

40 YEARS OF SERVICE



SECOND
HARVEST
FOOD
BANK
ORANGE COUNTY

WINTER 2022

Nourishing Our Community for 40 Years

40 YEARS OF SERVICE



Forty years ago, what's known today as Second Harvest Food Bank started with a simple principle: To feed the increasing number of people in Orange County who couldn't access the food they needed. Founded in 1983 by the Society of St. Vincent de Paul, Council of Orange, the organization started from the ground up, converting a local fruit packing facility into a food distribution center. And the rest is history.

Today, Second Harvest operates a state-of-the-art, 110,000-square-foot food bank and is a partner in a 45-acre farm. In fiscal year 2022, we distributed 32,419,589 pounds of food to an average of 331,724 people per month in our community. All to help ensure that our neighbors have consistent access to nourishing food. According to Feeding America, one 1 in 11 individuals and 1 in 8 children in Orange County is food insecure.

Addressing this important need wouldn't be possible without the countless volunteers, donors and organizations who have stood with Second Harvest over the last four decades. We couldn't be more grateful to our partners.

We're looking forward to another four decades of partnering with our community to make a difference. Watch for special community events over the next year in recognition of our 40th anniversary. In the meantime, if you'd like to join us in our efforts to end food insecurity, please visit feedoc.org/get-involved.



In recognition of where we began and with our sights on the future, we've refreshed our mission and vision to reflect the “how” and “why” of what we do – working to provide nutritious food and improve community health with the help of partners throughout Orange County.

OUR MISSION

In collaboration with our partners, we provide dignified, equitable and consistent access to nutritious food, creating a foundation for community health.

OUR VISION

An Orange County with food and nutritional security for all.

Feeding a Sense of Security

If you've never wondered where your next meal was coming from, it might be hard to imagine how hunger and food insecurity can be possible in affluent communities like Orange County. But for many, accessing enough nutritious food on a consistent basis is not that simple. The emotional impact of pervasive food insecurity is lasting. More than providing nourishment, food is a way to connect with loved ones. When it's missing, it leaves a hole bigger than hunger itself.

With the holidays upon us, your support in working toward an Orange County with food and nutritional security for all does more than provide food. Together, we can help build connections – between people, communities and families. No matter where we're from and how we celebrate, coming together to "break bread" is what the holidays are about. Let's start by addressing those who are closest to home, right in our community.

Join us to make sure that plates – and hearts – are full this holiday season by giving to help end food insecurity.

This Season, Make Shopping Count

Shopping means more when it's about sharing. So, if you're looking for a more rewarding way to give back this holiday season, we've got the perfect tool! Avoid the crazy crowds in the stores and instead give through our Virtual Food Drive. This easy and convenient web-based tool allows everyone to participate, regardless of location. Now individuals, businesses, faith organizations and corporations can help us provide consistent access to nutritious food for our neighbors in need this holiday season – and all year 'round! Get started now by visiting www.yourfooddrive.org.

Interested in year-end tax-savvy ways to Feed OC?

Consider making a gift of stock or from your Individual Retirement Account (IRA).

When you donate appreciated stock to Second Harvest, there is no capital gains tax to pay, meaning you can see financial returns while helping create an Orange County with food and nutritional security for all.

Scan this QR code to get started:



And for donors 70.5 or older, donating from your IRA can ensure your donations work in your favor by proving significant tax savings, all while helping secure the future of Second Harvest Food Bank.

Scan this QR code to get started:



Harvesting Hope for Georgina



Georgina wasn't sure where her next meal would come from after she lost her husband to COVID-19 in 2021. Skyrocketing inflation didn't help. Although her daughter, Rosario, was able to work and help contribute, it was becoming increasingly difficult to keep enough food on the table. Fortunately, Georgina could turn to Latino Health Access (LHA), a Second Harvest partner, for help.

Georgina and Rosario now receive a regular supply of eggs, milk and produce. "The food is very nutritious and there's lots of variety. They distribute vegetables and fruits every week. Sometimes they have bananas, strawberries, grapes and recently watermelon. It's a very complete pantry. And every seven days, I have groceries. God brought me through the front door here, and I am thankful every day," Georgina said.

Overwhelmingly grateful, Georgina was compelled to pay it forward and began volunteering at LHA, helping people like her who need food assistance. "I thank God for the opportunity He gave me to serve. We came from Cuernavaca without anything. It's a blessing to help and I receive blessings in return."

Watch her story at feedoc.org/georgina or use this code as a shortcut.

Hover your cell phone camera over this image to view the video.



The Return of “No Lunch” Lunch

We are thrilled to have welcomed the return of our simple soup and salad meal in person this year at our 39th annual “No Lunch” Lunch, which was held on Tuesday, November 22.

This year’s event was a special one as it marked our first in-person “No Lunch” Lunch since before the pandemic, and we kicked off our 40th anniversary year, featuring a recap of our 2022 accomplishments, farm updates and more.



CEO Claudia Keller (2nd from left) with former CEOs Joe Schoenigh, Nicole Suydam and Harald Herrmann



Antonio Cagnolo of Antonello's Ristorante donated (and personally served) the soup and bread meal



Guests from sponsor Goodwill

We extend special thanks to our presenting sponsor:

INTERNATIONAL PAPER

We are pleased to share that we raised

\$152,621

to bring dignified, equitable and consistent access to nutritious food to our neighbors in need.

Cooler Crops Are Coming

It's hard to tell from our mild weather, but winter is coming to Orange County. A new array of vegetables are growing at Harvest Solutions Farm, our 45-acre collaboration between Second Harvest, Solutions For Urban Agriculture and the University of California South Coast Research and Extension Center. The Farm produces an average of 50,000-60,000 pounds of produce each week for those in need! Its proximity allows us to get fresh produce from farm to table quickly. Volunteers are invaluable to the process by helping to plant, weed and harvest so we can provide fresh, nutritious, locally grown food to Orange County.

The Farm is currently harvesting green beans, zucchini and yes, spaghetti squash! Some fun facts about this vegetable: The spaghetti squash stands out from other squash varieties for its thick, pasta-like fibers, referred to as “vegetable-spaghetti.” It's popular because its low carbohydrate, nutrient-rich strands are a great alternative to pasta, especially for people with gluten sensitivity.

Want to get down and dirty? Volunteer at Harvest Solutions Farm. Visit feedoc.org/volunteer for details!



Farm Fresh Recipes

SPAGHETTI SQUASH

INGREDIENTS

1 spaghetti squash
Extra virgin olive oil
Sea salt and pepper to taste

DIRECTIONS

1. Preheat the oven to 400°F.
2. Slice the spaghetti squash in half lengthwise and scoop out the seeds and ribbing. Drizzle inside of squash with olive oil and sprinkle with salt and pepper.
3. Place the spaghetti squash cut side down on the baking sheet and use a fork to poke holes. Roast for 30 to 40 minutes or until lightly browned on the outside, fork tender, but still a little bit firm. The time will vary depending on the size of your squash.
4. Remove from the oven and flip the squash so that it's cut side up. When cool to the touch, use a fork to scrape and fluff the strands from the sides of the squash.

Courtesy of Love & Lemons
<https://www.loveandlemons.com/how-to-cook-spaghetti-squash/>

SAUTÉED GREEN BEANS WITH GARLIC

INGREDIENTS

250g/ 8oz green beans, trimmed
2 tsp salt, grated
1 tbsp extra virgin olive oil (or... butter!)
2 garlic cloves, finely minced (~ 2 tsp)
Salt and pepper to taste

DIRECTIONS

1. Bring a large saucepan of water to boil with 1 teaspoon of salt. Add beans, cook for 4 minutes (until bright green), drain, then rinse under cold tap water to cool. Shake off excess water.
2. Heat oil in a large skillet over medium high. Add green beans and garlic. Toss for 2 minutes until the garlic is golden and crispy. Add salt and pepper to taste
3. Serve: Transfer beans to serving dish. Serve warm!

Courtesy of Recipe Tin Eats
<https://www.recipetineats.com/garlic-sauteed-green-beans/>

Harvesters: 30 Years of Fashion Feeding OC

Harvesters, a group of devoted women who work hard to ensure that everyone in Orange County is well fed, hosted its 30th Anniversary Fashion Show & Luncheon Celebration on October 11. Uniting generous donors, community leaders and supporters, the event netted over \$1.6 million to support Second Harvest in providing nutritional security for Orange County.

Harvesters' dedication to our cause further allows us to provide those in need with access to nutritious food – changing the mealtimes of hundreds of thousands of our Orange County neighbors and contributing to a stronger, healthier community.



Corporate Spotlight: Generosity You Can Count On

“You couldn’t support a better organization or a better cause. Proper nutrition should be a basic human right. Supporting Second Harvest is the first step to building a stronger community.”

— Manishi Parikh, Walk to Feed OC Chair (pictured far right)



**THANK YOU TO
THE SPONSORS OF
OUR INAUGURAL
WALK TO FEED OC**

Presenting sponsor

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Wells Fargo has been a loyal partner with Second Harvest for years, encouraging employee volunteerism and organizing events that raise valuable donations. We recently sat down with Manishi Parikh, Wells Fargo commercial banking market executive and member of Second Harvest’s Board of Directors, and asked her to share her insights on why partnering with Second Harvest is so important.

“The level of food insecurity in Orange County, in what is known to be a relatively affluent county, is incredible. Second Harvest’s mission to provide dignified, equitable and consistent access to nutritious food resonates with me. It’s a necessity. I saw the food pantries in action, saw what the team did through the pandemic, saw how many people Second Harvest helped and knew I wanted to be a part of it.”

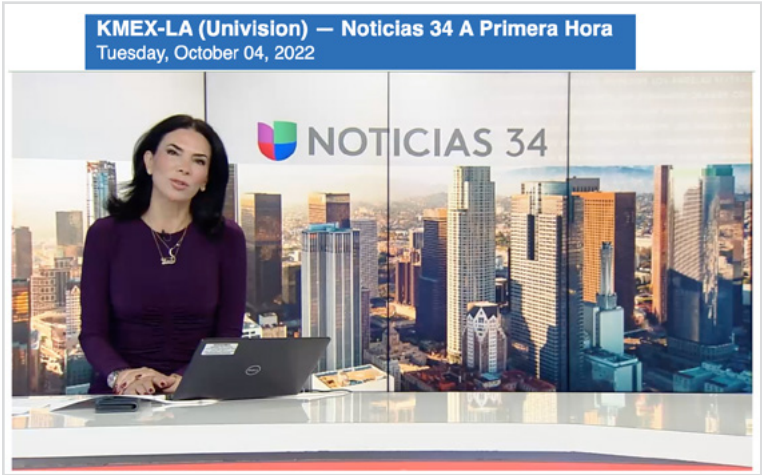
When it comes to taking action against food insecurity, Wells Fargo continues to step in the right direction—literally. The company recently completed Second Harvest’s inaugural Walk to Feed OC held during National Hunger Action Month. The event united people from all walks of life to help raise awareness about food and nutritional insecurity in Orange County.

Our sincere thanks to Wells Fargo for its ongoing effort to address food insecurity by supporting our efforts to provide healthy, nutritious foods for our OC communities.

**WELLS
FARGO**

In The News

Coverage about OC Hunger Alliance’s “Healthy and Happy Bellies” Campaign in Southern California’s most prominent Spanish language media:



La Opinión

Desde 1926

THE OPINION > THE ANGELS

'Pancitas Sanas y Felices', a campaign promoting access to CalFresh in Orange

Materials in Spanish are being distributed to explain who qualifies for the program and how to apply.



Campaign promotes CalFresh services in Spanish. (Supplied)

By: Jacqueline Garcia | | Updated 05 Oct 2022, 20:02 pm EDT

KTLA News: Feeding Families This Thanksgiving



THE ORANGE COUNTY REGISTER

LOCAL NEWS > News

Second Harvest Food Bank is fresh for the holiday

Attendees at the annual State of the Food Bank luncheon listen as Second Harvest CEO Claudia Keller issues the charge in Irvine on Tuesday, November 22, 2022. (Photo by Mindy Schauer, Orange County Register/SCRG)

By MAGNOLIA LAFFEUR | mlaffeur@ocregister.com | PUBLISHED: November 23, 2022 at 12:51 p.m. | UPDATED: November 23, 2022 at 3:15 p.m.

Just in time for Thanksgiving, the Second Harvest Food Bank held its 40th Anniversary Campaign "No Lunch" Lunch this week showcasing a new emphasis for the organization on providing free and equitable access to fresh food for communities across Orange County.

Held at Second Harvest's headquarters in Irvine, the lunch honored 300 of its volunteers, donors and partners, and CEO Claudia Bonilla Keller also spoke to the audience about why it has been imperative for the food bank to update its mission moving forward.

Aracelis Capriles, owner of Aracelis Rotisserie, serves up Pesto & Eggplant, or bean soup, during the Second Harvest Food Bank's annual State of the Food Bank "No Lunch Lunch" event in Irvine on Tuesday, November 22, 2022. (Photo by Mindy Schauer, Orange County Register/SCRG)

"Our new vision, that we work toward every day in this food bank, is an Orange County with food and nutrition security for all," Keller said. "Yes we feed, but we also strive to serve the most nutritious food we can, to help lift our neighbors in need out of poverty."

"It's our mission," she said, "in collaboration with our partners, to provide dignified, equitable and consistent access to nutritious food, creating a foundation for community health."

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Recent expansion of the organization includes two new farms - a smaller Founders Farm and its main 45-acre Harvest Solutions Farm - and 16,000-square-feet of cooler space that is helping the

Thank You

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

WINTER 2022

786 Foundation

Albertsons Companies Foundation - Nourishing Neighbors

CM & Edna P. Cotton Family Foundation

Employees Community Fund of Boeing

JP Morgan Chase & Co.

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