Fall is here and children are back to school. With your support, we remain hopeful our community will weather the COVID-19 variants with minimal impact yet we are ready to provide food assistance, if necessary. Above all, we are committed to feeding and nourishing everyone in our community who needs help.

Nutrition is the key to our community’s well-being. Consistent access to nutritious food options increases food security and supports enhanced community resiliency. By providing consistent access to nutrient-dense food, Second Harvest is setting up children and families for success in school, at work and in life.

Our food strategy to procure fresh fruits and vegetables, eggs, dairy and protein is guided by our nutrition plan. This approach ensures the pipeline of healthy food stays full and consistent across the community for those who need it most.

While the economy appears to be improving, there are nearly 300,000 individuals each month who rely on Second Harvest for food and we must keep the momentum going to reach our goal of ensuring all are well fed in OC.
Kimberly, a Vanguard University student, has depended on the school’s pantry to feed herself and her family, including her grandmother who must limit her contact with others because she is at very high risk for COVID-19.

“Not having access to food has been very difficult. College students shouldn’t have to worry about what they’re going to eat. They should be thinking about finishing assignments and studying for their exams.

“Especially during lectures, I was always worried that someone would hear my stomach rumble. It was just hard to focus. Going to the pantry has helped our family. It has definitely relieved our financial worries. It’s just one less thing to worry about and it’s helped me focus on my studies.”
Always Looking Ahead: Nutrition and Food Forecasting

We began forecasting food need last year using unemployment projections and community need, minus anticipated donations and rescued food, to ensure sufficient supply. Now, our forecasting has become a food sourcing model that focuses on nutrition and provides the foundation for our strategy going forward. In addressing food insecurity through nutritional security, our plan prioritizes the purchase and sourcing of:

- Fresh Fruits & Vegetables
- Eggs
- Dairy
- Protein

Our nutrition strategy also includes balancing fresh foods with the nutritional content of canned foods and dry goods.

FISCAL YEAR 2022

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<thead>
<tr>
<th>SOURCING PLAN</th>
<th>NUTRITION PLAN</th>
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Each week, Second Harvest sends:

- 1,560 dozen eggs
- 2,016 half-gallon jugs of milk

To partner pantries throughout OC serving children and families.

FOUNDAION FOR A HEALTHIER OC

Consistent access to nutritious food options increases food security and supports enhanced community resiliency. By providing fresh fruits and vegetables, eggs, dairy, whole grains and protein for our neighbors in need, Second Harvest is setting up children and families for success in school, at work and in life.

LEADING TO OPPORTUNITIES FOR SUCCESS

Second Harvest helps build strong, resilient families that are set up for long-term success. By feeding children and families with nutritious food, Second Harvest is reducing hunger and poverty, which leads to a more educated workforce, stronger families and a vibrant local economy.

IMPROVING EDUCATIONAL OUTCOMES

Second Harvest is dedicated to achieving strong educational outcomes for young people. It is essential for students to be able to focus and be successful in school. Second Harvest provides students with the critical food they need to learn and develop to their full potential.

CONSISTENT ACCESS TO NUTRITIOUS FOOD

Our nutrition strategy also includes balancing fresh foods with the nutritional content of canned foods and dry goods.

LEADING TO ECONOMIC OPPORTUNITIES

Second Harvest helps families succeed by providing nutritious food. Our goal is to help everyone in our community thrive and reach their full potential so they can build a bright future for themselves and their families.

SUPPORTING MENTAL & PHYSICAL HEALTH

Second Harvest helps keep families healthy and strong. Access to nutritious food is an essential part of living a healthy life. Second Harvest provides children and families with access to fresh fruits and vegetables, which helps them make healthy choices and live longer, healthier lives.

CONSISTENT ACCESS TO NUTRITIOUS FOOD

Second Harvest helps ensure that all Orange County children and families have access to nutritious food. This helps create a sustainable, healthy community where everyone can be healthy and self-sufficient.
Self-Sufficiency in Action: We’re Growing Our Own Food!

This fall, in partnership with the South Coast Research and Extension Center (South Coast REC) and local sustainability farming pioneer and Solutions for Urban Agriculture founder A.G. Kawamura, Second Harvest will begin to farm 45 acres at the South Coast REC site on Irvine Boulevard not far from the food bank. The initial crop of transplants will produce up to 40,000 pounds of cabbage per week starting November 18 when the first harvest takes place.

**Why cabbage?** It’s a hearty, healthy vegetable that’s easy to grow, and it’s relevant to many cultures. Think soup, cole slaw, kimchi, salads or taco topping.

After this initial crop, our second planting in May 2022 will include zucchini, cucumber and yellow squash. In the warmer months we’ll be growing summer corn and mini bell peppers, too. We anticipate providing up to 160,000 pounds per month of locally grown produce to our food pantry network once all 45 acres are in production. This innovative partnership supports not only Second Harvest’s nutrition strategy, but local farmers as well.

**Who will tend the garden?** Volunteers will be an important component in making this venture a success. We will eventually require 40 people per shift—for multiple shifts per week—to harvest the crops. Please watch for more details about [volunteer opportunities](#) at feedoc.org/volunteer.

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**FARM-FRESH BENEFITS**

**SUPPORT OUR FARM**
by making a donation today. Visit [feedoc.org](http://feedoc.org)

Growing our own food locally:

- **Drastically cuts time** to the dinner plate and delivers more health benefits because the produce is fresher when it reaches the community
- **Harkens to the agricultural roots** of Orange County
- **Reduces environmental impact** by greatly reducing the number of miles trucks drive to deliver ultra-fresh produce to our distribution center
The Picture of Health for Our Community

Last year challenged—and changed—virtually every aspect of our operations. The pandemic brought to light the importance of addressing food insecurity and ending hunger. It also showed us just how determined and resilient our community really is.

First, we commissioned Rochester, N.Y.-based mural artist Sarah Rutherford to paint a 2.5-story-high work of art featuring Orange County residents we serve and other images that represent the flow of food throughout the county. The mural covers the northeast exterior wall of our distribution center in Irvine. Second, we worked with Laguna Beach artist Jerome Gastaldi to roll out a community mural project that transformed a Second Harvest semi-trailer into a massive mobile easel equipped with a 48' canvas. We invited an array of residents, elected officials and community representatives to paint this creative work of art.

This is our way of celebrating resiliency and a brighter nutritional pathway to self-sufficiency for all those in need in Orange County. Art is a powerfully relatable yet unique experience. With it, we were able to unify the community and raise awareness of the fact that nutritious food is the most fundamental of necessities for us all.
Phased Return of Volunteers

We are pleased to be gradually inviting back Second Harvest volunteers in phases. As our business model has changed, so has the way our volunteers serve.

We have a small group of longtime volunteers at the distribution center helping to sort produce. More opportunities are being offered to help tend our 45-acre farm.

Please visit feedoc.org/volunteer for more information.

—I have so much. Volunteering only takes a few hours a week and fills my day with something so meaningful. I’m happy to spend my time making a difference.
—Cheri (below)

—I volunteer to give back—everyone has to eat. I feel fortunate to have a fridge full of food and eat three meals a day. If there’s a way I can help others who are in a tough spot, it’s a privilege to do so.
—Pat (above)
Recent News

Second Harvest Food Bank salutes good nutrition in giant mural

Group’s distribution center includes two-story high paintings of real people who have been served by the food bank.

By Theresa Walker
dw@wilson.com

Anyone who drives up to Second Harvest Food Bank’s distribution center on Marina Way in Irvine will be greeted by smiling faces towering more than two stories high on the massive building’s northeast corner.

One side, a man holds a bag of oranges and a woman cradles a head of lettuce. Around the corner, a boy and a girl show off a bag of apples and a bunch of celery. The couple and the children are all real people who have been served by the food bank.

New York-based artist Sarah Rutherford worked Friday before a gathering of local dignitaries to complete the art installation—conceived by Second Harvest Food Bank of Orange County to showcase its commitment to expanded distribution of fresh, nutritious food to those in need.

As Rutherford worked, a group of young artists, led by artist Jerome “Bob” Gasticlhi of Laguna Beach, flushed out their own 36-foot-long canvas, painting the side of a semi-trailer with food-related words as “community,” “hope,” and “nourish.”

The art symbolizes a strategic pivot by the food bank, which is now helping to feed nearly twice as many individuals—about 400,000 a month—as it did before the economic hardships ushered in by the coronavirus pandemic in early 2020. The emphasis now is on purchasing increased amounts of protein, produce and dairy to maintain a steady supply of fresh food. Learn more at feedoc.org.
**Recent News**

**FOOD BANK NEWS**

Advancing Best Practices in Hunger Relief

Food-Bank Budgets Soar to Reflect Purchased (vs. Donated) Food

Food banks are struggling to keep up with soaring food costs. The USDA reports that food prices are up 20% in the past year. This increase is due to supply chain disruptions, increased demand, and the ongoing pandemic.

Maryland Food Bank President and CEO Elize C. Jordan-Brown said, "Food banks are experiencing unprecedented demand, and we need to double our efforts to meet the needs of those in need."

The food bank's budget for 2022 is expected to increase by 50% compared to last year. This increase is necessary to meet the growing need and ensure that people have access to healthy, nutritious food.

"We are doing everything we can to stretch our resources and keep up with demand," said Jordan-Brown. "Our donors and supporters have been incredible, and we are grateful for their continued support."

Food Bank Budgets Soar to Reflect Purchased (vs. Donated) Food

Support Food Bank News

*Article by Elize C. Jordan-Brown and Jordan-Brown*

"The goal of distributing the presence burdens unexpectedly found the and the food banks' policy network, said Jordan-Brown. "We need to work together to ensure that people have access to healthy, nutritious food."

"We are looking into other ways to stretch our resources and keep up with demand," said Jordan-Brown. "We are grateful for the support of our donors and supporters, and we are working hard to ensure that everyone has access to the food they need."
Thank You

TOGETHER WITH YOUR GENEROUS SUPPORT, WE ARE COMMITTED TO BUILDING A BETTER TOMORROW.
Donate today by visiting feedoc.org
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