

Food for Thought

News from Second Harvest Food Bank of Orange County



Cirenia's daughter enjoys helping her pick out fruits and vegetables from the bins.

Thank you for your support for my family and this community

Hello, my name is Cirenia. I'm here today with my daughter, Sophia, to get food for our family. I have two other children who are in school right now. Being able to come to this food pantry means a lot to us. They have really good food here!

Right now we just don't have enough income coming in. My husband works in construction, and when it rains, he doesn't get as much work. I work nights cleaning a store. It's only part time, but it helps, and my husband can watch the children.

Over the years, the cost of our rent has continued to go up even when our income doesn't. At one time, we did get help with food stamps, but we no longer qualify because our income is too high. The kids keep growing up, and they just cost more to provide for, so being able to come to the food pantry is a big help.

Choosing healthy foods

At this food pantry, I really appreciate the opportunity to choose the food that will best serve our family. I try to choose foods that will be most nutritious for my children. I don't take a lot of bread; mostly vegetables, fruit and meats. It really helps us a lot. I make a lot of salads and soups with vegetables to help my children have healthy meals.

I think it's really good that places like this food pantry exist. I know a lot of families who need the food. Thank you for your support for the food bank and the support you show for this community. Without you, we wouldn't have this much-needed help.

"I try to choose foods that will be most nutritious for my children."

—CIRENIA

Spring 2017

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UPCOMING EVENTS

“FOOD BANK 101” TOURS

Want to see how we make it all work? We have tours once a month for children and adults! Check our website for upcoming dates.

MAY 13 STAMP OUT HUNGER 25TH ANNIVERSARY FOOD DRIVE

Join us in celebrating the 25th anniversary of the NALC Food Drive on Saturday, May 13. Leave nonperishable food donations by your mailbox for your letter carrier to collect.

MAY 18 SERVING HOPE BREAKFAST

Join us for a complimentary breakfast as we share our vision to close the hunger gap in Orange County. Please RSVP for this inspiring fundraising event.

MAY 21 GOLF TOURNAMENT

Enjoy a day of golfing while benefiting your community! Second Harvest’s Associate Board will host a Golf Tournament and Charity Fest at Monarch Beach’s Golf Links in Dana Point.

JUNE ABC7/VONS FEED SOCAL FOOD DRIVE

For the month of June, purchase prepackaged bags of food at Albertsons and Vons/Pavilions stores to help families struggling with hunger. The ABC7 “Stuff-A-Truck” event, a daylong, fun-filled food drive on June 23rd, will help collect food and funds to end hunger.

ORANGE COUNTY FAIR FOOD DRIVE “WE CARE WEDNESDAYS”

Planning on attending the fair this summer? Visit us on “We Care Wednesday” and receive free admission when you donate five or more nonperishable food items per person.

OCTOBER 5 HARVESTERS 25TH ANNIVERSARY FASHION SHOW & LUNCHEON

Save the date for the annual fundraiser.

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

A note from Nicole

Spring is such an important time of year for us to gear up, to ensure that every at-risk child has access to the food they need to thrive throughout the upcoming summer months. When children are out of school and no longer receive school meals, our Kids Cafe Program starts up to help fill that gap. As part of that effort, this upcoming summer season we’re partnering with the school districts to make families more aware of the Kids Cafe sites in their community where their children can get a healthy weekday lunch.

This year we’re also piloting a nutrition education program at four of our sites, with the Orange County Health Care Agency (OCHCA). Food and health go hand in hand. Everything we do to help children have more nutritious food options, leads them toward a healthier future. We often hear from families like Cirenia’s, who rely on Second Harvest to have healthy foods for their children.

We’re excited to have opened our second permanent school pantry at El Sol Academy in Santa Ana. This year-round pantry, along with their health and wellness resources, will be

“Everything we do to help children have more nutritious food options, leads them to a healthier future.”

a model for the kind of partnerships we’re building as part of our Bold Goal. Thanks to the efforts of Teddie Ray, an amazing community leader, supporter and advisory board member, the support of the Harvesters Special Fund, Target, the Bridgfords and other anonymous donors who provided the funding we needed to open this school pantry.

I am so thankful that we have people in this community who really believe in what we do and who also get other people passionate about fighting hunger. When all of us work together, we can make a real impact on the lives of the children and families we serve. Whether you are a fundraiser like Teddie, a volunteer, a community partner, or a faithful supporter, your contribution to our mission matters. Thank you for your commitment to helping us end hunger in Orange County.

Gratefully,

Nicole Suydam, CEO | Your Partner



BOLD Goal. BIG Dreams.



Can you imagine the hopes and dreams of children or seniors being dashed because they do not have enough to eat? Unfortunately, this happens all too often in Orange County. Last year, Second Harvest provided more than 20.1 million meals for the hungry, and while we have made great strides in reducing hunger in Orange County, there is still a significant hunger gap of 16.5 million meals. We have neighbors who aren’t always able to get food for themselves and their families when they need it.

Second Harvest’s strategic plan and Bold Goal are focused on closing the hunger gap for everyone in Orange County.

Accomplishing our Bold Goal will take time. It will require generous donors, motivated staff members, passionate volunteers, and community partners all working together to close the hunger gap.

The Kids Cafe Program keeps kids healthy

This summer season, Second Harvest will partner with 50 sites to provide healthy, kid-friendly meals to an average of 2,500 children every day. The Kids Cafe Program is open to children up to age 18 and helps fill the summer nutrition gap for students. Many of these programs take place in parks, schools or clubs that also offer enrichment activities to low-income students.

This year, we will be piloting a nutrition education program at four of our sites to teach the value of healthy food choices to children, parents and staff.

These students enjoy their meal at the Tustin Family and Youth Center, a program of the City of Tustin Parks and Recreation Department.

“I’ve been coming here for five years. I like the wrap with veggies they give us.”

—VICTOR



“I like apples.”

—LESLIE



“I come here all year. Summer and after school.” —HALEY

Closing the hunger gap

Our plan is to increase the number of meals we provide from 20 million meals to 30 million meals by 2021—putting us on track to close the hunger gap entirely by 2025. Together we will:

- Add trucks, staff and equipment to capture millions of pounds of fresh, nutritious food from farmers and grocery retailers.
- Distribute more food through programs like our Mobile and School Pantries to ensure that fresh, nutritious food quickly and safely

reaches children, seniors and families who need it.

- Strengthen the pantries, soup kitchens and shelters that rely on Second Harvest to feed the people they serve. Many of our partners want to distribute more food, but they need more training and equipment. By providing them with that additional support, we will help more people.

Please be BOLD with us and help us reach our Bold Goal so hungry families, children and seniors can dream BIG too. With your support, we will close the hunger gap in Orange County!

A permanent school pantry open all year long

This spring, Second Harvest partnered with El Sol Academy to open a new Permanent School Pantry in Santa Ana. Mercado El Sol will be open during the school year and throughout the summer, so kids won’t have to go hungry when school is out. The school also hosts an SOS Wellness Center on campus and will open an educational community garden walkway. Open to the whole community, the site will be a hub of much-needed resources, education and awareness.

Mercado El Sol’s layout replicates a small neighborhood market and provides healthy choices like fresh produce, dairy, deli, meat, frozen items and hygiene products, as well as staples like canned goods, pasta and cereal. Each family can bring two reusable bags to fill up with the food their family prefers. An appointment system ensures that no one will have to wait in long lines, providing a respectful experience to the people we serve and removing some of the stigma from receiving food assistance.

With parents and volunteers involved in running the program, the school and surrounding community takes pride in their ownership of the market. In partnership with your support, this truly is a community-wide effort to end hunger.



Thank you for helping us provide healthy meals for healthy children

With summer right around the corner, most children look forward to the break, but for children who are food-insecure, summer also means losing access to their daily school meals. For families who are already struggling, providing those extra meals can be difficult when the budget is already tight.

Our Kids Cafe Program steps in to fill that critical hunger gap, working to alleviate hunger for children who get caught in situations they don't have control over. In the upcoming summer months, we'll be serving healthy, kid-friendly meals to about 2,500 children a day, at 50 sites across Orange County. We will be working to increase the number of children who access our Kids Cafe Program, by partnering with school districts, to make families aware of this important resource for their children, before school lets out for summer break.

The link between food and health

Food choices and health have a direct link. As we work to provide enough healthy food for children and families, we also need to connect them with the information needed to make healthy choices. This upcoming summer season, we'll be partnering with the Orange County Health Care Agency (OCHCA), to provide a nutrition education pilot program, at four of our Kids Cafe sites. Teaching children and their families about the healthy food choices they can make, is a step toward investing in the long-term health of our communities.



When the need for food assistance is high, your support will help us provide these programs and so much more to families who are struggling. It's easy to give online at FeedOC.org, or you can use the enclosed reply slip. Thank you for helping us fight hunger!

In the upcoming summer months we'll be serving healthy, kid-friendly meals, at 50 sites across Orange County.

Connect online to the work you support!



Thank you!

These organizations are helping us fight hunger with their generous support.

- Hunger Is
- Orange County United Way
- O.L. Halsell Foundation
- Kraft-Heinz Company
- Share Our Strength
- TJX Foundation
- George Hoag Family Foundation
- Bank of America Foundation
- Wells Fargo
- Pacific Life Foundation
- Fluor Foundation
- Emmanuel Episcopal Church
- Youth Service America

The Daniel J. Harney Legacy Society

What's your legacy?

Second Harvest Food Bank's mission is to lead the fight against hunger in Orange County. To make a real impact, we rely on your partnership. Planned giving is one way you can leave a lasting legacy that will benefit our mission for years to come. There are many components you can consider to meet your individual situation, such as IRA charitable rollovers, bequests to Second Harvest in your will or living trust, or the gift of an asset. For more information, please contact Elizabeth Sproule at 949-208-3187 or Elizabeth@FeedOC.org.

MY SPRING DONATION

YES, Nicole, I want to help children and families have the food they need to be healthy.

Enclosed is my gift: \$160 \$110 \$60 \$30 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, ext. 129 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 _____ SN/17 31575-4

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.