

Food for Thought

News from Second Harvest Food Bank of Orange County



“I wouldn’t have made it to the end of last month without the food I received here.”

—DONNA

Donna receives fresh foods through our Senior Grocery program at a local senior center.

It means a lot that you provide this food—thank you!

Hi, I’m Donna. My friend told me about the Senior Grocery distribution and it has been a daily help for me. This is only my second time coming here, but I wouldn’t have made it to the end of last month without the food I received here.

I’ve been a licensed contractor for 33 years and have spent most of my career doing landscape garden design. Twelve years ago, I was on my way to a consultation and was hit by a guy doing almost 55 mph when I was stopped in traffic. That accident really knocked me for a loop, and I was no longer able to do my job.

At 61 years old I’m only able to work one day a week doing landscape maintenance for a property. It helps pay the rent for my room so I can use my social security check to pay my other bills. I plan on working until I’m at least 75 to get through.

I’d like to work more, but I just haven’t been able to handle it physically. Never in my wildest dreams did I think I would be disabled. I’ve always been smart and had the people skills to work, but when I couldn’t do it anymore, it affected my whole life.

I learned frugality from my grandparents

Last time I was here I got sausage and potatoes. It was so helpful. To be scrimping and stretching your money and then to get this food without having to pay for it means a lot. Fortunately, the older we get the more we learn how to be resourceful. A half a cup of rice can go a long way. I learned frugality from my grandparents.

I would like to say thanks to the donors. Feeling cared for this way is really moving and brings tears to my eyes. It’s so important to care for others—it’s something I have always done. Thank you for caring for me.

Winter 2017

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UPCOMING EVENTS

FOOD BANK 101 TOURS

Start your year off by taking a tour of our Food Distribution Center and see what it takes to provide food for more than 200,000 people each month. See FeedOC.org for dates.

MAY 13 STAMP OUT HUNGER FOOD DRIVE

Participate in the largest single day food drive in the nation! Leave nonperishable food items by your mailbox to help feed hungry Orange County neighbors.

Harvesters Fashion Show & Luncheon Raises \$680,000!



Harvesters at the Silent Auction, left to right Lauren Wong, Joelle Hamontree, Melissa Knode, Susan Croul, Crisi Hosea, Yvonne Moyano

Our 24th annual Harvesters Luncheon & Fashion Show brought in \$680,000—the equivalent of more than 2 million meals for food-insecure families. This highly anticipated event sponsored by South Coast Plaza was held at the Segerstrom Center of the Arts in Costa Mesa. After a champagne reception hosted by Bvlgari and a silent auction, the high-end fashion show featured designs by Brunello Cucinelli, Fendi, Lanvin, Marni, MaxMara, Moncler, Oscar de la Renta, Ralph Lauren, Roberto Cavalli, Salvatore Ferragamo, Valentino and Versace. The event ended with a sumptuous lunch and an after-party at the Center Club Orange County. Thank you to all our attendees and sponsors who so generously supported our work through this event.

A note from Nicole

We're so thankful to be starting this New Year with the support of friends like you.

Thanks to the help of community partners, volunteers and the generosity of our donors, last year we distributed a record amount of food, providing 20.1 million meals to our neighbors in need. We're proud of what we were able to accomplish together and the focus we've put on distributing quality, nutritious foods.

In this winter issue of our newsletter we're focusing on the needs of seniors in our community. We know from our research that many seniors are dealing with chronic health conditions. Living on fixed incomes, they can't always afford to buy fresh produce. One of our bold goals is to provide more healthy food choices for seniors. In the last few months we've transitioned all our senior distributions to our Senior Grocery program. These distributions at senior access sites provide fresh produce, meat, deli and dairy items along with other staples to people like Donna, who rely on that food to have enough to eat.

Committed to efficiency as we work to end hunger

As an organization, we've made a commitment to developing a strategy for addressing senior hunger. In the next 30 years, the number of seniors in Orange County is expected to double. Providing access to nutritious food is an important piece of that puzzle. We're also

"It's encouraging to know you're investing with us in our Bold Goal to end hunger."

partnering with other senior-serving organizations to look holistically at a long-term solution for addressing those needs.

When we look to the year ahead and the work we have yet to do, it's encouraging to know you're investing with us in our Bold Goal to end hunger. Many of you have told

me how much you appreciate the efficiency of our operation and we're committed to continuing that good stewardship of our resources, where over 90 cents of every dollar we spend goes to programs and services. Thank you for your generosity and for the compassion you show the seniors and families we serve.

Gratefully,

Nicole Suydam, CEO | Your Partner



VOLUNTEER SPOTLIGHT

Helping provide fresh foods for seniors

When new management took over the senior center where Michael Pickrell was volunteering, he asked if they could bring back the senior food distribution from Second Harvest. "I've been an advocate for the senior service center for the past four years," says Michael Pickrell, who also teaches two art classes at the center. "And I'm a general volunteer here as much as possible." Now Michael oversees the Senior Grocery Program where people like Donna (see page 1) come to get food.

"It's very important," Michael says of the program. "Although the vast majority are seniors, now we're reaching out to the general public."

Michael has been a caregiver his whole life. As the eldest in his family he helped his younger siblings. Later he raised five stepchildren and was the caregiver for his mother. His wife is disabled and Michael now cares for her. After 25 years making stained glass windows, Michael gave up his profession because of arthritis. Now, he and his wife live on a very fixed income, and he receives food for his family as well. "I thoroughly understand the need and mindset of the seniors here and the reason they come," he says.

Increasing the quality of fresh foods

As the Program has grown, the number of volunteers has too. Michael is grateful to the volunteers who come unload the truck from Second Harvest Food Bank. With the new Senior Grocery Program, Michael says the quality and variety of the foods have improved, especially fresh foods. "There are more seniors coming in than there were before," he says.

To those who support Second Harvest, Michael says, "The bottom line is, you're feeding people who are hungry and the unfortunate thing in this county is that there are too many. We need to take care of our neighbors. Not only seniors, but everybody who is in need because the median income—not to mention social security—just doesn't go very far these days."

"The bottom line is, you're feeding people who are hungry." —MICHAEL



Michael volunteers managing the Senior Grocery Program and also receives some food help.

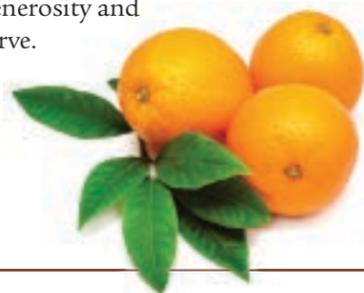
From brown bag to fresh foods, our Senior Grocery Program gets a lift

Two years ago Second Harvest surveyed the seniors receiving our Brown Bag Program, which distributed monthly USDA commodities—canned goods and dry foods to eligible seniors. Although we already knew we wanted to provide more fresh foods, we discovered that a high number of seniors also wanted to receive fresh produce and healthier food choices. We also discovered that seniors rely on these programs to ensure they have enough to eat.

This past year we've transitioned 32 Brown Bag distributions and opened 8 new Senior Grocery Program sites, which focus on providing perishable foods and fresh produce. Each site provides a variety of grocery rescue items that include meat, milk, eggs, deli, dairy and produce as well as canned and dried goods. We also use a client choice model, allowing seniors to choose the items they most want. During this transition we've trained our partner staff and volunteers in the safe handling of fresh and frozen foods and ensured they had the equipment they needed to participate.

Although each of these sites targets senior populations by distributing at sites easily accessible to seniors, the distribution is also open to other families and individuals in need.

Your support is helping us provide fresh foods for low-income seniors so they can have the nutrition they need to live healthy lives. Thank you!



Thank you for the sacrifices you make to provide food for us

My name is Mary and I'm here with my husband, David. We're thankful that we discovered this food pantry in our area. It's been a big help to us. It means we no longer have to worry about having enough food to eat and stay healthy.

I've done office work my whole life. I was laid off from my last job not long before retirement. Then about three years ago, David had a heart attack and has been unable to work since. I took an early retirement because we just needed the

money. We figured we could scrape by. We're both living on social security now and it's been a big change for us.

The food makes a big difference

We own our own mobile home, but we do have to pay rent on the space and utilities, along with keeping our car running. Being able to come to the pantry has made a big difference for us. It stretches our income and helps us afford the low-sugar and low-sodium foods we need for our health.

We've never had to use a food pantry before this, we're really fortunate to have it now. We really appreciate all you do and the sacrifices you make to give and to bring this food to our community. I hope you know how much you're helping us and how much we appreciate it.



"We're thankful that we discovered this food pantry...It's been a big help to us." —MARY

2016 “No Lunch” Lunch attended by hundreds of supporters

This year’s “No Lunch” Lunch, with its Bold Goal. Big Dreams. theme, was enjoyed by more than 320 guests, kicking off their holiday season. CEO Nicole Suydam, introduced Second Harvest’s new strategic plan and its Bold Goal of closing the meal gap by providing an additional 16 million annual meals for all OC’s needy residents by 2025.

Second Harvest presented our Founder’s Legacy Award to four outstanding partners and supporters who have made a lasting impact by helping us in our mission to end hunger in OC: Former Board Chair and Advisory Board member Mark Danner; Harvester, Advisory Board member and philanthropist Teddie Ray; the Aliso Niguel High School Second Harvest Club; Ralphs and Food 4 Less markets. We thank them for their tireless efforts on behalf of the thousands of men, women and children to whom they have given nourishment and hope.

The City of Irvine was awarded our Golden Plate Award for their winning campaign to raise funds during Hunger Action Month. The award was accepted by Mayor Steven Choi. We also recognized our long-time supporter Antonio Cagnolo, owner of Antonello Ristorante for his generous donation of the delicious soup and bread that he and his staff served to guests.

We would also like to recognize the following event sponsors:

Premier Platinum Sponsor: Stanbridge College

Platinum Sponsor: Cindy & Bill Milligan

Gold Sponsors: Anonymous, Crawford Custom Homes, David Lemoine, Golden State Foods, Primoris Corp., Rutan & Tucker LLP, The Coffaro Family

Silver Sponsors: Cox Communications, Earth Friendly Products, Halyard Health, PERC Water Corporation, Judith Posnikoff, SoCalGas, Union Bank, University of California, Irvine, Waste Management

Bronze Sponsors: Anonymous, Brown-Forman, Charter Communications, The Drislane Family, Golden 1 Credit Union, PIMCO, Jack & Maureen Richmond Jr., Rogers Electric, Snyder Langston, Stearns Home Loans, Pence Wealth Management

A New Year’s resolution that makes a difference

If one of your New Year’s resolutions includes sharing with those in need, you can make a big difference by becoming a member of our “Harvest Club” monthly giving program. Signing up is easy, just fill in the reply slip below or visit our website at FeedOC.org and select Give Monthly. Each month, your donation will help ensure hungry families in Orange County receive the food they need to be healthy. Every dollar you donate provides three meals—that’s an entire day of food for someone who’s struggling. Thank you for including Second Harvest in your 2017 resolutions!

Connect online to the work you support!



Thank you!

These organizations are helping us fight hunger with their generous support.

- The Dhont Family Foundation
- Starbucks FoodShare Program
- Mazda Foundation
- Ueberroth Family Foundation
- Orange County United Way
- Target Corporation
- St. Joseph Health
- Abbott Fund
- Red Nose Day Fund
- The Crean Foundation
- Disney Worldwide Services
- The Don Yoder Foundation
- Walmart Foundation
- Carl E. Wynn Foundation
- California Association of Food Banks
- Roosters Foundation
- 3M Foundation
- Allergan Foundation
- Yum! Brands Foundation
- Edwards Lifesciences Foundation
- San Diego Gas & Electric

We appreciate the valuable partnership of these companies who supported our food and fund drives.

- Albertsons Companies
- Angels Groundskeepers Food and Funds Drive
- Great Park’s Spooktacular Food Drive
- Stater Bros., KTLA and K-Earth’s Harvesting Hope Food and Funds Drives
- 2016 Scouting For Food Drive

MY WINTER DONATION

YES, Nicole, you can count on me to help provide nutritious food to seniors and families this winter.

Enclosed is my gift: \$160 \$110 \$60 \$30 Other \$ _____

I would like to join the Harvest Club and give monthly.
My first gift of \$ _____ is enclosed.

NAME _____

ADDRESS _____

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Please make your check payable to: **Second Harvest Food Bank**
8014 Marine Way | Irvine, CA 92618

To charge your gift by phone, call 949-653-2900, ext. 129 or give online at **FeedOC.org**



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ORANGE COUNTY

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Your donation is tax deductible as permitted by law. Second Harvest Food Bank of Orange County will send you a receipt in gratitude for your kindness to the individuals and families who rely on us for food.