

# Food for Thought

News from Second Harvest Food Bank of Orange County



“The food is a real blessing for everyone. Without you, places like this food pantry wouldn’t be open.”

—LINDA

Two of Linda’s children, Karen and Tirzah, choose their favorite cereal when they come with their mom to St. Timothy’s Food Pantry, one of our partner agencies.

## I’m happy when my children are fed—thank you!

My name is Linda and I’m here today with my three children to get food. We haven’t had to come in a long time, but two months ago I had a back injury and haven’t been able to work. I’ve had some complications, and my short-term disability ran out, so I’m very thankful we have the food pantry to help us get by. More than anything, I want my children to be fed and happy. When I bring them to this food pantry, they get to choose the things they like, and I appreciate that.

I’ve been working in a bakery as a cake decorator and my husband also works. Now that we’re down to one income, there just isn’t enough money for everything. The biggest challenge is that our rent has gone up a lot and that’s a big drain on our finances. Now we no longer work to live—we work to survive.

### A memorable Thanksgiving

Over the years, we’ve come to the food pantry on and off when we needed help to have enough food for our children. At first I was embarrassed, but I needed to put my feelings aside. It’s so much better than having my kids suffer from hunger. There was one November when we didn’t have anything for Thanksgiving. When we came to the food pantry, they gave us a turkey along with all the trimmings! That day was very good for my family. It was such a special gift, and it still means a lot today.

Thanks to Second Harvest Food Bank, we’ve never been without bread on the table. They help so many people in this community, people who are teetering between having work and being sick or disabled. The food is a real blessing for everyone. I’m just so grateful for you, that God has touched your heart to give. Without you, places like this food pantry wouldn’t be open. And when we are in need, they help us a lot. So thank you.

Fall 2015

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## Upcoming Events

### Nourishing Hope Tours

Tuesdays, 9:00 a.m. – 10:00 a.m.

September 8, October 13,

November 10, December 8

Thursdays, 3:00 p.m. – 4:00 p.m.

September 24, October 29,

November 19, December 17

Come be inspired to join us in transforming lives in our community!

### Harvesters 23rd Annual Fashion Show & Luncheon

On October 7, enjoy a delicious lunch, see the latest fashions, and bid on Silent Auction items. Join the Harvesters in supporting our work to feed hungry people in Orange County!

### OC Great Park's Spooktacular Weekend

October 24-25 is a weekend of fun and entertainment for the whole family and a chance to donate to Second Harvest Food Drive. Non-perishable food will be collected at the door!

### Scouting for Food

Saturday, November 7, Boy Scouts and Girl Scouts help fight hunger by collecting canned foods and other staples, as well as items such as toothpaste and toothbrushes. See our website for more details.

### Angels Groundskeepers Food Drive

In November, the Angels Groundskeepers will host the 15th Annual Thanksgiving Canned Food Drive. Bring in your donation for a chance to step up to the plate at Angels Stadium!

### "No Lunch" Lunch

November 24—In the spirit of Thanksgiving, join us for a simple meal and learn about the ways we are working together to end hunger in Orange County. We are so grateful for the caring community working to serve those who are most vulnerable among us.

For more information or to RSVP for any of these events, please email [Kalina@FeedOC.org](mailto:Kalina@FeedOC.org)

## A note from Nicole

Fall is an exciting time of year! The weather gets cooler and we begin looking forward to the upcoming holidays. Thanksgiving is an important time to make sure that all our hungry neighbors have access to the food they need to enjoy a special meal with their families. Providing holiday meals and working with pantries that provide client choice food distribution are ways we honor the dignity of the families we serve.

With kids back in school, our mobile school pantries are back on the road bringing fresh produce and staples to at-risk families. This innovative, client choice distribution means families with school-aged children have a consistent and reliable source of fresh foods. This year we added six new school sites (for a total of 18), thanks to the generosity of a donor who simply came to visit Second Harvest and was moved to support our work.

## 349,000 Orange County residents are food insecure.

You are an important part of each one of these stories through your compassion and generosity. Every month, over 200,000 of our hungry neighbors—moms like Angelica and Linda and their families—have access to food assistance because of your support. Your gifts of time, food and funds are making a tangible difference in the lives of the children, families, seniors and individuals we serve. Thank you for being someone who cares.

Gratefully,

Nicole Suydam, CEO | Your Partner



One of the comments I often hear from those unfamiliar with our work is "I can't believe people are hungry in Orange County!" It's easy to be blinded by the perception of affluence in our area, but statistically, 349,000 Orange County residents are food insecure. And each one of these people has a story. They are families who tell us, "our rent just went up again, and we aren't making ends meet." They are seniors whose medicines require too much of their income and individuals facing hard times because of job loss or an illness.



## Thank you for helping feed my family—it's a blessing!

My name is Angelica and I appreciate the help that I get from this food pantry. When our income is not enough to make it through the month, that's when I come here. It helps a lot. It's not all the time, but when I need it, it's good to know they are here.

I have a daughter who is 11 and a son who is five. With growing kids, it seems like they eat more every day! During the school year, they receive school lunches, which is helpful. It was harder during the summer, because I needed a lot more food.

My husband works as a manager at a fast food restaurant. Right now we only have one income, but now that both my children are in school, I'm also looking for a job. Before I had children I worked as a machine operator in a company where they made airplane parts, and I'd like to do that kind of work again. Having a second income in our family will really make a difference!

**"It's comforting to know I can come to this food pantry when my family needs help."**

—ANGELICA

### Knowing we can get help is a comfort

It's comforting to know I can come to this food pantry when my family needs help. I appreciate all the nutritious food I get here, and everything helps. And when others I know need help, I let them know about this food pantry.

I want to say thank you to the people who support Second Harvest. It's a really big blessing to have this food pantry. God bless you for all the good you do for people that are in need.

*Angelica is grateful to be able to make good food choices for her family when she visits our partner agency, Laguna Food Pantry.*



## Serving with dignity Client choice food pantries

Many of our partner agencies, like Laguna Food Pantry, are moving toward a distribution model called Client Choice, where pantry clients come in and "shop" for the foods they need most. It means parents can choose the fruit, cereal or soups they know their children will eat. Individuals with health concerns can select foods that support their diet. And families can more effectively plan meals to their taste based on what's available. It honors the dignity of those we serve by valuing their choice in the foods they get to eat.

For our partner agencies, this means organizing their space with shelves, bins and refrigerators to display food so clients can easily see what's available. In order to manage their inventory, food pantries put up signs indicating how much of each item a client can take. By replacing the food box distribution model, client choice also makes much more efficient use of pantry inventory since families only take the items they need.

As we reach out to those who are struggling in our community with food and hope, your support is making it possible for us to continually find innovative and sustainable solutions to address hunger in our communities. Thank you!



## AGENCY SPOTLIGHT



*John, Marianna and Bill (Operations Manager) are all volunteers who often greet their clients by name at their client choice food pantry.*

## Laguna Food Pantry: fresh food weekly

Walking into Laguna Food Pantry looks like coming into a small grocery store. Shelves are stocked with canned goods and cereal, bins are filled with fresh fruits and vegetables. Refrigerators and freezers display meat and fresh packaged food rescued from grocery stores such as Trader Joe's and Fresh & Easy. There are even donated flowers!

"It's a grocery store without cash registers," says Bill Baaden, Operations Manager at the Laguna Food Pantry, who often greets his clients by name. "It really helps our clients' dignity instead of getting food

in a box." The pantry, which is open Monday through Friday, serves about 60 households a day. Families can come one time each week to choose their groceries.

### A value for sharing

The pantry is run entirely by volunteers. "That's one thing I've always learned—to share with others," says Bill, who credits his parents with instilling that value in him. Now his son also helps at the food pantry. "It's such a blessing because we learn so much from the people who come through here, how they struggle and persevere," he says.

Bill says they distribute about 15,000 pounds of food a week. Much of that comes through Second Harvest Food Bank, either from our warehouse or through our relationship with retail grocers, which donate unexpired food. "They're great partners," says Bill about the pantry's relationship with the Food Bank. "Actually, it allows us to keep the doors open."

Second Harvest works with over 320 member charities like Laguna Food Pantry to distribute the food your support provides to struggling families across Orange County!

# Your support will help us provide food for hungry families this holiday season

For families who struggle with hunger, the Thanksgiving season can be such a difficult time. During the holidays, our culture is saturated with images of food and family gatherings. The families we serve can't afford that kind of abundance. How do they explain to their children that they can't afford a Thanksgiving meal? Often, providing for that special occasion comes at the price of an unpaid bill, or rent, or not getting the car fixed.

Linda, whose story is on page one, recounted how much it meant to her family to receive food for a Thanksgiving meal. "We didn't have anything for Thanksgiving," she recalls with tears in her eyes. "The day we got the food was very good."

At Second Harvest, we're committed to providing holiday foods like turkeys, chickens, hams, vegetables and other special ingredients so struggling neighbors like Linda have the resources to share a special meal with their families. And we can only do that with your support. As you make plans to share a Thanksgiving feast with your family and friends, will you take a moment to remember your neighbors in need? You can return the enclosed form, or give online at [FeedOC.org](http://FeedOC.org). Thank you for your generous support and compassion. Your gifts this Thanksgiving season will help the families we serve truly have a season of "thanks."



## Thank you to these hunger-fighting businesses!

We're grateful for the support of these organizations, which have raised or donated 242,000 meals.

- National Association of Letter Carriers Food Drive
- KIND Healthy Snacks
- Orange County Fair Food Drive
- Angels Stadium Food Drive

And thank you to the following companies for their dedication to our mission:

- Legacy Foundation Fund
- Sisters of St. Joseph Healthcare Foundation
- Orange County United Way
- Target Corporation
- Order of Malta, Western Association, U.S.A.
- SCAN Health Plan
- Employees Community Fund of Boeing California
- Wells Fargo Foundation

We're also grateful that Haggen has become a Feeding America partner and is donating grocery rescue to Second Harvest.

### THANK YOU FOR YOUR SUPPORT!

## SoCal Stuff-A-Truck Food Drive

On June 25th, Second Harvest Feed SoCal Stuff-A-Truck Food Drive revved up at the Vons store in Costa Mesa with much success. With the support of nearly 60 Albertsons, Vons and Pavilions stores, thousands of customers, and LIVE on-air coverage from ABC7, Second Harvest collected enough food during the month of June for 354,221 meals! Thank you to all who donated. Your participation in this food drive will go a long way to feeding Orange County families who are at risk

of going hungry this fall.

Second Harvest is also grateful to the following Feed SoCal "Stuff-A-Truck" sponsors: Caliber Collision, Frieda's Specialty Produce, Newport Meat Company, Costa Mesa Firefighters Association, Mazda, Kelley Blue Book, KIND Healthy Snacks, Raymond Handling Solutions, Chick-Fil-A, Miguel's Jr, NYX Cosmetics, Ringling Brothers, and Anaheim Ducks. Thank you!



Connect online to the work you support!



Visit us at [FeedOC.org](http://FeedOC.org)

### MY FALL DONATION

**YES, Nicole, I want to help provide food for my hungry Orange County neighbors this Thanksgiving.**

\$150  \$100  \$50  \$25  Other \$ \_\_\_\_\_

I commit to a monthly gift of \$ \_\_\_\_\_. My first gift 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, or give online at [FeedOC.org](http://FeedOC.org)



**SECOND HARVEST FOOD BANK**  
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.