



SECOND
HARVEST
FOOD
BANK
ORANGE COUNTY

FALL 2022

Books, Brains, and Broccoli

As thousands of young adults bid farewell to summer and hello to the rigors of a new college year, they arrive prepared with books, binders and big goals for a successful year. Unfortunately, too many of them also arrive hungry.

A survey conducted by Temple University's Hope Center for College, Community and Justice found that nearly 39% of 167,000 students nationwide at two- or four-year schools had experienced food insecurity in the last 30 days*. Most of these young adults are not properly nourished, and therefore lack the necessary nutrients to grow and learn. Studies have shown how this nutrition deficit contributes to higher rates of depression and decreased cognitive function in comparison to their counterparts.

Second Harvest serves 14 Orange County college pantries that help an average of 7,696 student households per month to stock up on fresh produce, eggs, milk, protein and select nonperishables. In addition, some offer clothing for jobseekers, hygiene items, cooking classes, housing referrals, emergency housing assistance and life skills.

We are working hard to ensure all young minds in Orange County are fueled and primed for learning. It's an honor to be nourishing the success of our community, starting in the classroom.

WANT TO HELP?

Ensure students of all ages have the nutrition they need. Please give today. To donate, visit feedoc.org/give-newsletter or send your gift to 8014 Marine Way, Irvine, CA, 92618.

**The Hope Center: #RealCollege 2020: Five Years of Evidence on Campus Basic Needs Insecurity*



OCC student Jada makes food selections at Pirates' Cove.



No More “Starving Students”

Meet Beth Blake, MPH, RDN, Nutrition and Dietetics Program Director at Orange Coast College and a member of Second Harvest’s Nutrition Advisory Council. After conducting a survey related to food in one of her classes, Beth learned that many students regularly skipped a meal. 51% of respondents to the Hope Survey at OCC reported food insecurity in the last 30 days*, higher than the national average. Frustrated with the lack of federal food programs for college students, she spearheaded plans to create an on-campus pantry. And so, Pirates’ Cove was born. Like all Second Harvest college food pantries, Pirates’ Cove encourages nutrient-rich food selections.

“We laugh about the ‘starving student’ in college, eating just cups of noodles. But that’s unacceptable.”

—Beth Blake

Sound nutrition is the foundation for an optimally performing body. High-octane brains burn 20% of daily calories that are consumed. “Food insecure students are not properly nourished and it’s a serious problem,” Beth said. “That’s why programs like these are so essential to have on campuses.”

Thank you, Beth, for your dedication to the food and nutritional security of local college students!

**The Hope Center: #RealCollege 2020: Five Years of Evidence on Campus Basic Needs Insecurity*

Fresh, Healthy Food for Growing Bellies

Kids need nutrition to thrive. While parents do their best to nourish their families, we know that fresh, healthy food can often be expensive. CalFresh, a government nutrition assistance program sometimes referred to as “food stamps,” makes it possible for families to afford to feed their children a diet focused on fresh, healthy food that nourishes developing bodies.

The Orange County Hunger Alliance (which unites the three largest anti-hunger/anti-poverty organizations in Orange County—Abound Food Care, Community Action Partnership/ Orange County Food Bank and Second Harvest) has launched “Healthy and Happy Bellies,” a vibrant public information campaign in Anaheim and Santa Ana that celebrates fun food as cheerful works of art to convey the joy of feeding kids a rich rainbow of foods. It repositions the dry concept of “food assistance” into playful messaging focused on empowering parents to serve happiness and health at every meal. As a result, it helps to educate and motivate the 37% of Orange County residents who are eligible CalFresh beneficiaries to register for and take advantage of the public nutrition assistance program.

The campaign helps to clarify the application process, allowing eligible individuals to provide a steady stream of nutrition for themselves and their families—especially at the start of the school year for thousands across Orange County.



1,100+

People completed the free, 1.5-mile noncompetitive event

Raised \$185,406

Donations to the Walk are being accepted through **Oct. 15 at feedoc.org/walk.**

We Walked. We Raised.

On Sunday, September 11, 2022, at Tanaka Farms in Irvine, we hosted our inaugural Walk to Feed OC event to help raise awareness about food and nutritional insecurity in Orange County.

Over 1.1K people completed the free, 1.5-mile noncompetitive event, helping us raise \$185,406. That's the equivalent of almost 4 truckloads of goods for those in need.

We're so grateful to every participant, from all walks of life, who conquered their step goals while fighting against food insecurity and to our supporters everywhere who allow us to feed Orange County.

Major sponsors included:



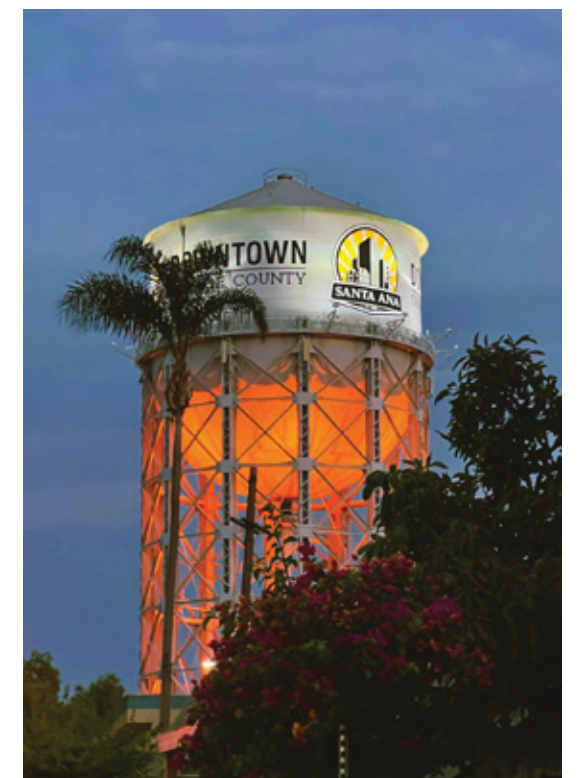
Hunger Action Month

Nobody should have to make the choice between a healthy meal and paying the electric bill or seeking healthcare. But for millions of Americans, that choice is a daily reality.

Second Harvest marked Hunger Action Month in September by joining Feeding America's annual nationwide campaign uniting food banks in an effort to bring awareness and take action against hunger and nutritional insecurity.

To spread the word, throughout September, Orange County landmarks were illuminated with orange lights. Second Harvest hopes the eye-catching sights served as a reminder that a healthy OC depends on the community's dedicated involvement. Everyone was encouraged to wear orange and share the photos on social media using the hashtag #HungerActionMonth.

But the need for action doesn't stop after September. From virtual food drives to company and Facebook fundraisers to volunteering with Second Harvest at the 45-acre Harvest Solutions Farm, we invite you to help us combat hunger in OC all year long.



WANT TO HELP?

Volunteer with Second Harvest!
Call 949.653.2900 or visit feedoc.org/volunteer.

Harvest Solutions Farm Celebrates Its First Birthday!

It's hard to believe that Harvest Solutions Farm just turned one! Our 45-acre farm has grown in tremendous ways, from the tiny cabbage transplants to 810,078 pounds of delicious watermelon, squash, zucchini and bell peppers harvested June through July alone (please read on for irresistible, easy-to-prepare recipes to make the most of these crops). **It all adds up to 2.5 million pounds of fresh produce throughout the last year!**

To our hundreds of volunteers who have given time to provide a steady stream of this fresh, nutritious fare to Orange County over the last year, we are beyond grateful!

WANT A UNIQUE WAY TO GIVE BACK?

Volunteer at Harvest Solutions Farm. Volunteer shifts are Tuesdays from 4:00 to 6:00 pm and Wednesdays through Saturdays from 7:30 to 11:00 am. Call **949.653.2900** or visit **feedoc.org/volunteer**.



Farm Fresh Recipes



Karla Conrad

WATERMELON-KIWI POPS (COURTESY OF BHG TEST KITCHEN)

When shopping for kiwifruit, select ones that yield to gentle pressure. If the fruit is not quite ripe, let it stand at room temperature for a day or two.

Prep Time: 25 mins
Freeze Time: 5 hrs
Total Time: 5 hrs 25 mins
Servings: 8

INGREDIENTS

¼ cup water
2 tablespoons sugar
2 cup cubed seedless watermelon
8 5-ounce paper cups
8 wooden frozen dessert sticks
8 kiwifruits, peeled and cut up

DIRECTIONS

1. In a small bowl combine the water and sugar, stirring until sugar dissolves. In a blender combine watermelon cubes and 1 tablespoon of the sugar-water mixture. Cover and blend until smooth. Divide mixture among paper cups. Cover tops of paper cups with foil. Cut a slit in the center of the foil on each cup; insert a wooden stick through each slit, about halfway into the mixture. Place cups on a small baking sheet. Freeze for 1 to 2 hours or until thick and slushy.
2. In a blender combine kiwifruits and the remaining sugar-water mixture. Cover and blend until smooth. Remove foil from paper cups. Pour kiwifruit mixture evenly over watermelon layer in cups. Freeze for at least 4 hours or until completely solid.
3. To serve, peel away paper cups.



The Anthony Kitchen

VEGGIE BAKE | OVEN-ROASTED ZUCCHINI MEDLEY (COURTESY OF THE ANTHONY KITCHEN)

An oven roasted zucchini medley featuring perfectly cooked zucchini, bell peppers, and onions.

Prep Time: 8 mins
Cook Time: 20 mins
Total Time: 28 mins

INGREDIENTS

4 zucchini, scrubbed clean and dried
1 green (or red) bell pepper, seeded, cored and stem removed
1 red onion, diced
2 tablespoons olive oil
2 teaspoons Kosher salt
¾ teaspoon black pepper

DIRECTIONS

1. Preheat the oven to 400° and have ready one large, rimmed sheet pan (possibly two) lined with aluminum foil.
2. Cut off the ends of the zucchini and discard. Cut zucchini in half lengthwise and cut each half into ¾" pieces. Transfer to the sheet pan. Next, cut the red pepper into ¾" strips lengthwise and cut each strips into thirds. Transfer to the sheet pan, along with the red onion.
3. Drizzle the vegetables with olive oil, sprinkle with salt and pepper and toss until vegetables are evenly coated with oil and seasoning.
4. At this point, make sure the vegetables are not crowded together on the sheet pan. If there is not ample room for them to spread out, transfer half of the seasoned vegetable mixture to the second sheet pan to ensure they roast, rather than steam. Roast for 20 minutes. Serve and enjoy.

Fresh Picks



KATHY BRONSTEIN
BOARD CHAIR

Please join us in welcoming longtime member of our board of directors, Kathy Bronstein, to a two-year appointment as board chair. Bronstein brings decades of experience in the retail sector and service on multiple organizational boards, including Chapman University and Goodwill of Orange County.

"My mom was an active board member of Catholic Charities for more years than she could count. What I really look forward to is walking in her footsteps with the same passion for giving back that she exemplified."



SALMAN ALAM
VICE CHAIR

Fellow board of directors member Salman Alam, senior director, assistant general counsel, with Western Digital, has also been appointed to the position of vice chair.



Thank You to the OC Legal Community:

Food From The Bar Raises Critical Funds

At Second Harvest, we appreciate a little friendly competition, especially one that helps us fight food insecurity in our community. Food From The Bar is our annual fundraiser driven by the Orange County legal community. This year, the campaign, which ran throughout June, raised \$110,000 to help fight hunger in our own backyard. Over the past six years this campaign has allowed us to bring the community together in a united cause of ending hunger in Orange County.

Thank you to Judicate West (presenting sponsor), Rutan & Tucker, LLP, CDF Labor Law LLP, Dorsey & Whitney, LLP, and Latham & Watkins, LLP.

"Every year, we gather the local legal community to take action in this outstanding campaign that draws an immense amount of awareness for those who are food insecure in our community,"

—Claudia Keller, CEO, Second Harvest



Gabe Serrato, Byron Rabin, Katie Haught & Jenna Kelleher from presenting sponsor Judicate West



Kristin Lavis, Doug Vanderpool & Janet Thornton from award recipient Orange County Trial Lawyers Association

Food for Thought

Feeding America, a nationwide network of more than 200 food banks, including Second Harvest, recently shared an interesting look at the many facets of food. Not only does food provide physical and mental nourishment, but it can also be a source of personal connection and a means to improve the world's sustainability practices. At Second Harvest, we work to address these facets—from providing community connection while volunteering for a vital cause to improving the environment by growing our own food at Harvest Solutions Farm.

If you'd like to join us in these efforts, please visit feedoc.org/volunteer for ways to lend a hand!

Our Relationship with Food

MORAL:

I care about the impact of my food choices on the world

HEALTH:

Nourishing my body and my mind matters

AESTHETIC:

A meal can be a work of art

MORAL

SACRED

SACRED:
Food feeds my soul

HEALTH

SOCIAL

SOCIAL:
Food connects me with my culture and community

AESTHETIC

Recent News

Continued....

Daily Pilot Second Harvest and Meals on Wheels partner to feed O.C. kids for the summer



Children line up as Reema Mohammad, Boys & Girls Club of Santa Ana general manager, hands out nutritional meal packages delivered by local nonprofit Meals on Wheels Orange County at the Boys & Girls Club on July 22. (Kevin Chang / Staff Photographer)

BY SARAH MOSQUEDA | STAFF WRITER
JULY 27, 2022 2:45 PM PT

On a recent Friday afternoon, kids at the Boys & Girls Club of Santa Ana waited mostly patiently for lunch to be served. They wiggled in their seats, with one eye on the television at the front of the room where the Disney movie, "Luca," played and the other at the back of the room where a woman was rolling in a cart of boxed lunches.

"Everyday, we provide every child with a meal," said Krystal Amezcuita, summer shift lead at Boys & Girls Club of Santa Ana. "It includes all five food groups and a milk."

The lunches are part of Second Harvest Food Bank of Orange County's 2022 Summer Food Service Program, in partnership with Meals on Wheels Orange County, a nonprofit dedicated to the nourishment of older adults. The program for children takes place at 39 sites throughout the county.

"We provide the lunch and the snack, and we deliver it in our trucks," said Darla Olson, vice president of advancement at Meals on Wheels. "Our trucks are already out in the community delivering meals to older adults, so it is a wonderful way to serve the community as a whole."



A Meals on Wheels truck delivers food at Boys & Girls Club of Santa Ana. (Courtesy of Boys & Girls Club of Santa Ana)

The summer food program is free to all children, without eligibility documentation, who are 18 years of age and younger.

"Kids can access meals at these locations," said Ellie Dinh, director of programs and services for Second Harvest. "They don't need to be a participant at the Boys & Girls Club of Santa Ana. Anyone 18 and under can come during their serving time and get a meal."

Second Harvest estimates that 49 percent of public school children rely on free and reduced meal programs during the school year, which aren't always available during the summer season.

"There are a lot of school districts that do open up to provide meals, but it's not always accessible, because you have kids that take the bus to school during the school year," Dinh said. "These summer sites that we partner with, like the Boys & Girls Club, we can take food to where the kids are at during the summer."

At the Boys & Girls Club that Friday, children released when their table was called raced to line up at the cart. Their lunch included a turkey and cheese sandwich, carrot sticks and a banana.

Second Harvest and Meals on Wheels work to create a monthly menu that meets the U.S. Department of Agriculture's nutrition guidelines.

"The meals are prepared fresh every single day — that includes a sandwich or wrap or a salad or a homemade Lunchable. It always includes fresh produce and milk, as well," said Dinh.

"We want it to be completely balanced, and there are certain guidelines that we follow," Olson said.

The meals are prepared at Meals on Wheels' 22,000 square-foot commercial community kitchen in Anaheim, which produces 2 million unitized meals and up to 300,000 gallons of bulk food per year.

Dinh said that while many parents worry about "summer slide" or the tendency for students to lose some of their academic achievement gains during the summer, the same can happen for nutrition.

"In our industry, we call it the summer nutrition gap," said Dinh. "We know that they are getting access to really good food during the school year but want to make sure that access to that nutritious food maintains throughout the summer."

David "Eli" Fierro comes to the Boys & Girls Club Santa Ana almost everyday for the lunch and snacks. Fierro said he most looks forward to Cheez-Its in the lunch meals. For Elena Nunez, burritos are her favorite. Amezcuita said kids also look forward to tajin and chamoy included with their meals.

"They absolutely adore the lunches that we give here," said Amezcuita. "They look forward to it every day."

To find the nearest open Summer Food Service Program site, call 211 or text 898211 for hours of distribution. To volunteer with Second Harvest Food Bank, visit <https://feedoc.org/get-involved/>.

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Recent News

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THANK YOU TO THESE GENEROUS SUPPORTERS WHO HAVE MADE RECENT GRANTS OF \$5,000 OR MORE TO SECOND HARVEST FOOD BANK.

FALL 2022

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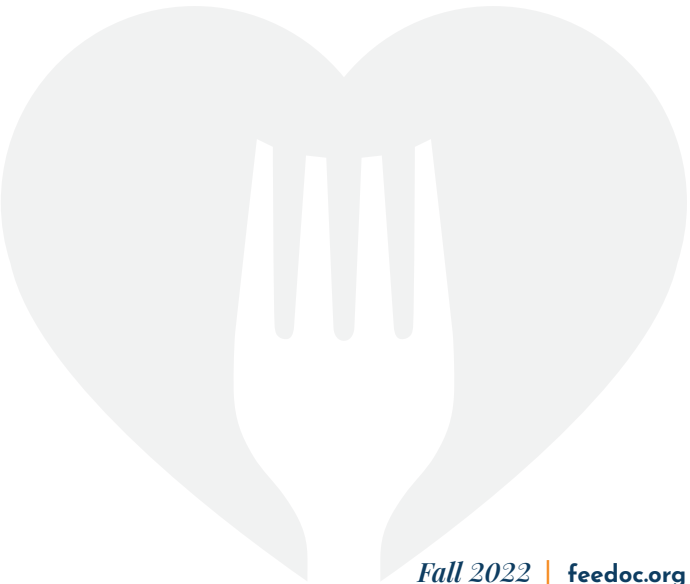
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