goal to continue to grow the same amount of fresh produce we distribute.

Many of the people we're serving are struggling with diet-related illnesses, and they lack access to the fresh foods they need to eat nutritiously.

In fact, our recent hunger study showed us that 79 percent of the households we serve reported purchasing inexpensive or unhealthy food because they couldn't afford healthier options. Silvia, whose story is on page one, told us that the fresh fruit and vegetables she receives are special to her family.

Last year, 38 percent of our food distribution was fresh produce.



For the families we serve, it's so important for us to continue to increase the quantity and variety of the fresh produce we distribute through our partner agencies and mobile pantries. Our biggest challenge for acquiring fresh produce is the cost of transporting it to our warehouse. We also have to keep it safe and get it quickly into the hands of families in need.

That's why your generosity is such a vital support in helping us provide enough fresh produce. Will you send in your gift today? You can return the enclosed form, or give online at FeedOC.org. Thank you for investing in our goal to provide the healthiest food possible to our hungry neighbors.

The Daniel J. Harney Legacy Society A legacy of hope

Seniors 70 ½ or older may donate up to \$100,000 directly from their IRA. Rollover gifts transferred directly to Second Harvest would meet the required minimum distribution and are not treated as taxable income. Certain restrictions apply, so consult your tax advisor or Gloria Crockett at 949-653-2900 ext. 149 before making a donation.

Connect online to the work you support!



Visit us at FeedOC.org

Thank you to these generous organizations

Thank you to the following organizations for their generous support.

- Change a Life Foundation
- Disney
- Duke's Huntington Beach
- John Curci Family Foundation Fund
- loanDepot
- McMaster Carr
- O.L. Halsell Foundation
- Red Nose Day
- Share Our Strength
- Sprouts Farmers Market
- St. Joseph Community Health Partnership Fund
- Target
- Tarsadia Foundation
- Walmart Foundation
- Wells Fargo

Our new helpline

Would you like an easy way to make a donation by phone? Or maybe you know someone who is struggling and needs help finding food. Our new helpline can help with both. Please call (855) 2-FeedOC or 855-233-3362 and follow the prompts to connect you to the service you need.

MY SPRING DONATION

YES, Nicole, I want to help bring fresh produce and other nutritious food to our neighbors who are struggling to feed their families.

Enclosed is my gift: \$150 \$100 \$50 \$25 Other \$ _____

I would like to join the Harvest Club and give monthly.
My first gift of \$ _____ is enclosed.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____

Please make your check payable to: **Second Harvest Food Bank**
8014 Marine Way | Irvine, CA 92618

To charge your gift by phone, call 949-653-2900, ext. 129 or give online at FeedOC.org



SECOND HARVEST FOOD BANK
ORANGE COUNTY

A member of **FEEDING AMERICA**

Please charge my gift on my credit card: VISA MC AMEX DISC

CARD NUMBER _____ EXP. DATE _____

NAME ON ACCOUNT _____ SECURITY # _____

(_____) TELEPHONE NUMBER _____

SIGNATURE _____ SN/16 29526-3

Your donation is tax deductible as permitted by law. Second Harvest Food Bank of Orange County will send you a receipt in gratitude for your kindness to the individuals and families who rely on us for food.