

# food thought

FOR



## BENJAMIN SAVES THE WORLD

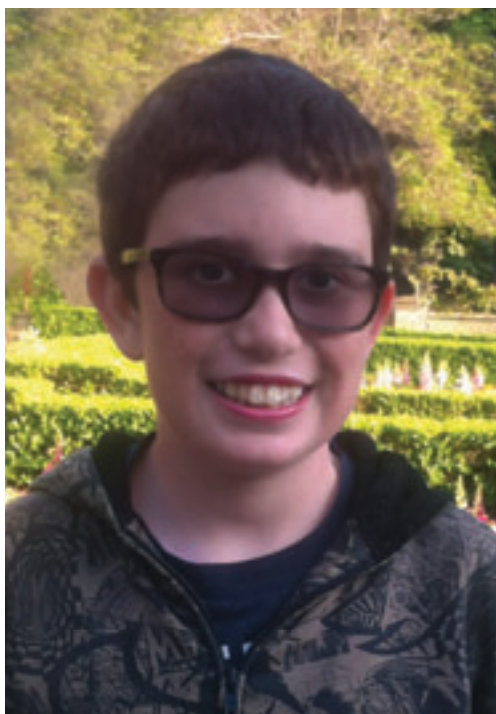
### Boy Gives for 8 Years to Help Food Bank

**B**enjamin Tee and his mom Penny have been working together since 2005 to help the Food Bank feed the hungry. It started when Benjamin was in kindergarten and took part in Earth Day activities. What he heard made such an impression that Benjamin came home that day and said, "Mom, I want to save the world!"

And Benjamin's plan is working. Benjamin and his mom, Penny, began collecting recyclable cans to improve the environment. Then, they give the proceeds from the can redemptions to Second Harvest Food Bank to help the hungry.

“It wasn't right that so many people didn't have food.”

Benjamin Tee (pictured)  
Young donor and volunteer



At first they collected recyclables from Temple Beth El where they attend services. Then they made posters depicting Orange County's hunger problem, which Benjamin and his kindergarten classmates used to make presentations throughout the elementary school.

Benjamin's idea caught on. As they told the children in his school about all the hungry people in our community and Benjamin's idea to collect cans for cash which would then be donated to the Food Bank, the whole school responded. Penny says, "It was so precious! The kids really got it!"

When summer arrived, Benjamin expanded his collections to his Boy Scout camp. Today he's looking for ways to get his school and Tae Kwan Do studio involved. It's easy to see that Benjamin is making a huge difference in his world. As of this year they have donated \$5,000 to the Food Bank. Benjamin says, "It feels good that I've been able to make a contribution."

And Benjamin is not only working on his own plan, he's also involved in the Food Bank in all the ways a young person can. He does gleaning at our Incredible Edible Park, volunteers in Izzy's Corner and is a member of our junior affiliate group, Plates of Love.

## SUMMER NEEDS

### Hunger Doesn't Go on Vacation

**W**hile the end-of-year holidays are thought of as the Food Bank's time of greatest need, the summer is actually a much greater challenge.

As you may know, many people tend to give best during the holidays because it is easy to imagine what it might be like to not have enough food during the holiday season.

However, compared to the holidays, the summer is much more carefree. Children are out of school and family vacations fill the calendar.

But hunger doesn't go on vacation.

Those in need of food are still laid off. Families with kids in the free and reduced lunch program at school no longer receive extra meals. And seniors on fixed incomes still run out of money before the end of the month.

Summer at the Food Bank means the needs are high but the food supply is low. So people with legitimate needs will be turned away when they ask us for help.

But it doesn't have to be this way. You can help. Would you help us stock the food we need to help the hungry this summer?

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

# SPOTLIGHT: PACIFIC LIFE FOUNDATION & THE CARMAX FOUNDATION



Left to right: James T. Morris, Chairman, Pacific Life Foundation;  
Nicole Suydam, Chief Executive Officer, Second Harvest Food Bank;  
Robert G. Haskell, President, Pacific Life Foundation.

## Pacific Life Foundation Contributes \$25,000

**P**acific Life Foundation awarded to Second Harvest Food Bank \$25,000 and their Walter B. Gerken Community Service Award, which recognizes nonprofit organizations that share Mr. Gerken's commitment and devotion to the betterment of society. Thanks to the \$25,000 award the Food Bank will be better equipped to continue working towards our mission to end hunger in Orange County.

## CarMax Foundation Gives \$25,000

**T**he CarMax Foundation gave \$25,000 to the Second Harvest's Farm to Family program which acquires excess produce from California farms. The CarMax Foundation's gift will help the Food Bank work towards our goal of adding four million pounds of fresh fruits and vegetables during the current fiscal year which will allow us to provide the most nutritious diet possible for families in need.

## Give Through Your Estate Plan

**T**he Legacy Society honors those who have included the Second Harvest Food Bank of Orange County in their estate plans with a future gift through a bequest, life insurance, or trust arrangement. Planned gifts offer significant tax savings and take various forms such as:

**BEQUESTS.** Designate a percentage of estate assets, an amount or a certain asset in your will or trust to pass to the Food Bank upon death.

**LIFE INSURANCE.** Transfer ownership of existing or new policies on your life to the Food Bank.

**RETIREMENT ASSETS.** Give a portion of your pension, IRA, 401k, 403b, or other tax deferred plan as a gift to the Food Bank.

For details, please contact Monica Horner at [Monica@FeedOC.org](mailto:Monica@FeedOC.org) or 949-653-2900 X143. And as always, we encourage you to discuss these issues with your own attorney or financial advisor.

## Focus on Nutrition FRUITS & VEGETABLES

**Fruit & Vegetables** The more colorful the mixture of fruits and vegetables you eat, the healthier your diet. So, try to eat at least 3 ½ to 9 ½ cups of fresh vegetables and fruits a day.

## Quick Clicks



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## HUNGER'S VICIOUS CIRCLE

**T**he cycle of hunger affects generation after generation.

For example, children who experience chronic hunger in their first three years of life suffer irreparable harm to their thinking ability and physical development.

Even kids who are chronically hungry after 3 years of age tend to have poor health, difficult social interactions, and are more likely to drop out of high school.

And it is a fact that high school dropouts earn significantly less income. That means the cycle's likely to continue as they too will struggle to provide food for their kids.

But when you give to the Food Bank, you help put an end to this vicious circle that wreaks havoc in the lives of our community's children.

Would you give again today?



## MY HEART BREAKS

### A Note from Nicole



It's a statistic that never fails to shock me – 1 in 5 children in our county is food insecure. As a mom it breaks my heart to know that we have so many hungry children in our midst. I can't imagine having to say to my kids, "I'm sorry, but there is no more food." Sending children to bed with empty tummies because there's no food should never happen in Orange County.

Yet the suffering goes beyond the child's hunger pangs. The University of Calgary reports that going hungry *just once* meant that children were 2 ½ times more likely to have poor overall health 10 to 15 years later compared to children who were never hungry.

And families suffer too. One mom told me when her husband lost his job, she was so determined that her young boys would have enough to eat that she went dumpster diving for food. Because of people like you, we were able to help her get the food she needed.

When I see research and hear stories like these, I always think of caring people like you, Benjamin and Penny Tee, and organizations like ASICS, Target and the Church of the Latter Day Saints who make it possible for the Food Bank to help.

As we approach summer, a time when our shelves are often all too bare, your help is vital. Would you consider giving generously to the Food Bank today?

*Nicole*  
Nicole Suydam  
CEO | Your Partner



*Pictured: Teens from the Mormon Helping Hands group recently volunteered at Second Harvest Food Bank.*

## ORGANIZATIONS MAKING AN IMPACT

### Your Organization Can Make a Difference

In the largest effort this year, the Mormon Helping Hands group gathered 350 members to pack 3,500 food boxes, sort and bag more than 5,500 pounds of oranges to help the hungry in Orange County.

In April, ASICS' rallied 180 employees to help the hungry. Two shifts of 60 volunteers each packed 5,450 food boxes (donated by ASICS) while another 60 volunteers picked more than 5,500 pounds of oranges.

To discover how your organization can enjoy a fulfilling, team-building experience call 949-653-2900.



Left to right: Charlie Palmer, Nicole Stuydam, and Anton Segerstrom at the Summer Food & Wine Event.

## Summer Food & Wine Event Raises \$64,000

South Coast Plaza sponsored the always-fun Summer Food & Wine event at Charlie Palmer's at Bloomingdale's on May 16. Guests enjoyed gourmet food and fine wines while listening to KCRW DJ Jason Bentley's picks. The event netted more than \$64,000 for the food bank from ticket sales and the silent auction.

## Letter Carriers Deliver 110 Tons of Food

The National Letter Carriers *Stamp Out Hunger* Food Drive was one of the most successful ever for Orange County with more than 220,000 pounds of food delivered to the Food Bank.

## Golf Classic Chips in to Feed Hungry

The Second Harvest Golf Classic teed off on June 17 at Mission Viejo Country Club and raised enough to provide over 90,000 meals.

# UPCOMING EVENTS

## July 17 Orange County Fair Food Drive

Fairgoers can support the Food Bank and get free admission to the Fair by donating 5 non-perishable food items each at the Fair entrance on We Care Wednesday, July 17.

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

Join KABC7 and Vons grocery stores as they help the hungry in their exciting Stuff-A-Truck event on July 26. You can also help by buying a \$5 prepackaged bag of groceries at the check out register during the month of 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)



## The Perfect Opportunity for Corporate Sponsors: **ADOPT-A-PANTRY**

### CORPORATE SPONSORS DEVELOP TEAMWORK & MAKE A DIFFERENCE

**Y**our corporate group (or volunteer group) can enjoy a fulfilling, team-building day through the Adopt-a-Pantry program. The program is a great fit for corporations, law firms, medical practices, as well as faith-based and civic organizations.

The Adopt-a-Pantry program will match your group with a non-profit organization in an under-served area to provide food to Orange County's most needy families.

Your group's generosity will fill our Mobile Pantry trucks with more than 5,000 pounds of fresh produce and grocery items for delivery directly to the needy. Then your group can arrive to help hand out the food to more than 200 families at each delivery.

During a recent Adopt-a-Pantry partnership with the Yale Club and Saddleback Church at El Modena Community Center, as a little girl and her mom carried away groceries in a shopping basket, a volunteer overheard the excited young girl saying to her mom, "Now we can eat!"

To find out how easy it is for your organization to Adopt-a-Pantry, call 949-653-2900 or email [agency@FeedOC.org](mailto:agency@FeedOC.org).