



SECOND  
HARVEST  
FOOD  
BANK  
ORANGE COUNTY

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Spring 2024

# Orange County's Quiet Crisis

## FAMILIES FACE ESCALATING FOOD INSECURITY IN 2024

In Orange County, a silent, unseen dilemma persists—food insecurity. While many areas within our community appear wealthy with abundant resources and opportunities, the harsh reality is that many families are grappling with the challenge of putting food on the table every day.

### The numbers are bleak:

A recent USDA report indicates that food insecurity is up 26% since 2021.<sup>1</sup> Here in California, three million households—one in five—are reporting uncertain access to food.<sup>2</sup> And in Orange County, one in every 12 people is facing food insecurity.<sup>2</sup> It is likely a friend, neighbor or colleague you know has experienced challenges providing themselves or their families with enough food. With rising costs of living, these numbers are expected to increase.



To pave the way for overall community health, Second Harvest strives to ensure that the food we provide to those in need is not just filling; it is healthy as well. We offer Orange County neighbors in need nutrient-rich essentials like lean protein, eggs, dairy, fresh vegetables and fruits—items that may be priced out of reach for many families.

The ongoing need for nutritional support persists, with 267,000 people in Orange County facing food insecurity.<sup>2</sup> Roy is just one of the many individuals who looks to one of Second Harvest's partners, Pathways of Hope, to provide his family of seven with the nutrition they need.

“It's wonderful to have this reliable, dependable location I can go to each week to get these items for me and my family. There's often milk, cheese, eggs and fresh vegetables and fresh fruit...to help with our different needs.”

—Roy, recipient

**OVER 1 IN 5 CALIFORNIA FAMILIES, INCLUDING 1.1 MILLION WITH CHILDREN, ARE REPORTING UNCERTAIN ACCESS TO FOOD.<sup>2</sup>**



**PLEASE USE THE ATTACHED ENVELOPE OR SCAN THIS QR CODE TO DONATE.**

1) <https://www.ers.usda.gov/publications/pub-details/?pubid=107702>  
2) <https://map.feedingamerica.org/county/2021/overall/california/county/orange>

# Supporting Nutrition for All Ages

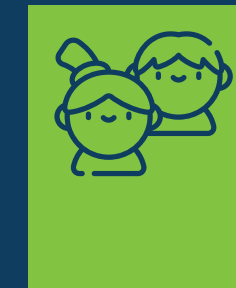
Nutrition is key for overall health and well-being. Second Harvest has been working to bring nutritious food to those in need for over 40 years. Here are some simple, effective nutrition tips that can support you and your loved ones at every stage of life.

If you're interested in joining our efforts to provide nourishing food to the community, please consider donating or volunteering. Learn more at [feedoc.org/get-involved](https://feedoc.org/get-involved).



### Infants and Toddlers (birth to 23 months):

- Allow your little one time to accept new foods. Children might need to be exposed to a new food 10 or more times before they will like it.<sup>3</sup>
- Boost iron absorption<sup>4</sup> by pairing protein such as beans, tofu, beef and poultry<sup>5</sup> with vitamin C-rich fruits and vegetables such as strawberries, red bell pepper and broccoli.<sup>6</sup>



### Children and Adolescents (2-18 years):

- Build healthy bones and teeth by consuming calcium and vitamin D, which is available in dairy products, salmon and dark green leafy vegetables.<sup>7</sup>
- Promote energy and boost metabolism by consuming B vitamins found in animal-based proteins. Strengthen the body's immune system by eating foods rich in vitamin E such as almonds and sunflower seeds.<sup>7</sup>



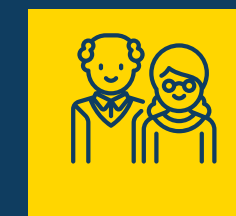
### Adults (19-59 years):

- Prioritize fiber-rich foods like oatmeal, beans, nuts, fruits and vegetables to lower blood sugar, boost heart health and fight constipation, among other health benefits.<sup>8</sup>
- Sustain energy levels by eating small meals and snacks every three to four hours throughout the day.<sup>9</sup>



### Women who are pregnant or nursing:

- Consume nutrient-dense foods rich in folic acid, vitamin D, iron and calcium, such as legumes, asparagus, eggs and leafy greens.<sup>10</sup>
- Fuel milk production by consuming protein-rich foods (e.g., lean meat, dairy, beans and lentils) and water to satisfy your thirst (avoid sugary beverages).<sup>11</sup>



### Older Adults (60 and older):

- Maintain muscle mass and minimize the risk of falls by eating sufficient protein.<sup>12</sup>
- Stay hydrated to aid digestion because thirst (and appetite) diminishes with age. Choose foods with high water content such as cucumbers, lettuce and strawberries, and keep water with you at all times.<sup>13</sup>

3) <https://www.cdc.gov/nutrition/infantandtoddlernutrition/foods-and-drinks/picky-eaters.html> • 4) <https://www.healthline.com/health/parenting/iron-rich-foods-for-toddlers#how-much-toddlers-need> • 5) <https://www.parents.com/baby/feeding/solid-foods/top-protein-packed-foods-for-babies-and-how-to-serve-them/> • 6) <https://www.healthline.com/nutrition/vitamin-c-for-babies#food-sources> • 7) <https://www.webmd.com/health-insurance/features/family-vitamins> • 8) <https://www.healthline.com/nutrition/22-high-fiber-foods> • 9) <https://chear.ucsd.edu/blog/scheduled-eating-why-its-beneficial-and-how-to-start> • 10) <https://www.healthline.com/nutrition/foods-high-in-folate-folic-acid> • 11) <https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/breast-feeding-nutrition/art-20046912> • 12) <https://www.medicalnewstoday.com/articles/324533#:~:text=Share%20on%20Pinterest%20A%20new,strength%20by%20around%2050%20percent.> • 13) <https://www.ncoa.org/article/how-to-stay-hydrated-for-better-health>

# The Good Market's Impact: Nourishing Orange County

## A NEW PERMANENT PANTRY PARTNERSHIP WITH GOODWILL

Second Harvest is proud to partner with Goodwill OC for the opening of its permanent food pantry, The Good Market/El Buen Mercado, within its Tierney Center in Tustin! Food and nutritional insecurity can hinder people from giving their best at work, home and in life. The Good Market keeps nutritious and quality food within arm's reach for several hundred veterans, employees and program participants served by the Tierney Center. In December 2023, The Good Market supported 793 households, feeding thousands of individuals including more than 500 children and more than 200 veterans. We expect these figures to continue rising, ensuring that everyone has access to the nutritious food they deserve. To learn more about impactful stories like The Good Market, visit [feedoc.org/stories](https://feedoc.org/stories).

“By joining hands with Second Harvest, we are ensuring that everyone has access to nutritious food and meaningful career opportunities.”

—Nicole Suydam, Goodwill of Orange County President & CEO and former Second Harvest CEO

## “Shop” for Second Harvest—Host a Virtual Food Drive

Monetary donations help us to purchase nutritious food and our Virtual Food Drive website make it easy to extend a helping hand to the community. You can “shop” online from your computer without the need to go to the store. **With your donation, our bulk purchasing power allows us to source more food than you'd be able to buy at the grocery store.** Starting one with your friends, family or colleagues is an easy way to give back and a simple way to make a difference. Learn more at [yourfooddrive.org](https://yourfooddrive.org).

**Please note:** While we are grateful to those who donated food to Second Harvest in the past, we no longer accept community food donations so that we can meet the high need for food in Orange County by focusing on bulk purchases and bulk donations. However, many of our pantries do accept food donations. A list can be found at [https://www.yourfooddrive.org/food\\_donate.php](https://www.yourfooddrive.org/food_donate.php).

\*What you can buy with \$25 at the store...



VS.

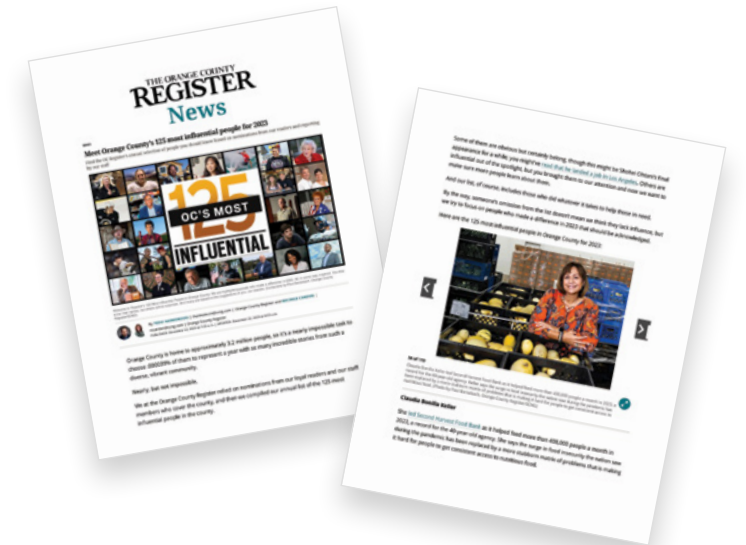
What we can source with a \$25 donation...



# Celebrating CEO Claudia Bonilla Keller

ONE OF ORANGE COUNTY'S 125 MOST INFLUENTIAL PEOPLE FOR 2023

Congratulations to Claudia Bonilla Keller, CEO of Second Harvest Food Bank of Orange County! The Orange County Register named Claudia as one of the 125 most influential people of 2023. With her leadership, Second Harvest Food Bank distributed over 36 million pounds of food through its nearly 300 partners last year while also navigating persistent challenges that make it difficult for individuals to consistently access nutritious food.



From left to right: Denise Braun, Principal, All About Waste; Chrislynn VanSkiver, Chief Operating Officer, Second Harvest; Kelly Alesi, Director of Supply Chain, Second Harvest; Emily DeCremer, TRUE Advisor, Senior Product Manager, All About Waste.

## Second Harvest Shines at Annual Green Gala & Sustainable Innovation & Community Awards

Second Harvest was proud to recently receive the Sustainable Innovation Award for Excellence in the Zero Waste & Circular Solutions category from the U.S. Green Building Council, Los Angeles Chapter. Among 17 deserving winners, Second Harvest Food Bank shined as the first food bank to receive TRUE (Total Resource Use and Efficiency) zero waste certification, claiming top honors in the Zero Waste and Circular Solutions category.



Second Harvest is so pleased to be named as one of the **TOP PLACES TO WORK IN ORANGE COUNTY** in 2023!

## Set It and Forget It: PUT YOUR DONATIONS ON AUTOPILOT FOR A LASTING IMPACT

When you become a monthly donor and join our Community Circle, you are helping to provide dignified, equitable and consistent access to nutritious food month in and month out. Please consider making a consistent monthly impact and visit [feedoc.org/give-monthly](https://feedoc.org/give-monthly) to learn more!



# Good Day LA, Second Harvest and Knife Pleat Partner Up on a Farm to Table Recipe

The sun recently rose to an unusual sight at Harvest Solutions Farm, Second Harvest's collaborative Farm Program with Solutions for Urban Agriculture and University of California South Coast Research and Extension Center (SCREC). Instead of quiet fields of cabbage awaiting harvest by our dedicated volunteers, Michelin-star chef Tony Esnault of Knife Pleat, located at South Coast Plaza, was hard at work at a mobile cook station, preparing a winter soup of his own creation.

Packed with broccoli, cauliflower and cabbage—exactly the types of winter vegetables growing on the Farm—Chef Tony crafted a special soup recipe. Not only was it delicious, but it also showcased the nutritional goodness and hard work that serves as a main component of Second Harvest Food Bank's mission to provide dignified and consistent access to nutritious food for our OC neighbors.

To shed light on this incredible initiative, Good Day LA's Bob DeCastro was onsite to talk with Chef Tony, his Knife Pleat restaurant partner and wife Yassmin Sarmadi, Second Harvest Farm Manager Hannah Standerfer and Second Harvest CEO Claudia Bonilla Keller. Bob also encouraged viewers to lend a hand by volunteering at the Farm or making a donation, supporting Second Harvest Food Bank's vital mission.



From left to right: Claudia Bonilla Keller, CEO, Second Harvest; Hannah Standerfer, Farm Manager, Second Harvest; Yassmin Sarmadi, Owner, Knife Pleat; Chef Tony Esnault, Owner, Knife Pleat; Bob DeCastro, Good Day LA Anchor and Reporter

BE SURE TO TRY OUT **CHEF TONY'S TASTY SOUP**—SCAN THE QR CODE HERE FOR THE RECIPE!



## SOW THE SEEDS OF GOOD AT HARVEST SOLUTIONS FARM

Learn How You Can Help Feed OC While Enjoying the Outdoors

Spring's warm weather is here! It's the perfect time to volunteer in the sunshine at Harvest Solutions Farm, the approximately 40-acre farm partnership with Second Harvest, Solutions for Urban Agriculture and University of California South Coast Research & Extension Center (SCREC). Recently, Harvest Solutions Farm surpassed five million pounds of food harvested since its launch in August 2021!

Join us to help harvest zucchini, bell peppers and green beans this spring (among other crops). Volunteer shifts are held at Harvest Solutions Farm, just down the road from the Food Bank in Irvine, Tuesday through Saturday (volunteers ages seven and older are welcome with a chaperone). Sign up to lend a helping hand at [feedoc.org/volunteer](https://www.feedoc.org/volunteer).

# Thank You To Our Donors

We appreciate these generous supporters who have made recent grants of \$5,000 or more to Second Harvest. Ask your company if employee nominations for grants are accepted. Contact [grants@feedoc.org](mailto:grants@feedoc.org) for more information.



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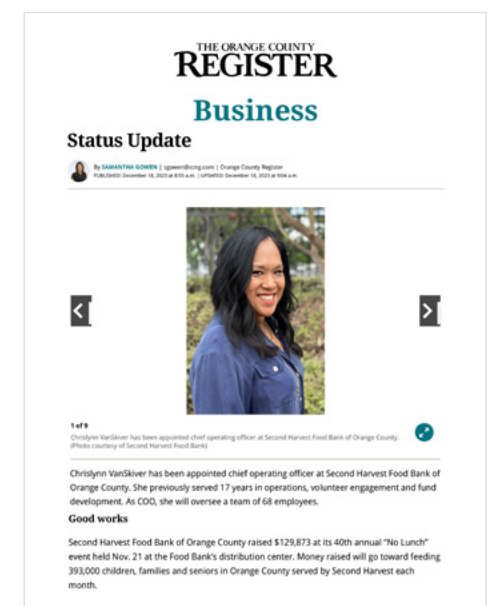
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## In The News

Second Harvest captured the spotlight with key media coverage recently. Here are a few clips:



Voice of OC | Orange County's Children Confront Poverty, Hunger and Absenteeism



The Orange County Register | Good Works



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