

# food thought

FOR



## TOP AGENCIES On the Front Lines of Hunger

We partner with 340 charities who are on the front lines of hunger in our county. They work with us to distribute 1.5 million pounds of food each month in more than 480 locations.

Volunteers at our largest agency, **Vineyard Church of Anaheim's Warehouse Ministries**, a 2012 Agency of the Year recipient, (led by Pastor Tino Suffi) distribute 9,000 bags of groceries, as well as 9,000 bags of beans and rice, each month to the hungry.

Bunny Dea (*see main story on right*) serves among dozens of volunteers at **First Lutheran Church of Fullerton**, the other 2012 Agency of the Year recipient, (led by Executive Director, Barbara Martin). Their pantry enables hungry seniors, families, and singles to select the kinds of foods they need in a friendly, dignified setting. And their once-a-week hot meal service fulfills another critical need in their community.

**You can join the front line effort to eliminate hunger in Orange County with your financial gift to Second Harvest Food Bank.**

It's easy to give. You can give any time online at [FeedOC.org](http://FeedOC.org) or by calling 949-653-2900.

## HEALING MIND, BODY AND SPIRIT Brain Cancer Survivor Shares Her Hope

After months of dizziness, Bunny Dea simply blacked out and cut her head open on the sidewalk. The diagnosis was a stunner: brain cancer. Tragically, due to her job loss and the health insurance lost with it, no surgeon or hospital would operate.

Then, her condition worsened. Daily seizures made ordinary tasks increasingly difficult. With each day, she was one step closer to death.

“Without Second Harvest food ... I would not be here today.”

Bunny Dea,  
volunteer

First Lutheran Church in Fullerton, a Second Harvest Food Bank partner, provided Bunny with groceries. While the food nourished her body, the caring, non-judgmental attitude of First Lutheran's food pantry volunteers nourished her spirit.

After nine months of searching, Bunny found a hospital to remove the brain tumor. But the intense, post-op radiation treatments made her dizzy again and made it hard for her to think clearly.

As Bunny recovered, she began to volunteer. Janet Shellenberger, Executive Director of the First Lutheran Church of Fullerton food pantry, remarked, “Bunny has done such a great job. She just took charge and the pantry has never been so organized.”

Bunny shares, “I am so grateful for all the good food Second Harvest brings to the pantry and the great opportunity to volunteer. Without Second Harvest and the church, I wouldn't be here today.”

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## SURVIVOR FINDS HOPE

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Bunny says, "Volunteering has made all the difference in my life. Because of it, I recovered from surgery and extreme radiation treatment."

By shifting her focus from her painful dilemma to the goal of helping others in need, Bunny found a new sense of joy and purpose to her life. And with each day of volunteer work, she improved bit by bit from her brain surgery.

In fact, Bunny's recovery is so amazing that if you did not know her story, you would never guess that Bunny was anything than the smart, capable woman who now invests her days helping others at First Lutheran's Caring Hands Food Pantry.

*Below: Bunny Dea volunteers at First Lutheran Church's Caring Hands Food Pantry.*



## EVERYDAY HEROES

### A Note from Nicole



Like you, I am always encouraged by those who donate their time to make a difference in the lives of others. For example, every Monday, *The Orange County Register*, features "Everyday Heroes" who are making a difference in our community. While the individuals in the Register's feature would never call themselves "heroes," they sure make a tremendous difference in Orange County.

Bunny Dea's story (*see front cover*) resonates strongly with me as one such hero. She continues to be in need herself and yet she gives back through volunteering. Certainly, one of the most wonderful benefits of serving in my role at Second Harvest is the joy of getting to know and work alongside dozens of such heroes.

Consider Wally Gonzales at Project Dignity and Mary Perdue Grey of Families Assistance Ministries, who shared the honor of our 2013 Agency of the Year (*see article below*). Both are outstanding examples of leaders who are making remarkable differences in their communities.

It is a personal honor to partner alongside leaders and volunteers like Wally and Mary who put others first. Together, we are alleviating the suffering of the needy in Orange County. Together, we are making a difference.

Nicole Suydam  
CEO | Your Partner

## FOR EXCELLENCE IN FIGHTING HUNGER

### The 2013 Agency of the Year Recipients

Homeless families living in hotels need an agency willing to adjust their services to their ever-changing needs. Project Dignity, led by Wally Gonzales, combines a heart of dignity with a "whatever it takes" concern, providing prescription medications, clothes, food and even such items as beds so kids don't have to sleep on the floor. Thank you Project Dignity!

#### Family Assistance Ministries

led by Mary Grey Perdue

#### Project Dignity

led by Wally Gonzales

For the needy in San Clemente, Families Assistance Ministries volunteers provide compassionate help by providing food, rental and utility assistance, bus and gas vouchers, and credit counseling. Inspired by the dynamic leadership of Mary Grey Perdue, they also provide a transitional shelter for women with children. Thank you Family Assistance Ministries!



Left to Right: Wally Gonzales,  
Mary Grey Perdue, Nicole Suydam

# UPCOMING EVENTS

## May 11 The Nation's Largest Food Drive

The National Association of Letter Carriers Food Drive on May 11 is the largest in the United States and helps the Food Bank's shelves stay stocked during the summer when donations are typically at their lowest. You can help stamp out hunger by placing non-perishable food next to your mailbox for pickup on May 11.

## May 16 Summer Food & Wine Event

Generously hosted by South Coast Plaza and Charlie Palmer at Bloomingdale's at South Coast Plaza, the Summer Food & Wine Event is the Food Bank's most anticipated fundraiser of the year. This exciting evening showcases award-winning wines and gourmet cuisine, music by KCRW DJ Jason Bentley and a silent auction.

## June 17 Second Harvest Golf Classic

Check-in starts at 9 am on June 17 at Mission Viejo Country Club, a Robert Trent Jones-designed course. This year's Classic features lunch, tee prizes, post-play dinner, and a fantastic opportunity drawing.

## July 17 Orange County Fair Food Drive

Bring at least 5 non-perishable food items per person to the Orange County Fair and receive free admission on We Care Wednesday, July 17.

## July 26 KABC7 / Vons Stuff-A-Truck

Have a blast helping the hungry as KABC7 and Vons grocery stores team up for the exciting Stuff-A-Truck event. Plus, you can also make a difference in the lives of those struggling with hunger by participating in the month-long food drive in July at participating Vons stores.

*Discover more opportunities to help those at risk of hunger.*

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



## Your financial gift helps those in need through the Food Box Program

### A GREAT OPPORTUNITY FOR CORPORATE SPONSORS

One of the unique ways your company can expand their influence in Orange County is by helping sponsor our Food Box program.

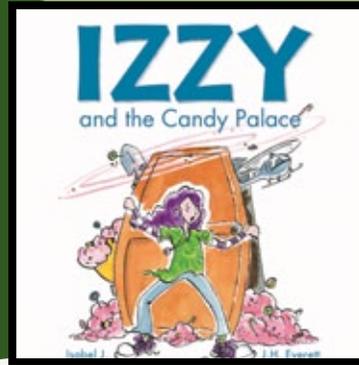
Since 2003, the Dhont Family Foundation has donated \$1.5 million to assist Second Harvest Food Bank as we utilize our bulk purchasing power to acquire healthy, shelf-stable food for families in need. The need is great and your sponsorship will allow us to reach even more families. Plus your company can enjoy a great time of community-building through volunteer opportunities such as packing donated food into emergency food boxes.

Last year, 33,000 Food Boxes were placed into the hands of struggling Orange County families. To inquire about a corporate sponsorship for your business, call Meredith at 949-653-2900.





Back row left to right: Liam Aguirre-Stanton, Candy Monster, Isabel Janavs, Jaqueline Goldstein, Alette Segerstrom, Zoe Mellard. Front row: Brielle Janavs and Ella Etchandy. Photo Credit: Evan Dorian.



## SPOTLIGHT: IZZY'S CORNER Grand Opening Event Delights Kids

**M**ore than 200 delighted children and their parents gathered on March 2 to celebrate the Grand Opening of Izzy's Corner. Set in the Food Bank's warehouse, this kid-friendly volunteer area features cartoon town walls and a kid-sized Candy Palace that derives its name from a children's book by Isabel J titled *Izzy and the Candy Palace*.

Guests at the Grand Opening enjoyed music by DJ Micky, face painting, drawing with sketch artists, and book signings and raffles. Awards were given to the Janavs Family for their inspiration and support; to J.H. Everett for his vision and artistry; to Lauren Merage for her generous support; and to the Saddleback College Department of Theater Arts for their great work in making the vision come to life.

Izzy's Corner offers a fun, engaging, and safe volunteer experience for kids ages 7-13. At Izzy's Corner, kids gain hands-on experience packing nutritious food which is distributed through Kids Cafes to their less fortunate peers. Through volunteering, children learn they can really make a difference in their community.

## Sponsorship Opportunities Available in Izzy's Corner

**H**ighly visible and prominent sponsorship and naming opportunities for our first annual Candy Palace Partnerships in Izzy's Corner are available now. Banners and other sponsor vehicles will be seen by more than 15,000 community members, volunteers, and guests of Second Harvest Food Bank. For more information, call Monica Horner at 949-653-2900 x143 or email her, [Monica@FeedOC.org](mailto:Monica@FeedOC.org).

## Feinstein Foundation Provides Matching Gift Opportunity

**S**eize the opportunity now to increase the impact of your next gift. The Feinstein Foundation is currently matching a portion of each gift received by April 30, 2013. Give today to make a difference.

## Focus on Nutrition STRAWBERRIES!

**Low in Calories** Strawberries are in season! Strawberries are low in calories and, ounce for ounce, have more Vitamin C than citrus fruits. Just eight medium-sized berries contain 150% of your daily value of Vitamin C.

## Quick Clicks



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