

food thought

FOR



SECOND HARVEST FOOD BANK ORANGE COUNTY

A member of FEEDING AMERICA

YOU CAN TAKE ACTION AGAINST HUNGER TODAY!

September is Hunger Action Month — 30 days focused on ending hunger in our community and raising awareness that there is still a lot of work to be done.



Second Harvest Food Bank of Orange County, Feeding America, and many other food banks throughout the country want to shine a light on the seriousness of the problems of hunger here in America and what people can do to fight hunger.

DID YOU KNOW...

- 379,690 people, including 153,490 children under the age of 18, are at risk of hunger right here in Orange County.
- With the increasing cost of living in our county, a person working for minimum wage needs to work 130 hours per week to afford an average one-bedroom apartment.
- Second Harvest Food Bank distributes enough food through our partner agencies to feed 240,000 people per month.

WHAT CAN YOU DO...? PARTICIPATE...

continued on page 2



Kevin visits a food pantry like this one where he receives food to feed his family.

STRIVING TO CREATE A BETTER LIFE FOR THEIR CHILDREN

Kevin and his wife, Linda, grew up in a rough neighborhood. It was a tough life, and when they got married, they vowed to try and give their kids a better childhood than they had.

Kevin had a job as a union welder for 16 years. He made a good living and the family was able to move from Los Angeles to Orange County. They were thrilled — the neighborhood was safer and the schools were better.

Then suddenly, he was laid off and the company replaced him with four other workers.

Every day he searches for work, but he hasn't been able to find anything yet. His wife went back to work full time, but she only makes minimum wage, and although her paycheck helps, the bills have been piling up. Recently, they've sold many of their possessions to pay the rent and buy basic necessities. Now there's nothing left to sell and they began to run out of food.

The family is in crisis and their dreams are in jeopardy. A friend told Kevin about a local food pantry, and although he was reluctant to ask for help, he knew he couldn't let his family go hungry.

He was delighted with the variety and quality of the food he received at the local church pantry. He can keep returning there until his family gets on their feet again.

"It is such a relief to know that my family has good food to eat. I'll do anything not to move back to Los Angeles. My kids are at an age when the gangs would try to recruit them," he said. "Please thank everyone who helps us get this wonderful food."



HONORING THE PAST... EMBRACING THE FUTURE

A Note from Nicole

We are marking thirty years of working with partners like you who are dedicated to feeding hungry men, women, and children. We truly couldn't have

accomplished what we did without your help and support.

In 1983, Daniel Harney was very concerned that people in Orange County were going hungry and that there was a huge increase in the need for food. After visiting the nation's first food bank in Phoenix, Arizona, he conceived the idea of a local food distribution center. He asked Thomas Fuentes to join him and along with the Society of St. Vincent de Paul, they established the Second Harvest Food Bank of Orange County.

From the beginning they had three goals, and we have been building on them ever since. They were:

1. **Feed those in need in Orange County**
2. **Educate our neighbors about the problem of hunger in Orange County**
3. **Provide an opportunity for people from all backgrounds and faith traditions to help**

They worked tirelessly, along with a small staff and team of volunteers, to help the Food Bank grow, distribute millions of pounds of food each year, and move to larger facilities. To give you an idea of how much things have changed, in 1983 there were 186,000 people at risk of hunger; in 2013, there are 379,690 neighbors at risk of hunger. During the first year, we distributed enough food to provide 2,225,000 meals; now we distribute 15,416,667 meals per year.

To meet the challenge of the skyrocketing increase in need, the Food Bank embarked on a planning process last fall and adopted bold, powerful strategic plans to lead us into the future, starting with a new:

- MISSION:** To end hunger in Orange County
- VISION:** Together we are creating a future in which no one goes hungry. Ever.
- STRATEGY:** Lead partners to innovative and sustainable solutions in order to bridge the meal gap

With your continued support, we will achieve these goals. Please join us in our celebration by attending our upcoming events, and if you can send a 30th Anniversary donation, we will put it to work immediately feeding our hungry neighbors. Thank you.

Nicole Suydam
CEO | Your Partner

continued from page 1

ADVOCATE... DONATE!

- Go to our website: **FeedOC.org** and download our calendar, "30 Ways in 30 Days." It gives you 30 easy, effective ways to take action against hunger in your community such as emailing the calendar to relatives, friends, and co-workers. Tell them you are taking action against hunger and ask them to take action as well.
- Talk to your children or grandchildren about hunger and give them tips about healthy eating and exercise.
- Visit us. Take a tour of the Food Bank, volunteer, or drop off food at our warehouse in Irvine. Email **Contact@FeedOC.org** or call **949-653-2900**.
- Write a sentence about hunger in our community on a paper plate, take a picture of yourself holding the plate, and post it to our Facebook page. It will show your friends you care about ending hunger.
- Donate — for every \$1 you send, we can distribute enough food for 3 meals.
- Include Second Harvest Food Bank of Orange County as a beneficiary in your estate planning.

Thank you for all you are doing to end hunger in our community!

“NO LUNCH” LUNCH KICKS OFF OUR 30TH ANNIVERSARY CELEBRATION

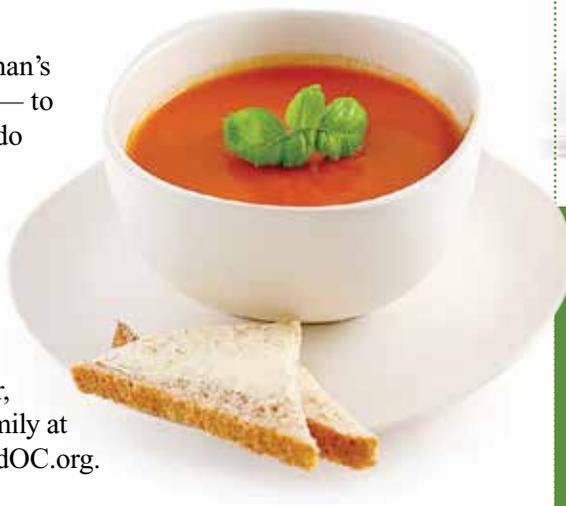
Save the date — **Tuesday, November 26** — join us for our “No Lunch” Lunch as we officially kick off our 30th Anniversary of the founding of the Food Bank.

The “No Lunch” Lunch is really a gathering in the spirit of Thanksgiving to enjoy a simple meal and discuss how we can work together to meet the growing problems of hunger in our community.

Antonello Ristorante will prepare a “poor man’s lunch” — a meal of soup, bread, and water — to focus on the daily challenges of those who do not have enough money to adequately feed themselves and their families.

We will also share news of our 30th Anniversary plans and present our first annual Founders Award.

There is no charge for the luncheon, however, space is limited. To reserve your seat, call Emily at 949-653-2900 ext. 131 or email Emily@FeedOC.org.



KIDS LEARN THE IMPORTANCE OF GIVING BACK TO THE COMMUNITY AND HAVE FUN AT **IZZY’S CORNER**

Children and their parents know that Izzy’s Corner at Second Harvest Food Bank is the “happening” place to be — kids get hands-on volunteer experiences, have fun with their friends, learn about helping other kids, and make a positive impact in the community.

Surrounded by the colorful walls and the Candy Palace, children, ages 7-13, pack nutritious food that will be distributed to children in need through our *BackPack Program*.

“There are some kids out there, even babies, who don’t have food and it’s good to help them,” says one of the young volunteers.

A mother adds, “It’s actually hard to find a place that will let children volunteer. I want them to appreciate how lucky we are by helping out and giving to the ones who aren’t as fortunate as us.”

Individuals, groups, and *Plates of Love* members are welcome on the third and fourth Thursdays of each month. Please call **949-653-2900** for more information and to reserve your volunteer dates.



Children packing Backpacks in Izzy’s Corner.

Thanksgiving *for* **All!**



Even though it is only early fall, the Food Bank is already hard at work preparing for Thanksgiving.

Think for a minute about how much preparation is involved in planning a dinner for 8 – 10. Now imagine sourcing and distributing, through our partner agencies, enough food for thousands of families.

That’s right, unless we all pitch in and help, many of our neighbors are at risk of hunger this Thanksgiving — and we can’t let that happen.

How can you help? Hold a food drive, volunteer, or if you possibly can, send a Thanksgiving donation. Let’s give everyone a reason to celebrate — Happy Thanksgiving!

FOCUS ON NUTRITION: **ROOT VEGETABLES**

Root vegetables are nutrition powerhouses! Carrots, sweet potatoes, and other root vegetables are a great source of antioxidants, complex carbohydrates, and fiber. They’re delicious, too! Check the recipe section of our website to find nutritious, easy-to-make dishes.

SECOND HARVEST LUNCHEON HONORS DEDICATED VOLUNTEERS

More than 60 volunteers enjoyed a delicious lunch catered by Frank Garcia, owner of La Casa Garcia, at the recent Volunteer Luncheon and Awards Ceremony.

After lunch, we presented recognition awards to a few individuals who have gone “above and beyond” in their service to the Food Bank.



Joe Schoeningh (in blue shirt) with some of our Ambassadors: (left to right) Tom Riddick, Steve Blanc, Bob Belloli, Ann Keough, Sinae Bang, Linda Lewis, Sandy Schroeder, Tony Swanson

The Golden Can Awards presented to:

Marc Tuchman Jodean Werner Jack Correz
Ann Keough Mary Correz

The Corporate Golden Can Award presented to:

United Healthcare

In honor of our retired long-time Executive Director, the Joe C. Schoeningh Community Service Award was created to honor the person who most exemplifies Joe’s spirit and dedication to ending hunger. This year it was presented to Linda Lewis who has volunteered for more than 20 years and is the team leader for our Ambassadors.

The role of volunteers has been vital since our founding 30 years ago and it is even more important today. The Food Bank relies on volunteers as key resources to help end hunger in our community. We are always looking for people who want to make a difference in our community. For more information, email Andrea@FeedOC.org or call 949-653-2900.



UPCOMING EVENTS

- September 19 Food Bank Tour**
Learn more about how Second Harvest Food Bank is fighting hunger in Orange County as you tour our facilities. For more information, visit our website: FeedOC.org.
- October 17 Food Bank Tour** (See details above.)
- November 9 Scouting for Food Drive**
Boy Scout and Girl Scout troops in Orange County will be collecting canned foods, pasta, and other staples as well as items such as toothpaste and toothbrushes. Some troops will collect donations. Other donations can be dropped off at the locations listed on our website: FeedOC.org.
- November 21 Food Bank Tour** (See details above.)
- November 26 “No Lunch” Lunch** (See details on page 3.)

“Volunteers provide an extremely valuable service to the Food Bank and to the larger community. You work side by side with us doing the hard, but gratifying work of feeding the hungry day after day, week after week, year after year. Your efforts bring comfort and hope to some of the most vulnerable among us... We are profoundly grateful for all the time and talent that you give to the Food Bank.”

- Nicole

QUICK CLICKS



Visit us Online:
FeedOC.org



Find us on Facebook:
[SecondHarvestFoodBank](https://www.facebook.com/SecondHarvestFoodBank)



Follow us on Twitter:
[SecondHarvestFB](https://twitter.com/SecondHarvestFB)



Scan this QR code with your smartphone camera or QR app to donate.