



SECOND
HARVEST
FOOD
BANK
ORANGE COUNTY

SUMMER 2022

Eat Your Way Toward Happiness

Did you realize that eating certain types of food can make you happier? Everyone knows that eating nutritious food can make you healthier, but it turns out that this same food directly impacts our brain structure, functions and mood.

We at Second Harvest have always believed that consistent nutrition not only tackles food insecurity, but it also builds mental and physical resiliency for all ages. Now there's a growing body of evidence that supports nutritional psychology as one of the pillars of a healthy, happy life. Further, studies indicate that incorporating more nutritious foods may alleviate symptoms of depression and mental illness in children and adults who recently experienced stressful events.

Because of this connection between food and physical and mental health, we're committed to providing fresh and nutrient-rich produce to those we serve. Harvest Solutions Farm is one of the key components in our fight against malnutrition by providing fresh produce to the community. A diet that is high in refined sugar is linked to increased rates of depression, while a diet that is high in vegetables, fruits, whole grains and protein is linked to lower rates of depression, which allows for a happier life.

Our advisory team of nutritionists plot out foods that we can distribute to the community to yield the best outcomes. As we strive to grow even more produce locally and help more families and partners within our community, we're also dedicated to optimizing the health and happiness of those we serve along the way.

WANT TO HELP?

Assist those in need within our Orange County community. Please give today. To donate, visit feedoc.org/give-newsletter or send your gift to 8014 Marine Way, Irvine, CA, 92618.



<https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>

<https://www.apa.org/monitor/2017/09/food-mental-health>

*Dareen Khatib is Administrator of Health and Wellness at the Orange County Department of Education. She is also a member of SHFB Board of Directors and Chair of our Nutrition Advisory Council.

“There’s so much new research that’s showing the link between healthy eating and an impact on mood, behavior, anxiety and even depression. It’s really exciting for us in the world of health and prevention to talk about a more holistic approach and about protecting our children and families.”

—DAREEN KHATIB*, SECOND HARVEST BOARD MEMBER AND ADMINISTRATOR OF HEALTH AND WELLNESS AT THE ORANGE COUNTY DEPARTMENT OF EDUCATION.



Summer Hunger

As the weather warms, we at Second Harvest are happily welcoming summertime. For many, this time of year is filled with beach days and picnics. But the days off from school can actually be the cause of stress for some of our younger Orange County residents: During summer, 49 percent of public school children in Orange County lose the reliability that free or reduced school meals provide.

That's why Second Harvest is offering its 2022 Summer Food Service Program to provide free meals to all children in need. In collaboration with local nonprofit Meals on Wheels Orange County, we are offering yummy meals such as chicken wraps, turkey sandwiches and more at 39 sites throughout the county.

With inflation making the cost of nutritious foods out of reach for some, we want parents to know that if they are struggling, we are here to help. Distributions will be held at sites near schools where at least half of the students qualify to receive free or reduced-priced meals, and schedules are available at 211oc.org.

Food and nutritional insecurity has a long-term negative impact on the cognitive and socio-emotional development of children, and that's why we're committed to ensuring that no child is left hungry, for any reason.

WANT TO HELP?

Keep our children feeling well-nourished this summer by donating at feedoc.org.

Summer Sustenance on Deck for Everyone

The bounty of vegetables ripening at our Harvest Solutions Farm in Irvine proves that summer is truly here! Right now, we're growing summer squash and harvesting zucchini and green bell peppers—perfect for fresh summer salads! That ultimate summer treat, watermelon, is next to be harvested. Since the launch of our farm, we've been harvesting 80K–160K pounds of produce each month for those in need—moving produce from the fields and into the hands of those we are serving in a week's time.

The 45-acre farm, which reaps a variety of crops throughout the year, including cabbage, broccoli, peppers and more, allows us to provide steady, consistent nutrition. Such healthy food not only tackles food insecurity—it supports building more resiliency for all ages. Additionally, growing our food locally drastically cuts time to the dinner plate and delivers more health benefits because



the produce is fresher when it reaches the community.

Our incredible volunteers are the key to our ability to cultivate fresh and nutritious produce at the Farm, harvesting produce six days a week. We extend our heartfelt thanks for helping us create an Orange County with food and nutritional security for all.

"I love volunteering at Harvest Solutions Farm because I love being outside. We have so much ambient noise in our daily lives—it's nice to be outdoors in the quiet and experience the peacefulness of the farm. And what an opportunity it is to be in on the ground floor of feeding people from a farm right here in Orange County. We get a taste of 'farm life' and get to see first-hand how our efforts are going toward feeding people with every piece of produce we harvest."
—Volunteer Steve Z.

WANT A UNIQUE WAY TO GIVE BACK?

Volunteer at Harvest Solutions Farm. Volunteer shifts are Tuesday–Saturday from 7:30–11:00am. Call **949.653.2900** or visit **feedoc.org/volunteer**.

Farm Fresh Recipes

SKILLET ZUCCHINI AND YELLOW SQUASH

Serves 6

INGREDIENTS

1 tbsp olive oil
2 small zucchini, ends trimmed and diced
2 small to medium yellow squash, ends trimmed and diced
Salt and pepper to taste
Sprinkle of freshly grated Parmesan cheese (optional but yummy)

DIRECTIONS

1. In a 10- or 12-inch nonstick skillet, heat the olive oil over medium heat until hot and rippling.
2. Add the zucchini and yellow squash in as even a layer as possible and sprinkle with salt and pepper. Let it sit without stirring or moving for 2–3 minutes so it can get nice and golden. Give it a good stir, add a touch more salt and pepper to taste if needed, and let it continue to cook, stirring only every now and then, until the squash is browning here and there and tender to your liking, about 5–7 more minutes.
3. Season with salt and pepper to taste and top with freshly grated Parmesan, if desired. Serve immediately.

Adapted from <https://www.melskitchencafe.com/skillet-zucchini-and-yellow-squash/>

EASY GARLIC PARMESAN ZUCCHINI NOODLES (ZOODLES)

Serves 2

INGREDIENTS

1 Tbsp olive oil
2 cloves of garlic, minced
2 medium zucchini
2 Tbsp parmesan, grated
salt and pepper, to taste

DIRECTIONS

1. Slice the ends off the zucchini and use a vegetable peeler to create thin slices or "zucchini noodles."
2. Heat the oil in a large pan on medium heat. Add the garlic and sauté for 30 seconds.
3. Add the zucchini noodles and toss them for one minute, just to warm through, then turn off the heat.
4. Sprinkle on the grated parmesan along with salt and pepper, give them another toss in the pan, then serve them up.

From <https://downshiftology.com/recipes/how-to-make-and-cook-zucchini-noodles-the-most-popular-methods/>



Grab Your Walking Shoes and Help Feed OC!

Looking for a fun, active and healthy way to support Second Harvest with your family, friends and colleagues? During Hunger Action Month in September, we are hosting an inaugural event that brings together people from all “walks” of life to help raise awareness about food and nutritional insecurity in Orange County.

Our continued focus is to ensure everyone in Orange County has dignified, equitable and consistent access to nutritious food, and our donors make that effort possible. Now, with the increasing cost of food and gas, we are seeing the impact on the community and the need for nutritious food is growing every day.

At Second Harvest, we understand that steady, consistent access to nutritious food increases food security and helps build more resiliency for adults and children. That’s why, with the help of our donors

and volunteers, we are committed to providing nutrient-dense food in convenient locations throughout the county so that we can set those in need up for success in school, at work, and in life.

On September 11, we invite you to be a part of Walk to Feed OC, presented by Albertsons—our free, fun, noncompetitive 1.5-mile walk to engage families, companies and community groups. We invite you to join Second Harvest Food Bank as we do whatever it takes to ensure food and nutritional security for all in our community.

We encourage you to register and fundraise on your own or create a team to walk with and fundraise together.

WANT TO PARTICIPATE OR MORE INFO?

Visit feedoc.org/walk to learn more and join a team or register as an individual!

WALK TO FEED OC

SUNDAY, SEPTEMBER 11, 2022

Check-in begins at 7:30 am
Walk begins at 9 am

TANAKA FARMS
5380 ¾ UNIVERSITY DRIVE
IRVINE, 92612

REGISTER AT:
feedoc.org/walk



We are grateful to our
sponsors for making
this event possible!*



*As of 6/23/22



Giving Together

PACIFIC LIFE FOUNDATION'S COMMITMENT TO IMPROVING FOOD SECURITY

The Pacific Life Foundation is focused on having a positive impact on communities through the power of giving. A partner of Second Harvest's for over 25 years, the Pacific Life Foundation has donated more than \$600,000 and provided countless volunteers to fight food insecurity in Orange County.

As part of the Pacific Life Foundation's recent commitment to improve food security in the communities where their employees live and work, they are committing an additional \$375,000 to support Second Harvest's efforts to provide dignified, equitable and consistent access to nutritious food to those in need across Orange County.

"We know that when children's bellies are full, they do better in school. When families are not having to choose to pay for groceries or pay the electricity bill, financial and emotional stress decreases." –Tennyson Oyler,



Second Harvest CEO Claudia Keller and Tennyson

**Senior Vice President, Brand Management
and Corporate Affairs, Pacific Life / President,
Pacific Life Foundation**

We are honored that the Pacific Life Foundation remains a loyal partner in our efforts to not only reduce food insecurity, but also to provide the healthy, nutritious foods that allow our community to thrive.

"Tackling the hunger issue does more than just feed people. It allows families to grow strong and thrive, igniting a positive chain reaction of meaningful impact throughout the entire community." –Tennyson Oyler

Plan Ahead—Even If It's Early

August is National Make-A-Will Month! No matter what your “estate” includes, everyone needs a plan. But two-thirds of Americans don’t have one. If that includes you and you don’t have a trusted place to start, we are here to help!

Thanks to our partnership with FreeWill, you can now access a DIY estate planning tool. Using FreeWill, you can write your legal will in 20 minutes or less, for free, and create a plan that protects the people, communities, and causes you love.

GET PREPARED STARTING NOW!

Sign up at feedoc.org/get-involved (scroll down to Legacy Giving)



Recent News

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PHILANTHROPY

By Kim Stemper | philanthropy@ochi.com



Harvesting Solutions

► Lou Correa, US representative, California's 46th congressional district; Allen Staff, Orange County president, Bank of America

Bank of America (BoFA) is partnering with Second Harvest Food Bank of Orange County to support its 45-acre farm, called **Harvest Solutions Farm**, which harvests 20,000 to 40,000 pounds of food locally each week.

Upkeep for Harvest Solutions Farm is dependent on a reliable source of funding and volunteers. BoFA provides year-round funding to the Food Bank, most recently with a \$200,000 grant. In addition, BoFA also organizes local employees who volunteer twice monthly to help harvest produce at the farm.

Recently, BoFA employees held a scarecrow-making contest to help keep the crops safe from birds. The scarecrows will be placed throughout the fields in honor of Earth Day. BoFA says it has achieved carbon neutrality for its own operations by procuring 100% renewable electricity, and now works to help its partners use less carbon, conserve water, land use and waste.

The Capitalist

Dispatch

Second Harvest Food Bank Offers Free Food for Children During Summer Break

After being forced to close after-school food programs during the COVID-19 pandemic, Second Harvest Food Bank of Orange County kicked off its 2022 Summer Food Service Program on June 1 at 39 sites throughout the county.

Free meals will be provided to all children, without eligibility documentation, who are 18 years of age and younger, according to a news release. The program will allow children at risk of hunger to have access to nutritious lunches and snacks during summer break. To find the nearest open site, call 211 or text 898211 for hours of distribution.

Second Harvest will offer meals that include healthy morning and afternoon snacks and lunches such as chicken wraps, turkey sandwiches, fruit and milk, among other foods.

"The reality for many children is that school lunches are one of the few sources of steady nutrition; once school's out, that reliability vanishes in a flash and increases their risk of food insecurity," said Claudia Keller, CEO of Second Harvest, in the news release. "The fact that inflation is at record levels makes this summer even more challenging for families facing food insecurity."

In fiscal year 2021, Second Harvest distributed almost 60 million pounds of food through their partner network to an average of 490,000 individuals each month.

Thank You

THANK YOU TO THESE GENEROUS SUPPORTERS WHO HAVE MADE RECENT GRANT GIFTS OF \$5,000 AND ABOVE TO SECOND HARVEST FOOD BANK.

SUMMER 2022	
ANAHEIM COMMUNITY FOUNDATION	MAZDA FOUNDATION
BANK OF AMERICA CHARITABLE FOUNDATION	ORANGE COUNTY UNITED WAY
THE BEIM FOUNDATION	SAN DIEGO GAS & ELECTRIC
BLUEBIRD LEGACY, INC.	SMART AND FINAL CHARITABLE FOUNDATION
HOAG MEMORIAL HOSPITAL PRESBYTERIAN	WESCOM FOUNDATION

Six Months In

REFLECTIONS FROM OUR CEO

“ Starting at Second Harvest just before the pandemic and now having the honor of serving as CEO, I am so proud of how much our organization has accomplished in the relatively short time I’ve been here. It’s been amazing to learn about our operations and witness just how interconnected every step of our process is, revealing the fact that such teamwork is what allows us to provide for the community.

I’ve had an opportunity to experience the ins and outs of working at a large regional food bank—from focusing on external affairs during my time as chief mission officer and now overseeing the entire operation. In this new role, I tend to really evaluate the best use of my time and attention.

Watching the community engage in our work and knowing that these efforts allow us to provide for people and families in need, right here in our own

backyard, is one of my favorite parts of the job. I am consistently inspired by the generosity of the people and organizations in this county. From our partners to our employees, to our donors and volunteers, the kind regard and consideration for our neighbors in need is inspiring.

We have weathered so much in the last two years and Orange County has powered through. Whatever may come next, this Food Bank and all those who support it will be here for whoever needs us.”



Claudia



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Summer 2022