Our Commitment to Nutritional Security

March is National Nutrition Month. Here at Second Harvest Food Bank of Orange County, we are focused on providing nutritional security for the community.

We know that the cost of basic necessities is skyrocketing. At the same time, additional, pandemic-related CalFresh benefits (formerly known as food stamps) are ending. Many families are facing a food cliff in which they are forced to cut back on their food budget so that they can afford essential expenses such as rent, gas or medical bills. As a result, they are forced to purchase the least expensive, most filling food available. Sadly, this tends to be highly caloric and nutritionally deficient processed foods rather than fresh fruits and vegetables. This consumption pattern can lead to poor health outcomes such as chronic diseases, dental problems, obesity and malnourishment.

That’s why Second Harvest’s vision is focused on an Orange County with food and nutritional security for all.

We’re determined to supply the individuals and families we serve with food that promotes proper nutrition. For instance, we don’t purchase highly processed foods. Instead, we aim to provide fresh fruits and vegetables, as well as lean meats and dairy products, guided by our nutritional strategy and harvesting produce at Harvest Solutions Farm.

By providing nutrient-rich foods that support a well-rounded diet, we can improve overall health and enhance the quality of life for the children and adults of all ages who we serve. If you would like to find out more about the importance of providing nutritional security, please visit www.feedoc.org/hunger/#why-nutrition-is.

Meet Our Nutrition Advisory Council

Second Harvest is dedicated to ensuring that our efforts are informed by the latest research and expertise in the field of nutrition. To this end, we have established a Nutrition Advisory Council, a team of experts in the nutrition field who bring a wealth of knowledge and experience to the table.

This council of volunteers plays a critical role in our goal to ensure food and nutritional security in Orange County. The Nutrition Advisory Council helps shape our nutritional policy and planning, ensuring that our efforts are grounded in the latest evidence-based research and best practices.

Meet Our Nutrition Advisory Council
Beth Blake, MPH, RDN; Susan Magnan, MS, RD; Tracy Bryan, MPH, RDN, CDE, CLD; Mindal Basran; Doreen florita, MPH, RDN; Ella Dahl; Lisa Gibson, MS, RDN; Shirley Xavier, RDN (not pictured)
For over a decade and a half, the Mazda Foundation has been a proud partner of Second Harvest Food Bank of Orange County. The foundation first supported us during the 2008 financial crisis, when food insecurity was rapidly becoming a pressing issue across the country. At the time, the foundation was looking for a way to support an organization that was helping the people in its local community, and which offered opportunities for its employees to get involved.

“We wanted to support an organization that treated members of the community with the utmost respect during such a vulnerable, frightening time for so many families,” says Tamara Mlynarczyk, President, Mazda Foundation.

The Mazda Foundation’s partnership has been a key support for our mission. Mazda employees and executives have enjoyed volunteering with Second Harvest Food Bank and making a significant contribution to the community. Many departments have chosen to take part in large-group volunteer activities, and they have been involved in numerous meaningful projects over the years that have helped us serve at-risk members of our community.

We are so grateful for partnerships like the one we have with the Mazda Foundation. Their generous and dedicated support helps us serve an average of 330,000 people each month in Orange County who experience food insecurity. To find out more about partnering with SHFB, please visit www.feedoc.org/get-involved/.

L-R: Mike Zagami, Program Director, Mazda Foundation; Maria Zdalia Richards, Director, Vehicle Project Management, Mazda North American Operations; and Claudia Keller, CEO, Second Harvest

L-R: Chrislynn VanSluiver, Director of Operations, with Volunteer Coordinators Samuel Franson, Alden Sanchez, Jeremy George, Dana Canning, Megan Cross

Volunteers are the lifeblood of our organization, and our Volunteer Department helps to ensure that our mission moves forward with the help of our community. These team members ensure that every volunteer experience is positive, meaningful and impactful. They are responsible for matching volunteers with the right task and projects, managing schedules and providing training and support.

We are grateful for the invaluable contribution of the members of our Volunteer Department, who make it possible for us to continue to feed our communities in need. Their tireless efforts and attention to detail ensure that volunteers have a great time serving so that they keep coming back for more. Thank you, Volunteer Department, for all that you do. We celebrate your hard work, passion and dedication to our mission.
Still Growing Strong

It may be winter, but Harvest Solutions Farm is still growing strong. The Farm currently produces between 50,000–60,000 pounds of fresh produce each week. Its proximity to our distribution center means we can quickly get farm fresh produce onto the tables of Orange County neighbors in need.

We will continue to grow winter crops such as cabbage, broccoli, broccolini and cauliflower through May. Speaking of cauliflower, did you know that it is an amazing low-carb and gluten-free alternative to traditional wheat flour in pizza dough? This makes it an ideal choice for those with gluten sensitivities or for anyone who is trying to cut carbs.

As the weather warms, spring and summer crops such as zucchini, yellow squash, bell peppers, watermelon and honeydew melon will soon be available. Harvest Solutions Farm is a key part of our strategy for addressing food and nutritional insecurity in the community, and volunteers are always needed to help us plant, weed and harvest the crops.

Interested in volunteering on the farm? Join us! Visit www.feedoc.org/volunteer to find out more.

CILANTRO LIME CAULIFLOWER RICE

**INGREDIENTS**
1 medium head of cauliflower, rinsed
1 tbsp extra virgin olive oil
2 garlic cloves
2 scallions, diced
1 1/2 limes
1/4 cup fresh chopped cilantro
Salt and pepper to taste

**DIRECTIONS**
1. Remove the core and dry cauliflower completely.
2. Chop into florets, place half of the cauliflower in a food processor, pulse until it has the texture of rice or couscous – don’t over process or it gets mushy.
3. Repeat with the remaining cauliflower.
4. Place heat on medium-high and add the cauliflower “rice” to the sauté pan.
5. Cover and cook for 5 to 6 minutes, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside.
6. Remove from heat and place in a medium bowl; toss with fresh lime juice and cilantro.
7. Add salt and pepper to taste.

Courtesy of SkinnyTaste.com
https://www.skinnytaste.com/cilantro-lime-cauliflower-rice/#recipe

QUICK CABBAGE SLAW

**INGREDIENTS**
1/2 small head white cabbage, about 5 cups, cored and shredded
1/2 red bell pepper, seeded and sliced thin
1/4 small red onion, sliced thin
2 tbsp extra virgin olive oil
5 tsp apple cider vinegar
Salt and pepper to taste

**DIRECTIONS**
1. In a large bowl combine all the ingredients, toss to combine and let stand 15 minutes before serving.

Courtesy of SkinnyTaste.com
https://www.skinnytaste.com/quick-cabbage-slaw/#recipe

ROASTED BROCCOLI WITH SMASHED GARLIC

**INGREDIENTS**
1 1/2 lbs. broccoli florets
6 cloves of garlic, peeled, and smashed
2 tbsp extra virgin olive oil (or… butter!)
2 garlic cloves, finely minced (~ 2 tsp)
Salt and pepper to taste

**DIRECTIONS**
1. Preheat oven to 450°.
2. In a baking dish combine broccoli, olive oil, garlic, salt and pepper.
3. Roast broccoli about 30 minutes, until broccoli is browned and tender.

Courtesy of SkinnyTaste.com
We Get by With a Lot of Help from Our Friends

According to Feeding America, 1 in 11 individuals and 1 in 8 children in Orange County is food insecure. Serving these neighbors in need would be impossible without the help of a large and faithful team of partners.

Every month, we supply millions of pounds of food to houses of worship, schools and after-school programs, senior centers, colleges and universities, homeless shelters, soup kitchens and transitional housing facilities. These partners then distribute the food to those hit hardest by food insecurity.

With the help of our partner network, we distributed 32,419,589 pounds of food last year and served average of 531,724 people per month. That includes 111,000 children and 66,000 seniors. Thanks to the efforts of our partners, Second Harvest is making sure our community has consistent access to nutritious food.

Leading the Fight Against Food Insecurity

In honor of Women’s History Month, we’d like to celebrate a trio of dedicated women who are leading the fight against food insecurity in Orange County. With almost three decades of food banking experience between them, these women oversee Second Harvest’s food chain, from sourcing to operations to distribution.

Kelly Alesi, Director of Sourcing, Logistics and Sustainability, ensures a steady flow of healthy, nutrient-rich foods. Chryslern VanSkiver, Director of Operations, oversees our 110,000-square-foot distribution center in Irvine. Ellie Dinh, Director of Programs & Services, manages relationships with almost 300 organizations in our partner network who distribute healthy food to those who are experiencing food insecurity in the county.

Under their leadership, we distributed 32 million pounds of food in fiscal year 2022 and provide nourishing food to approximately 330,000 people each month. We are grateful to have these three amazing public servants dedicated to the cause.

Nourishing Our Community: The Numbers Behind Our Service*

At Second Harvest Food Bank of Orange County we envision an Orange County with food and nutritional security for all. In collaboration with our partners, we provide dignified, equitable and consistent access to nutritious food, creating a foundation for community health.

32,400,000
POUNDS OF FOOD DISTRIBUTED

332,000
PEOPLE SERVED PER MONTH ON AVERAGE

Food Distributed

BY TYPE
- Produce Grown 3%
- Grains 6%
- Processed Veg & Fruit 7%
- Dairy 12%
- Other Groceries 17%
- Protein 22%
- Produce 33%

BY CATEGORY
- Non-Perishable 37%
- Produce 36%
- Perishable 27%

BY SOURCE
- Grown 3%
- Donated 57%
- Government 26%
- Purchased 14%

*FY 2022 numbers
In The News

THIS QUARTER, SECOND HARVEST WAS FEATURED IN SEVERAL ARTICLES AND TV NEWS SEGMENTS ON THE FOOD CLIFF.

Donor List

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

SPRING 2023

3M Foundation and Meguiar’s
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EDWARDS LIFESCIENCES FOUNDATION
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