

Food for Thought

News from Second Harvest Food Bank of Orange County

“Getting this food
frees my mind to
use my energy and
intelligence to improve
my situation.” —ROY

Roy appreciates receiving
fruits and vegetables that help
him maintain his diabetic diet.



Thank you for providing food that helps me stay healthy

Hello, my name is Roy. I've been coming to this food distribution for a few months and it's been very helpful for me. I've just had to file for bankruptcy and obviously money has been very tight. Getting this food has helped me minimize my expenses so I can try and get out of that hole.

I've had a small business installing video surveillance systems in businesses and homes. About four years ago, I moved in with my mother to be her caretaker. She died at 98 years old. Unfortunately, trying to be a caretaker for her, keep my business running and deal with my own health issues—I have diabetes—was very difficult for me. When my business needed more attention, I gave it less. Then I made some wrong financial decisions. I tried to make it work for a couple of years, but ultimately I had to file for bankruptcy. That's my situation right now.

Receiving food is a relief

The food I get here has been very helpful. Being diabetic, I have to avoid starchy and sugary food. Unfortunately, that's the cheapest food I can afford to buy. Here I get a lot of fruits and vegetables, which are good for me. Food that's diabetic-friendly is healthy for all the people who come here—it's good for all of us.

I know all the people, including myself, are exceedingly grateful for what we receive. I really believe this is giving a hand up more than a hand out. It's helping people to become more self-sufficient. For myself, getting this food is a relief that frees my mind to use my energy and intelligence to improve my situation. It's easy to be overwhelmed when you have so many problems. When I don't have to worry about food, I can make more intelligent choices that help me move ahead. So I certainly want to say thank you to all of you who support the Food Bank.

Summer 2016

Inside

this issue

A note
from Nicole

PAGE 2

A volunteer
with a mission

PAGE 2

Healthy
snacks,
happy kids

PAGE 3

You can make a difference!

UPCOMING EVENTS

“FOOD BANK 101” TOURS

We offer regular tours of our food distribution center for children and adults. What better way to discover opportunities for you to partner with us and help end hunger in Orange County.

JULY 20TH 12:00—3:00PM ORANGE COUNTY FAIR FOOD DRIVE

Receive free admission to the Fair on “We Care Wednesday” when you donate five or more nonperishable food items at the fair. All donations will go to Second Harvest.

SEPTEMBER IS HUNGER ACTION MONTH



Join us this September in supporting our mission to end hunger and spread awareness of the hunger problem in Orange County. Use social media to let people know about your support for Second Harvest Food Bank!

OCTOBER 6TH HARVESTERS 24TH FASHION SHOW & LUNCHEON

Save the date for the Harvesters premier fundraiser presenting fashion highlights for 2017 and an exclusive luncheon in the Renee and Henry Segerstrom Center.

For more information, please call 949-653-2900 or visit our website at FeedOC.org

UPDATE Stamp Out Hunger

In May our community came together to collect over 248,000 pounds of food for Orange County families struggling with hunger as part of the largest single day food drive in the nation. This generous outpouring of food will help us provide much-needed staples to families we serve this summer. Thank you to our letter carriers, volunteers and all those who donated food!

A note from Nicole

We have so much to be thankful for at Second Harvest Food Bank, and it all starts with having friends like you who are committed to helping us end hunger in Orange County. Whether you’re supporting the mission with much-needed funds, giving of your time, like Colleen, or providing a service as a business or agency partner, your compassion is making a real difference in the lives of people like Roy or the children who attend the Boys & Girls Club where the manager, Jesus, works.



Our research shows that right now in Orange County we have enough retailers, enough farmers and enough community resources to meet the food needs in our community. Our job is capturing those food resources for the people who need our help. That’s an exciting call to action for all of us who partner together to feed our neighbors living with food insecurity.

“We’re growing in our ability to capture fresh food from retailers and farmers so we can provide the most nutritious food to families in need.”

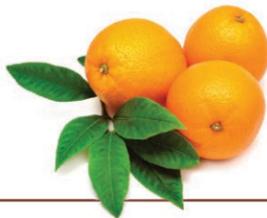
This summer we’ll be adding Starbucks as a food rescue partner, participating in their FoodShare program. We’ll be collecting unsold food from a third of their corporate Orange County stores. This is one way we’re growing in our ability to capture fresh food from retailers and farmers so we can provide the most nutritious food to families in need.

Recently I received an email from a supporter letting us know that she and her husband had named

Second Harvest as a beneficiary in their estate. She wrote, “It gives us such pleasure to include our beloved Second Harvest in our plans and to know that our legacy will live in the community through an organization that means so much to us.” Whether you are a monthly giver, a volunteer, a new supporter or someone like this dear friend who has made a long-term investment in the food bank, we are so grateful for the impact your commitment has on achieving our mission. Thank you.

Gratefully,

Nicole Suydam, CEO | Your Partner



VOLUNTEER SPOTLIGHT



“I’m proud to tell people I volunteer at Second Harvest because the mission is such an important one.” —COLLEEN

Twenty years of service from a volunteer who believes in the mission

For the past 20 years, Colleen has been volunteering at Second Harvest Food Bank every Saturday morning. The team of volunteers sorts through donated non-perishable foods and packs about 100 50-pound boxes each week for distribution to partner agencies. “We know all the things we pack on Saturday are going out to somebody who needs it,” says Colleen. “If Second Harvest wasn’t here and if everybody wasn’t doing all the things they do, where would people get this food they need at a really bad time in their life?”

Over the years, the Saturday packing team

PARTNER SPOTLIGHT

Boys & Girls Club: partnering for healthy children

The energy level at the Boys & Girls Club is high as 180 students line up for a summer meal provided thanks to your support.

As well as providing meals for the students, during the summer, the club also serves as a Summer Meal Program site, providing a daily lunch to neighborhood children. “Parents in the community know that we’re here and able to provide a meal through Second Harvest. That benefits a lot of people,” says Jesus Villegas, the branch manager.

Food that’s not taken for granted

“Our students get hungry throughout the day. A lot of times, we’re the only source they have to get a lunch,” shares Jesus. All food for snacks and meals provided at the Club comes from Second Harvest too.

In addition to healthy meals they offer a variety of activities including a learning center, tech lab and art room. In the gym, staff run an athletics program based on a healthy lifestyle for children. They also have access to a community pool. During the

school year, students also spend an hour doing homework. “We get people from all walks of life—they know it’s a positive place to come,” says Jesus.

Full circle

Jesus has been working with the Boys & Girls Club for 12 years. He has come full circle now—he participated in the club as a child and understands how it has a positive impact on these children. In those days, students had to bring their own meals. “It was tough,” he remembers. “I wish I’d had someone to provide a lunch for me. Now there are resources like Second Harvest.”

Jesus wants supporters of Second Harvest to know the impact they make. “They’re making a difference by feeding kids that need it,” says Jesus. “What we take for granted—food—some kids go without. Our goal is to feed these kids. The fact that we can do that through Second Harvest is a great thing. I didn’t have that as a kid, but these kids do. That’s amazing.”



“I really like the fruit here. I get hungry after I play a lot. I play basketball, soccer, freeze tag and red light, green light,” says Abbey who comes to the Boys & Girls Club.

volunteers help seniors plant summer and winter gardens, but twice a month Colleen also visits to help them garden organically. “It’s nourishment for their body and their soul,” says Colleen. “And I’ve gotten a lot of fun out of it!”

“I’m proud to tell people I volunteer at Second Harvest because the mission is such an important one,” says Colleen, who has seen the food bank grow over the years. “There’s never any question that the resources are being used to the maximum. My time is well spent. Money is well spent. I see how careful they are with everything.”

Help for seniors

For seniors who are struggling to have enough nutritious food, two programs from Second Harvest are reaching out to meet that need.

With the cost of living in Orange County so high, seniors living on a fixed income can find themselves forced to choose between rent, food and medicine when their expenses increase. Help from the Senior Grocery Program and our CalFresh initiative help them afford the basic necessities and provide enough nutritious food to maintain their health.

The Senior Grocery Program provides two bags of nutritious groceries twice a month at senior centers across the county. We’re also working with seniors to get them signed up with CalFresh, which provides supplemental funds for seniors with a qualifying income level. Not only can those funds be used in grocery stores, but also many farmers markets offer double the value of CalFresh food cards. That means more fresh fruits and vegetables for seniors!

As utility bills increase for our older populations this summer, putting additional strain on budgets, we’re thankful for your support, which is helping us reach out to our seniors with food and help to get the nutrition they need.

Thank you



Your support is helping provide summer meals for all ages—thank you!

Summer brings its own challenges for those who are struggling in our community. When school lets out, low-income children lose access to the daily meals they get through the school meal programs. This can place an added burden on a struggling family's meal budget. And as the summer heats up, rising utility bills can be difficult for seniors living on fixed incomes. For individuals like Roy, who shares his story in this newsletter,

food assistance is important to helping him get back on his feet.

When school is out, many children are at risk of going hungry.



At Second Harvest Food Bank, we're working to provide nourishing food

for all those who need food assistance this summer. Our Kids Cafe program, which provides nutritious lunches and snacks, will be partnering with over 50 sites to feed hungry kids in our neighborhoods. Every month our mobile and school pantry will distribute fresh produce and other food to over 52 sites across Orange County so families in need can get food assistance near their home. And for our seniors, we're improving our Senior Grocery program, which provides twice monthly distributions of fresh and non-perishable foods at designated senior locations.

None of these programs would be possible without your support. As you enjoy your summer plans, will you also take moment to help us provide meals to our neighbors in need? For every dollar you donate, we can provide three meals. You can give a gift online at FeedOC.org or use the enclosed reply slip. Thank you for helping us provide nourishing meals to those who are facing food insecurity in our community.

Thank you to these generous organizations

Thank you to the following organizations for their generous support. You're making a difference in the lives of our families and neighbors who are struggling.

- The Joe MacPherson Foundation
- Samueli Foundation
- Wells Fargo
- Joerger Family Charitable Foundation

Walmart Foundation has awarded additional funds in support of our Grocery Rescue program in recognition of surpassing our goals for the grant period. We are grateful for their continued support.

Give. Get. Help.

Would you like an easy way to make a donation by phone? Or maybe you know someone who is struggling and needs help finding food? Our new helpline can help with both. Call (855) 2-FeedOC or 855-233-3362 and follow the prompts to connect you to the service you need.

The Daniel J. Harney Legacy Society Planned giving with your IRA

Life insurance and Individual Retirement Accounts (IRAs) can be key components of an estate plan. Individuals can support a charity and soften the tax consequences by naming their heirs as beneficiaries on their life insurance while designating a charity as the beneficiary of their IRA. For more information about planned giving and how you can include Second Harvest Food Bank in your legacy, call 949-653-2900 and ask for our development team.

Connect online to the work you support!



Visit us at FeedOC.org

MY SUMMER DONATION

YES, Nicole, I want to help provide summer meals to hungry people of all ages—from children to seniors.

Enclosed is my gift: \$150 \$100 \$50 \$25 Other \$ _____

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

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____

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



Please charge my gift on my credit card: VISA MC AMEX DISC

CARD NUMBER _____ EXP. DATE _____

NAME ON ACCOUNT _____ SECURITY # _____

() _____

TELEPHONE NUMBER _____

SIGNATURE _____ 7N/16 30417-4

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.