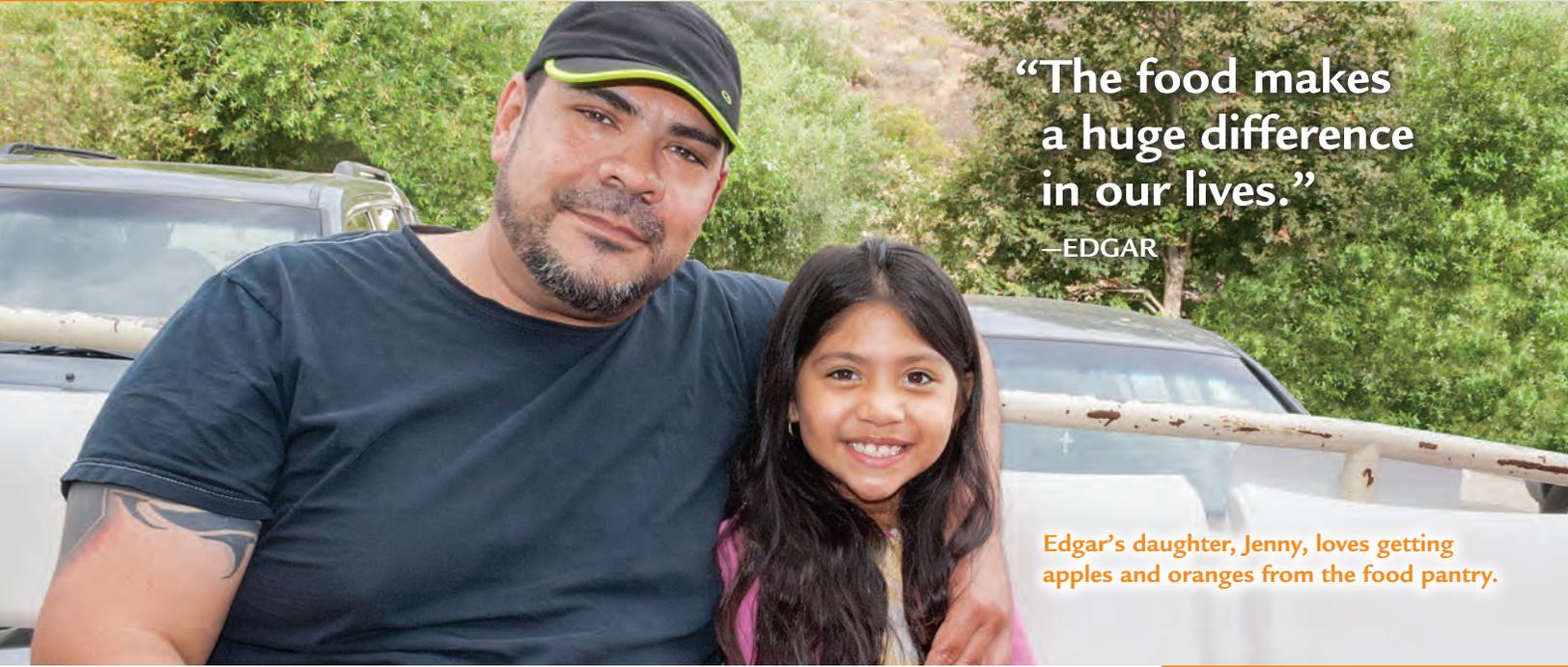


Food for Thought

News from Second Harvest Food Bank of Orange County



“The food makes a huge difference in our lives.”

—EDGAR

Edgar’s daughter, Jenny, loves getting apples and oranges from the food pantry.

Thank you for helping us through a difficult time.

My name is Edgar and being able to come to the food pantry makes a big difference for my family. My daughter Jenny loves to come here with me to say hello to her favorite volunteers. All the volunteers are so respectful and friendly to us—there are even a few regulars that we’ve gotten to know over the years.

The food helps us financially, allowing us to stretch our budget. I have a job cleaning stores at night. I sleep in the mornings while my daughter is at school and then I take care of her while my wife works during the day. Coming to the food pantry provides us with the basic things we need such as cereal, beans and fruits. Jenny’s favorite fruits are apples and oranges. We never take more than what we need. And if we get things to donate back, we bring them here.

Making my daughter feel special

About a year ago our family went through a difficult time. I was sick for two years and unable to work. The food helped us so much and made it possible for us to have enough to eat. And they gave donated clothes and toys to my daughter and little treats that were very special to her. We’re so thankful for all the ways the food pantry helped us during that difficult time. I’m fully recuperated now, but we still need some help with food. Our salaries are low, and the rent we pay is high. We’re grateful the food pantry is still here to help.

To the people who support Second Harvest, I ask that you keep helping because places like this are a big help to my family and a lot of other people who need help. I talk to many people who aren’t working or only have one job or have children to feed. The food makes a huge difference in our lives, and I want to say thank you very much!

Winter 2016

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Upcoming Events

“Food Bank 101” Tours

We offer regular tours of our food distribution center for children and adults. What better way to learn more about how we are working to end hunger in Orange County and discover opportunities for you to partner with us.

Give from your heart at i♥oc—April 27-28 6am-Noon

Orange County residents have a wonderful opportunity to give where their heart lives. On i♥oc Giving Day, go to iheartoc.org and make an online donation to Second Harvest Food Bank. Not only will your gift go directly to feeding your hungry neighbors in Orange County, all gifts are 100% tax deductible. Last year i♥oc raised \$1.8 million to benefit Orange County non-profits. Thank you.

For more information please call 949-653-2900 or visit our website at FeedOC.org

“No Lunch” Lunch provides lunches for those in need!

On Tuesday November 24, Second Harvest Food Bank held its annual “No Lunch” Lunch event in our food distribution center. Guests enjoyed an interactive Seven Voices of Hunger display, a bowl of delicious soup and bread provided by Antonello’s Ristorante and learned more about the work we are doing to end hunger in Orange County. It was an honor to recognize a few of our dedicated supporters with this year’s Founders Legacy Award. Recipients included ABC7, Disneyland Resort, Erik Hansen and Mazda Foundation. Because of your support, our signature fundraising event brought in over \$123,000 to help feed hungry families in Orange County. Thank you!

A note from Nicole

After the excitement of the holidays we want to take a moment and thank all of you who stepped up in such a generous way to provide for families who are struggling in our community. Each year it’s inspiring to see the many ways this community shows compassion through your gifts of time, food and funds, and to see so many families teaching their children about the value of giving back as well.

In January, the families we serve are still facing the daily challenge of making ends meet, and this is especially true for those laid off after the holiday work influx. Edgar, whose story is on page one, shares how much it means to receive food when one parent is out of work. One of the blessings of California winters is the year-round supply of produce that

“I’m so thankful for the support of this community.”

helps people like Edgar get the fresh foods he and his family need to stay healthy. In fact, one-third of all the food we distribute is fresh produce. We’re excited to be reaching these families in a new way through the opening of our first Permanent School Pantry. Staffed by volunteers and set up using all our best practices for client choice and nutritious food options, this food pantry is already making a difference in the lives of hundreds of families in that neighborhood. At our launch event, I was moved by one volunteer recipient who tearfully shared her own family’s struggle with food insecurity and the hope this program is bringing to them. It’s truly an innovative program, and we hope it will be the first of many school-based pantries.

When I think of the 22 million pounds of food we distributed last year through our partner agencies and programs, I am so thankful for the support of this community—through businesses, organizations and individuals like you—that make it possible. Thank you for believing in our mission and for investing in the work of feeding our Orange County neighbors who struggle with hunger.

Gratefully,

Nicole Suydam, CEO | Your Partner



PARTNER SPOTLIGHT

A Permanent School Pantry

This school year Second Harvest Food Bank partnered with Lincoln Elementary School in Anaheim to open the first of its kind Permanent School Pantry. Tammy Ledesma, Lincoln Elementary School principal, saw the pantry as an opportunity to remove one more barrier between her students and their ability to be successful in school and life. “Over 80% of our students receive free or reduced-price lunches,” says Tammy.

With a grant from Target to provide refrigeration, the pantry looks like a small market, stocked with meat, dairy, canned goods, fresh produce, toiletries and more. Run completely by volunteers, the pantry serves Lincoln Elementary families and others in need in the community. Families make appointments for shopping and are able to pick out the items they need. This client choice model “truly keeps the dignity of people,” says Tammy. “I’m super appreciative to Target and Second Harvest and all the people who have contributed to making a visit to the Lion’s Den a dignified experience.”

“Our families are choosing fruits and vegetables.”

—PRINCIPAL TAMMY LEDESMA



Open for two hours every day, the Lion’s Den food pantry is serving 450 families each week.

Choosing healthy foods

Lincoln Elementary is part of the Heal Zone in Anaheim, and the school has been working with their families on fitness and healthy eating. Tammy has seen the impact of that in the way families use the food pantry. “Our families are choosing fruits and vegetables,” says Tammy.

Tammy has already seen the positive impact the food pantry has had on the school community. “We’re seeing less behavior issues and more concentration on academics. Families often come up and thank me for opening the pantry and I am quick to let them know all of those who make the food pantry possible. People who dedicate themselves to providing for others because they know it’s needed—it’s pretty awesome and touching.”



VOLUNTEER SPOTLIGHT



“Thank you for providing for me and giving me an opportunity to give back.”

—SANDY

A chance to receive and a opportunity to give back

My name is Sandy and I’m very happy to be part of this church, which hosts the mobile pantry. Not only do I get help by receiving the food, but I also get to volunteer. I grew up as an “army brat” and attended 28 different schools, so being part of a community where I’m totally accepted feels fantastic!

Right now I’m living on Social Security, which isn’t very much, so I appreciate being able to receive food. The food

they give is very healthy—things like summer squash and cabbage that a lot of people wouldn’t go to the store and buy. Here we teach people about how to prepare the fresh foods and make them taste good. It’s vital that children receive and learn to eat healthy food. One day I saw a little boy snacking on tiny grape tomatoes. That made me happy!

Food that brings health

I’m fortunate that I’ve never had to go hungry in my life. My mother was a chef, so even when our family was down on our luck, she could put a tasty

meal on the table. Unfortunately, I lived for years on fast food, and that wasn’t healthy. When I started eating better food—like the vegetables we get at the mobile pantry—I went from 188 pounds to 110. Now I feel twenty times better.

I’m very thankful to people who support the food bank because they are providing food to help people like me. Then I pass it on by helping someone else, and hopefully that person will help someone else. Thank you for providing for me and for giving me an opportunity to give back.

A great showing at our Harvester’s Fashion Show

This year our 23rd annual Harvesters Luncheon and Fashion show raised over \$675,000, which is the equivalent of over 2 million meals for hungry Orange County families. The 400 guests who attended this spectacular event at the Segerstrom Center for the Arts were treated to a fashion show that featured styles from Barbara Bui, Oscar de la Renta, Fendi, Valentino, and more. The fashion show was preceded by a silent auction and Jaeger-LeCoultre champagne reception. An after-party was held at the Center Club.

Thank you to all our attendees and sponsors who made this hunger-fighting event so successful. And be sure to mark your calendars for next year’s lunch on October 6, 2016.



Your support helps stop the cycle of hunger for Orange County families

At Second Harvest Food Bank we're committed to providing the healthiest food we can to families who are struggling with hunger in our communities. Being well nourished not only fills hungry bellies, but it helps create a cycle of hope that can move struggling families toward a better future. Sadly, we know from our hunger study that 79% of the people we serve are buying unhealthy food because they can't afford healthier options.

Being well nourished not only fills hungry bellies, but it helps create a cycle of hope that can move struggling families toward better futures.

For an Orange County family trying to make ends meet, this means having to purchase less nutritious food in order to pay the rent or their utility bills. Lack of

proper nutrition makes people susceptible to illness, which leads to time off work and more financial stress. Our partner agencies and programs step in to make a difference in these situations for families like Edgar's, whose story is on page one. "I was sick for two years and unable to work," recounts Edgar. "The food kept us going forward."

When you support Second Harvest Food Bank, you're helping to stop the cycle of hunger and poverty so children can learn, seniors can stay active and healthy, and families can have the energy and sustenance they need to find work. Please take a moment and give today. You can return the enclosed form, or give online at **FeedOC.org**. Thank you!



Thank you to these generous organizations

Thank you to the following organizations who are helping us fight hunger in Orange County by their generous support.

- Abbott Fund
- Bank of America Foundation
- Crean Family Foundation
- David B. Gold Foundation
- Dhont Family Foundation
- Disneyland Parks
- PIMCO Foundation
- Smart and Final Charitable Foundation
- Ueberroth Family Foundation

We appreciate these companies for their sponsorships of our food and funds drive. Thank you for helping us stock our warehouse with food for our hungry neighbors!

- Albertsons Companies
- Angels Groundskeepers Food and Funds Drive
- Dollar Tree Food Drive
- Stater Bros "Harvesting Hope" Food and Fund campaign
- 2015 Scouting for Food Drive

Monthly giving—a new year's resolution

If one of your New Year's resolutions includes sharing with those in need, a great way to make a difference is to become a member of "Harvest Club," which will provide a monthly gift to Second Harvest Food Bank. Signing up is easy, just fill in the reply slip below or visit our website at **FeedOC.org** and

select Give Monthly. Each month, your donation will help feed hungry families in Orange County. Every dollar you donate provides three meals—that's an entire day of food for someone who's struggling. Thank you for including Second Harvest in your 2016 resolutions!

Connect online to the work you support!



Visit us at **FeedOC.org**

MY WINTER DONATION

YES, Nicole, I want to help stop the cycle of hunger by providing nourishing food to Orange County families.

Enclosed is my gift: \$150 \$100 \$50 \$25 Other \$ _____

I would like to join the Harvest Club and give monthly.
My first gift of \$ _____ 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**



SECOND HARVEST FOOD BANK
ORANGE COUNTY

A member of FEEDING AMERICA

Please charge my gift on my credit card: VISA MC AMEX DISC

CARD NUMBER _____ EXP. DATE _____

NAME ON ACCOUNT _____ SECURITY # _____

() _____

TELEPHONE NUMBER _____

SIGNATURE _____ 1N/16 28794-2

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.