

food thought

FOR



30 Years of Nourishing Hope.

FEEDING AMERICA
A member of

SENIORS FACE THE IMPOSSIBLE CHOICE... FOOD OR MEDICINE?

Many seniors live on fixed incomes and with the rising costs of housing, utilities, and medicine, they can't meet all of their needs. Nearly 45 percent of Orange County seniors don't have enough money for the basic necessities including food.

Asking for help can be difficult and embarrassing, but one unexpected bill or one too many missed meals may precipitate a crisis.

Fortunately, our hunger-relief agencies and Brown Bag for Seniors program create a safety net for hungry seniors.

Our Brown Bag program provides two bags of groceries every two weeks to seniors at 37 sites. A donation of \$30 will help us provide two bags of groceries for a senior.



30 faces of hunger & hope

Kara and her daughter, Jacinda (photo by Jacques Garnier)

Second Harvest Food Bank of Orange County opened its doors on October 24, 1983. When we started thinking about a way to commemorate our anniversary, we talked about our history, milestones, and how much food we've distributed, but we knew what was most important was the people we have helped... in telling their stories, we would tell ours.

30 Faces of Hunger & Hope is a documentary project commissioned for our 30th anniversary. Photographic artist Jacques Garnier has generously donated his time and talent to help us put a face on hunger. The exhibit features 30 black and white portraits of people who have experienced hunger and sought help from Second Harvest Food Bank and our community partners.

30 Faces of Hunger & Hope introduces you to people who are currently receiving food assistance, individuals who also volunteer their time to give back while receiving food, and people who have been able to use the help they have received as a hand up to a better life.

We met Kara and her 13-year-old daughter, Jacinda, at South County Outreach. Kara seemed very stressed and was a little reluctant to talk, but when we described what we were doing, she said, "I'm here because I was in an abusive relationship on and off for 10 years. It was pretty bad. The kids saw me get hit and I finally had to leave."

"I'm trying to get back on my feet. I've had some serious health problems and I haven't been able to work for a while. I have problems with my feet, that's why I'm wearing these old shoes (she pointed to open-toed shoes with the backs of the shoes folded under her heels). Now I'm getting ready to go back to work. I come here for



SHAPING OUR PLANS FOR THE FUTURE

A Note from Nicole

Thirty years ago, when Daniel Harney and Thomas Fuentes, along with the Society of St. Vincent de Paul, established the Second Harvest Food Bank of Orange County, they could never have imagined the challenges we face now, yet they wisely implemented the values that still hold true today and will into the future.

During the first year in operation, the Food Bank distributed 2.7 million pounds of food, the equivalent of 2.25 million meals, through 53 partner agencies and worked with 432 volunteers. At the end of 2013, we will have distributed 18.5 million pounds of food, which is equal to more than 15.4 million meals, through 370 agencies and relied on 10,000 volunteers.

Stewardship is key in everything we do — more than 90 cents of every dollar goes directly to programs and services. We rely on our dedicated volunteers, have an amazing network of community partners, and are blessed to have the continued support of our loyal donors.

The number of people who need food assistance continues to increase at an alarming rate. Nearly 400,000 people could go hungry at some point this month.

With your continued support, we can...

- **Increase our food distribution** from 15 million meals to 21 million meals in the next five years.
- **Offer even more healthy food options.** The quality of the food we offer is as important as the quantity. In order to help people make more nutritious choices for themselves and their families, we must increase our distribution of fresh fruits, vegetables, dairy, and other grocery products.
- **Continue to develop long-term solutions** to the root causes of hunger and poverty. To achieve this goal, we are strengthening our collaboration with organizations that focus on helping people increase self-sufficiency. We want to help people increase their skills, get better-paying jobs, and create new opportunities for brighter futures.

OUR VISION:

Together we are creating a future in which no one goes hungry. Ever.

Please join us for one of our upcoming *Nourishing Hope Tours* — we will tell you more about our plans. We look forward to seeing you and thanking you in person for all you are doing to end hunger in Orange County.

Nicole Suydam
CEO | Your Partner

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the clothes and the food. My son (10 years old) was sick. He had an ulcer, but since he's been eating the good food I get here, he's gotten better.

“This place really helps me because I don't get any child support from their father. After I pay rent, utilities, and gas for the car I borrow to come here, I don't have money left over for enough food for all of us. The quality of the food is so much better here and I can get enough food to get us through the month.”

Jacinda told us she likes to come here because of all the fresh fruit they bring home. Her favorite are the strawberries. She's excited to be going back to school. She'll be in the 8th grade and her brother is going into 5th grade. She's happy that in addition to the food, she and her brother can get new back-to-school outfits and backpacks with school supplies. None of this would be possible without the help of South County Outreach, the Food Bank, and our generous supporters.

30 Faces of Hunger & Hope will be on display at our headquarters throughout 2014. We invite you to view the portraits, read their stories, and take our *Nourishing Hope Tour*. The stories will give you a deeper understanding of our neighbors who are struggling with hunger on a daily basis and who are trying to make a better life for themselves and their families. We also just launched the 30Faces.org website which has the photos and the stories.

FOCUS ON NUTRITION: apples

An apple a day might really help keep the doctor away. Apples are low in calories, fat free, cholesterol free, high in fiber, sodium free, and a good source of vitamin C.



CHILDREN DEDICATED TO HELPING OTHERS

Plates of Love is the junior membership program of the Food Bank. Members are a group of extraordinary children who have learned the importance of helping others by giving of their time and talents.

Plates of Love members, who are ages seven to 13, help feed hungry neighbors by volunteering at Izzy's Corner, planting and harvesting produce from our Incredible Edible Park in Irvine, hosting food drives, and advocating on behalf of the Food Bank. Ambassador training is provided to interested members who reach out and encourage others to get involved.

Member benefits include a *Plates of Love* membership card, *Plates of Love* gear, invitations to events, behind the scenes tour of our operations, and more.

To learn more about how your child can become involved, please visit FeedOC.org/howtohelp/auxiliarygroups/platesoflove, call Kelly Holmberg at 949-653-2900, ext. 105 or email Kellyh@FeedOC.org.



Plates of Love members get ready to volunteer at the Food Bank.



NOURISHING HOPE TOUR: Much more than just a walk through the warehouse!

Often, when visitors walk into our warehouse for the first time, they say, "I had no idea your warehouse was this huge." It is only when they see the

rows and rows stacked high with grocery products that they start to comprehend the enormity of the hunger problem in Orange County.

Seeing our dry and refrigerated storage, the area where agencies pick up groceries, and other parts of our operation is just the beginning. What you will really "see" is what we are doing, why it is so essential for people who are hungry, and how your understanding of our work and involvement are an integral part of our success.

The tour takes just one hour; upcoming dates and times are listed to the right. To RSVP for one of our tours, email Juliette@FeedOC.org or call 949-653-2900.

UPCOMING EVENTS

Nourishing Hope Tours

January 14, 9 a.m., January 30, 3 p.m.
February 11, 9 a.m., February 27, 3 p.m.
March 11, 9 a.m., March 27, 3 p.m.
April 8, 9 a.m., April 24, 3 p.m.

Serving Hope Fundraising Luncheon April 17

For more information, please contact Ericka Arambula at Ericka@FeedOC.org.



JOIN OUR HARVEST CLUB

Harvest Club members are a very special group of people who help alleviate hunger with their monthly gift to the Food Bank.

It's really a win-win opportunity for both you and the Food Bank. You'll continue to receive our *Food for Thought* newsletter, get invitations to our upcoming events, and have the satisfaction of knowing you are making a positive difference in the lives of our hungry neighbors all year round. It's very convenient — your gift can be automatically charged to your credit card. Of course, you can change your gift amount or stop at any time.

Knowing we can count on your gifts will help us plan more effectively and serve more people. It also helps us save money by reducing postal and production costs.

For more information and to sign up, please visit FeedOC.org/howtohelp/donatefunds/givemonthly, or contact Ericka Arambula at Ericka@FeedOC.org or 949-653-2900, ext. 148. Thank you.



leave a lasting legacy

Members of our **Daniel J. Harney Legacy Society** help ensure that we are able to provide access to meals for years to come with their planned gifts to the Food Bank.

You too can make a lasting difference in our community. Your charitable arrangements enable you to support our programs far into the future while also providing tax and other benefits to you. For more information and if you have questions, please contact: Amira Barger, Development Director, at Amira@FeedOC.org or 949-653-2900, ext. 149. Thank you.

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SPOTLIGHT on our generous donors

In addition to receiving contributions from our loyal individual donors, the Food Bank works with companies and foundations to expand our programs and increase the efficiency of our operations. We are deeply grateful to the following organizations for their support and dedication to ending hunger in Orange County.

- **Abbott Fund** helped Second Harvest provide meals and snacks at the Kids Cafes during the 2012-2013 school year.
- **Angels Baseball Foundation** provided funds to serve more than 2,000 children at our Kids Cafes.
- **Bank of America's** generosity provided us with five Student Leaders and helped us address critical needs in our community.
- **Cargill** granted funds that enabled us to purchase a much-needed scissor lift and make improvements in food safety and handling.
- **Disneyland Resorts** funds will be used to sponsor nutritious meals for a year at the Hermosa Village Kids Cafe.
- **Fluor Foundation's** grant supported Second Harvest's Mobile Pantry program, which provides nutritious food and produce to underserved families in Orange County.
- **Mazda Foundation** supports Kids Cafes, Brown Bag for Seniors, and the purchase of turkeys for holiday meals, building on a relationship that extends back to 2005.
- **Sisters of St. Joseph Healthcare Foundation** will enable us to continue serving more than 7,000 seniors each month through the Brown Bag for Seniors program.
- **Target Meals 4 Minds** grant will fund a Mobile Pantry distribution twice a month at two elementary schools in Santa Ana.



Children are delighted with the nutritious food they receive at the Kids Cafe.

HARVESTER LUNCHEON A SUCCESS!

For more than 20 years, The Harvesters, a group of hardworking women with a shared vision of eliminating hunger, has been dedicated to raising funds for the Food Bank's programs.

Their premier fundraising event, the 21st Annual Harvesters Luncheon and Fashion Show on October 3, was a terrific success. Co-chaired by Julia Post and Lori Anderson, the gala was held at Segerstrom Center for the Arts and featured a silent auction and fashion show.

The event netted more than \$440,000, which will be put to work immediately feeding hungry children, families, individual, and seniors. The Harvesters have our deepest gratitude for their work to end hunger in Orange County.