

# food thought

FOR



## A GIVING FAMILY RECEIVES HELP

### Family finds hope at the Mobile Pantry

A few years ago, Karin and her husband Joe were doing well. They were raising three children, paying all their bills, and saving some money for a rainy day. They were even able to help a neighbor when her new baby was born by giving her their crib, baby clothes, and the myriad necessities that a new infant requires.

But then the recession hit and Joe, like so many in the construction industry, was laid off. Losing his job also meant that the family no longer had health insurance. And while he hustles to find work each day, the family finances were turned upside down. Still they managed until Karin found she was pregnant. Though they welcome another child, the pregnancy means that Karin can't work.

"Rent is our priority," noted Karin. "After that we pay our bills, but then we are left with so little money that we can't afford enough food."

While it's difficult to ask for help, Karin makes the long trek with her youngest child, a well-behaved five year-old, to meet Second Harvest Food Bank's Mobile Pantry at Vineyard Christian Fellowship of Anaheim. The fresh fruit and vegetables she receives will help her growing family get the nutrition they need to stay healthy.

"We could see how hard it was for Karin," said Nicole Suydam, CEO of the Food Bank, "but she was so grateful for the food and relieved that she wasn't being harshly judged. The kindness and generosity of our donors makes it possible for hard-working people like Karin and Joe to believe that their lives will get better soon."

## STILL HUNGRY

### Even more Orange County residents at risk of hunger

As a supporter you may already know one in five Orange County residents is at risk of hunger. Since the beginning of this tough recession, Second Harvest Food Bank has seen a 42% increase in demand for food assistance.

Many of those in need are our most vulnerable neighbors: seniors on fixed incomes and single parents with children.

But each time you give, you help a senior avoid the dilemma of choosing between filling their plate or filling a prescription.

Each time you give, you provide relief to a single parent worried about sending their children to bed with empty tummies.

Your gifts matter to more than 240,000 people each month—many of whom never thought they'd ever need extra help.

**Would you give again?** The need is especially great this time of year. And it's easy to give. You can give at [FeedOC.org](http://FeedOC.org) or by calling 949-653-2900 ext. 129.

## O.C. FACTS

### 6th largest

Orange County's three million residents make it the sixth largest county in the United States.

### \$26.62/hr.

The hourly wage needed to afford a one-bedroom apartment in Orange County is \$26.62/hour or \$55,360 per year.

### 133 hours per week

Minimum wage workers must work 133 hours per week to earn enough to afford a one-bedroom apartment in Orange County at fair market rent of \$1,384/month.

### ↑ 45.6%

Nearly 46% of children living in Orange County are eligible for free or reduced-price meals at their school—a 19% increase over the past ten years.



## PARTNERING TO MEET NEEDS

### a note from nicole



While the news that our economy is improving is warmly welcomed in our Orange County homes, the need for food assistance at Second Harvest Food Bank remains unabated.

Every day, we encounter moms and dads struggling to find work. Those who actually do tell us they are working less hours for less money and still need help making ends meet. Plus, they're discovering as the economy improves, the cost of living increases.

Their rent, transportation costs, utilities, and even the simple things of life are all going up. And, as you know, due to the droughts we've experienced across our nation, grocery costs are now on the rise as well.

For those who end up without enough money to buy food, Second Harvest Food Bank is essential. Yet, as CEO, I know we could not meet these basic human needs without the active generosity of people like you.

Consider the exceptional track record of the Harvesters, a group founded twenty years ago by Jill Johnson-Tucker and Jennifer Van Bergh. This group creates both social awareness of hunger in our community and raises significant funds to meet the need.

Just this fall, their luncheon and fashion show event chairs, Jennifer Segerstrom and Susan Etchandy, led the Harvesters to net more than \$480,000 for the Food Bank. Thank you Harvesters! You are making a difference!

When dedicated groups like the Harvesters and people like you, give generously and volunteer tirelessly, it moves us closer to our goal of eliminating hunger in Orange County. I appreciate their years of service and am grateful for all they have done for the Food Bank.

Thank you for your support. Together we are making a difference.

*Nicole*

Nicole Suydam  
CEO | Your Partner

## 8th graders publish Red Rocker's Hairy Day book to benefit Second Harvest Food Bank



Left to Right: Laurel Smith, Katie Weaver, and Alexandra Zalewski reading "Red Rocker's Hairy Day" at Gucci launch event.

Gucci at South Coast Plaza hosted a launch party with more than 400 in attendance to celebrate a children's storybook written by three eighth grade students: Laurel Smith, Katie Weaver and Alexandra Zalewski. The girls penned "Red Rocker's Hairy Day" and J.H. Everett brought it to life with his illustrations.

You can purchase their book at South Coast Plaza stores or at [Store.TheCandyPalace.com](http://Store.TheCandyPalace.com). All proceeds benefit Second Harvest Food Bank.

### Bisnar | Chase feeds 3,763 people

Bisnar | Chase sponsored a 1,000 turkey giveaway and two Mobile Pantries feeding 3,763 individuals this holiday season. They hope to inspire other companies to do the same. Thank you to all who gave and to the fine leadership of Bisnar | Chase.

### Scouts collect 62,000 pounds of food

Industrious local Boy Scouts and Girl Scouts collected 62,000 pounds of food throughout Orange County going home to home, at Stater Brothers, and at Smart & Final locations. Thank you to all who gave and to our hard working Scouts.

### "No Lunch" Lunch raises more than \$60,000

Thank you to our generous supporters and to Antonello Ristorante for providing the "poor man's lunch" for our annual "No Lunch" Lunch at the Food Bank warehouse. The event netted more than \$60,000 to help feed the hungry.

### PMA enlists 240 volunteers

Produce Marketing Association's Fresh Summit exhibitors donated more than 268,000 pounds of fresh fruit and vegetables. 240 Food Bank volunteers participated in the "harvest" at the Anaheim Convention Center. Thank you!

### Angels Groundskeeper raises \$25,000

The Angels Groundskeepers hosted their 12th annual Thanksgiving Holiday Canned Food Drive at Angel's Stadium. Fans gave more than 4,500 cans of food and raised \$25,000 for Second Harvest Food Bank.



## great opportunity food bank tour

### GREAT FOR GROUPS

Call for a hosted tour of Second Harvest Food Bank for your church, school, Scout group, or civic group. Your group will learn about how the Food Bank operates, discover where Second Harvest Food Bank's food supplies originate and how we distribute over 1,250,000 meals each month.

### CUSTOM TOURS

Witness first-hand the impact our supporters have made on the Food Bank. Get a sneak peek of Izzy's Corner, the newly-constructed children's volunteer area and a tour of our 108,000 square foot warehouse along with our 9,000 square foot refrigerator and freezer. Discover how our volunteer and receiving areas function and how your group can get involved in helping hungry people.

### HOW TO BOOK A TOUR

To reserve space for your group:

Call the Volunteer Department at  
949-653-2900

or

Email [Tour@FeedOC.org](mailto:Tour@FeedOC.org)

Discover more opportunities to  
help those at risk of hunger.

Call 949-653-2900 or  
visit [FeedOC.org](http://FeedOC.org)



## SPOTLIGHT: HARVESTERS

### 20th Annual Fashion Show Raises more than \$480,000

**C**ongratulations and thank you to the Harvesters who netted more than \$480,000 at their 20th Annual Fashion Show and Luncheon on October 11, 2012 at the beautiful Renee and Henry Segerstrom Concert Hall. This year's event was chaired by Jennifer Segerstrom and co-chaired by Susan Etchandy. The event honored Anton Segerstrom for his and South Coast Plaza's 20 years of support. Also honored were Harvester's compassion-driven founders: Jill Johnson-Tucker and Jennifer Van Bergh.

Sponsored by South Coast Plaza, this year's show included a silent auction and champagne reception hosted by Cartier. The fashion show, which was presented in the Samueli Theater, featured clothing and accessories from Chanel, Chol e, Dior, Emilio Pucci, Fendi, Gucci, Oscar de la Renta, Roberto Cavalli, Salvatore Ferragamo, Valentino, and Versace. Over the past 20 years, the Harvesters have raised over \$6 million in gifts and more than two million volunteer hours for Second Harvest Food Bank. Thank you Harvesters!



Left to right: Event chair Jennifer Segerstrom with founders Jennifer Van Bergh and Jill Johnson-Tucker; and event co-chair Susan Etchandy.

## Legacy Planning: Quick & Easy

**S**econd Harvest Food Bank of Orange County invites you to consider becoming a member of the Legacy Society. The Legacy Society recognizes those who have included Second Harvest Food Bank in their estate plans. Here are a few meaningful ways to participate:

**Outright Gifts** A gift of cash or other assets such as appreciated securities (any amount) will help build the Endowment Fund immediately.

**Wills** Make a gift of a percentage of estate assets or a specific sum of money to Second Harvest Food Bank of Orange County in your will.

**Life Insurance** Complete a "change of beneficiary form" for an existing policy. Transfer ownership of an existing policy or purchase a new policy and make Second Harvest Food Bank of Orange County the owner and irrevocable beneficiary.

**Retirement Funds** Complete a "change of beneficiary form" for an IRA or retirement fund.

*We encourage you to discuss these issues with your own attorney or financial advisor. Please call Monica Horner at (949) 653-2900 for additional information or to become a member of the Legacy Society.*

## Focus on Nutrition

### FRUITS & VEGETABLES

**Recipe** Cut up some delicious carrot and celery sticks for a great afternoon snack.

**Fact** Eating fruits and vegetables lowers the risk of obesity and chronic illnesses.

## Quick Clicks



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[FeedOC.org](http://FeedOC.org)



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