

40 YEARS OF SERVICE



SECOND
HARVEST
FOOD
BANK
ORANGE COUNTY

SPRING 2023

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



Beth Blake, MPH, RDN; Susan Magrann, MS, RD; Tracy Bryars, MPH, RDN, CDE, CLE; Maridet Ibanez; Dureen Khatib, MPH, RDN; Ellie Dinh; Lisa Gibson, MS, RDN; Shelby Yaceczko, RDN (not pictured)

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.

The Mazda Foundation's 15-Year Commitment to Food Security



MAZDA
FOUNDATION

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



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

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/.

Thanks to Those Who Make Volunteering Possible



L-R: Chrislynn VanSkiver, Director of Operations, with Volunteer Coordinators Samuel Francis, 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.



Farm Fresh Recipes

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 20 minutes, until broccoli is browned and tender.

Courtesy of SkinnyTaste.com
<https://www.skinnytaste.com/roasted-broccoli-with-smashed-garlic/>

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 331,724 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. Chrislynn 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.



Left to right: Ellie Dinh, Director of Programs & Services; Chrislynn VanSkiver, Director of Operations; Kelly Alesi, Director of Sourcing, Logistics, and Sustainability

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

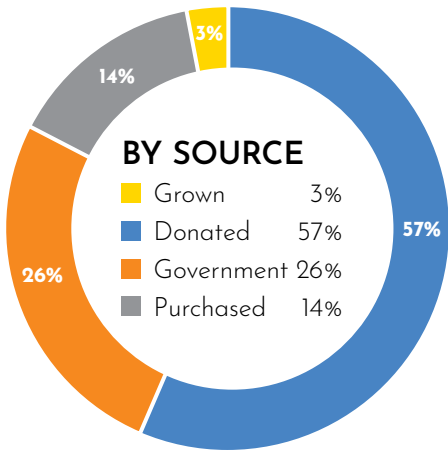
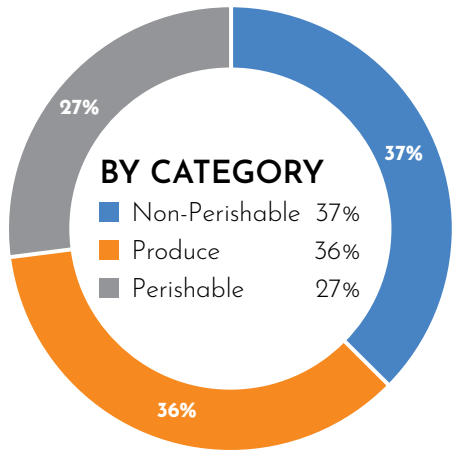
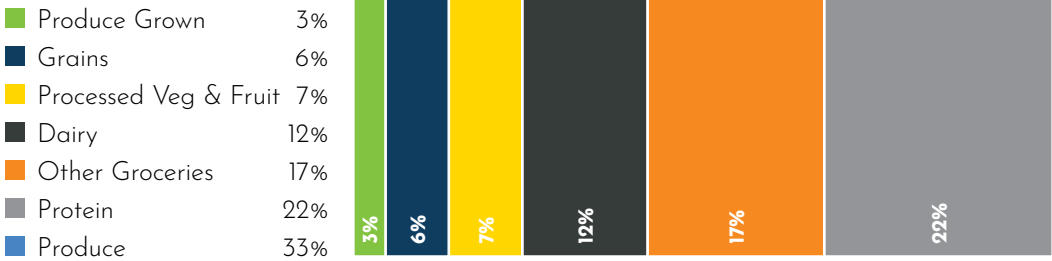
POUNDS OF FOOD DISTRIBUTED

332,000

PEOPLE SERVED PER MONTH ON AVERAGE

Food Distributed

BY TYPE



*FY 2022 numbers




In The News

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

Daily Pilot

Commentary: Continued investments, not benefit cuts, will solve child hunger and food insecurity



BY GREGORY G. SCOTT, CLAUDIA KELLER AND MIKE LEONARDIS, O.C. HUNGER ALLIANCE

JAN. 26, 2023 2 PM PT

This federal government took a healthy step forward to quell food insecurity two years ago when they approved Emergency Allotments (EA) through the federal Supplemental Nutrition Assistance Program (SNAP, now known as CalFresh in California), which boosted access to fresh, nutritious food for struggling families. Today, we're facing a step backward. And it's one that could result in unparalleled levels of hunger and economic hardship for millions of Californians.

About that step forward: A strong, purposeful federal response to the COVID-19-caused economic crisis was instrumental in decreasing food insecurity. [In 2021, child poverty dropped to 5.4%](#) — a record low. That same year, food insecurity (the inability to afford food to sustain a healthy, active lifestyle) for families with children hit a two-decade low.

Now for that step backward: Emergency Allotments (EAs) are being cut, and millions of people will be impacted. On Dec. 29, 2022, President Biden signed the federal year-end Omnibus spending bill, a move that deeply affects Californians in need. In February, SNAP/CalFresh will no longer be tied to the federal Public Health Emergency, meaning that people all over California will receive their final, full EA this March. According to the Orange County Department of Social Services, this means \$30 million less in benefits each month, and \$360 million annually, to vulnerable Orange County families — families already grappling with skyrocketing housing and fuel costs, as well as food and consumer product inflation.


Online coverage in the Daily Pilot, January 26, 2023.



Television coverage on KCAL News/CBS Los Angeles, February 2, 2023.

VOICE of OC

Millions of Californians Are About to Lose COVID Food Benefits; OC Braces for 'Food Cliff'



BY HESAMUDIN

4 hours ago · 78,800 views · 10 Social OG

Officials at food banks and pantries throughout California are worried about what they say is an incoming wave of residents in desperate need of food when additional federal benefits dry up in a couple months.

It comes after the COVID-19 pandemic highlighted what many community advocates and groups already knew: the hardest hit populations were already struggling to meet basic needs — rent, medical care and food.

And the pandemic increased demand for those basic needs throughout the Golden State — especially for food after the virus shutdowns caused millions of people to lose their jobs.

"Some households will go from receiving \$281 to \$23 — many of them are older adults," Lauren Lathan Reid, communications director the [California Association of Food Banks](#), wrote in a Monday email. "The California Department of Social Services has said that, on average, households will lose \$261 per month"

By the end of March, millions of Californians will lose the increased amount of CalFresh benefits — food assistance for low income families — that helped them buy the groceries they need amid the COVID pandemic.

And the loss is coming amid high inflation costs.

Groups that work to combat hunger and increase food accessibility across the state like the [California Association of Food Banks](#) and [Nourish California](#) are ringing alarm bells about the incoming spike in food demand for 5 million Californians who depend on the assistance.

"We're extremely concerned about the end of emergency allotments, states that have already ended theirs saw increased hunger and longer lines at food banks," Reid said.

"Most food banks have been serving an [increase in demand since the onset of the pandemic](#)."

Online coverage in Voice of OC, January 25, 2023.

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	GEORGE HOAG FAMILY FOUNDATION
ABBOTT	LARRY AND HELEN HOAG FOUNDATION
THE ALBERTSONS COMPANIES FOUNDATION	HOAG MEMORIAL HOSPITAL PRESBYTERIAN
THE HERB ALPERT FOUNDATION	KAISER FOUNDATION HOSPITALS
BLUEBIRD LEGACY INC.	KIA MOTORS AMERICA, INC.
CALIFORNIA COMMUNITY FOUNDATION	THE LOFTUS FAMILY FOUNDATION
CHICK-FIL-A, INC.	MIRACLE FOUNDATION
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THE CREAN FOUNDATION	PACIFIC LIFE FOUNDATION
CURCI FUND	SMART & FINAL CHARITABLE FOUNDATION
DISNEY WORLDWIDE SERVICES	UEBERROTH FAMILY FOUNDATION
EDWARDS LIFESCIENCES FOUNDATION	UPS FOUNDATION
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