



Linda and her family had very little when they came to one of our Permanent School Pantries to receive food. *Read more about The Lion's Den on page 3.*

## You help me feed my children

My name is Linda. It means everything to me to get these bags of food. It breaks my heart that I can't feed my children when they say, "I'm hungry, Mommy." I grew up that way and I don't want my children to experience that kind of hunger.

I was only five years old when I was taken into the foster care system. Before that, I remember my sister and I stealing food because my mother was on drugs.

My husband and I met in a group home. We've been married eight years and it's been an uphill battle to try and provide a better life for our children. I've been working at a theme park for the past 15 years.

Three months ago my husband was hit by a drunk driver and badly injured. I haven't been able to go back to work since. I've been taking care of him and our children. Right now all four of us are living in a motorhome on the streets.

### Helping us through an emergency

We get food stamps, but by the end of the month, there isn't anything left. It's embarrassing to tell people about our situation, but when you're out of food, you have to. The principal at my daughter's school told me about this food pantry and made an emergency appointment for us.

We've had to use food pantries in the past and being able to come and get groceries provides food when we don't have any money to buy it. Already, my children are so much better off than I ever was, and that's because of Second Harvest. You make it possible for me to feed my children when they're hungry. That means the world to me, so thank you.

**"It breaks my heart that I can't feed my children when they say, 'I'm hungry, Mommy.'" —LINDA**

Summer 2017

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You can make a difference!

## UPCOMING EVENTS

### “FOOD BANK 101” TOURS

Do you want to see how we operate and feed more than 200,000 people each month? We offer regular tours of our 105,000-square ft. Food Distribution Center for children and adults each month. Come visit us and find out other ways you can get involved in our mission. Please check out our website to see upcoming dates.

### ORANGE COUNTY FAIR FOOD DRIVE “WE CARE WEDNESDAYS” JULY 19

Visit the OC Fair on Wednesday, July 19th and receive free admission when you donate five or more nonperishable food items (per person). It’s a fun family way to spend the day together and give back to your community!

### SEPTEMBER IS HUNGER ACTION MONTH

All month long you can use social media to let people know about the ways you’re supporting us in our mission of closing the meal gap in Orange County. You’ll be helping to fill empty plates by bringing awareness about how kids, seniors, families and individuals struggle with food insecurity. Every little thing you do—whether it’s giving time, food, funds, or getting the word out—makes a difference. Take action against hunger this September!

### HARVESTERS 25TH ANNIVERSARY FASHION SHOW & LUNCHEON—THURSDAY, OCTOBER 5TH

Save the date for the annual Harvesters fundraiser, presenting the most recent designer fashion highlights followed by an exclusive luncheon. This highly anticipated annual event helps feed the people who are food insecure in Orange County.

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

## A note from Nicole

Your generosity is making an impact, and we have proof.

The latest numbers from Feeding America’s Map the Meal Gap for Orange County shows the number of people living with food insecurity in our community is actually going down. That’s great news! It is a real testament to the support of friends like you and the investment of local businesses working together to help us reach our Bold Goal.

This year we’ve focused on broadening our Grocery Rescue Program, adding Vons and Starbucks to our pickups. Soon we will be picking up at 22 Smart & Final stores as well. With the growth of the Grocery Rescue Program came a need for more refrigerated transportation. Thanks to a generous grant from a family foundation, we’ve been able to purchase a new refrigerated truck that will be invaluable during these warmer summer months.

As hard as we work to provide healthy food to hungry families, we also have to be experts in food safety. More than 50 percent of the food we distribute is perishable, so we keep safety on the front line in our partnerships. This year we provided 20 commercial refrigerators to our partner agencies, equipping them to handle the influx of fresh foods so they can ensure clients like Linda and Lupe—that you’ll read about today—get the healthiest foods to feed their families.

Even as we celebrate the progress we’re making in closing the hunger gap, we know there’s much more work to be done. The reality is that 10 percent of the people in our community are still struggling to provide enough healthy food for themselves and their families. Your generosity is making a difference, and we’re relying on it more than ever. Thank you for being at the heart of helping us care for our neighbors in need.

Gratefully,

Nicole Suydam, CEO | Your Partner



### Volunteer Spotlight

## Two high school students start a club to feed their community



The Second Harvest Food Bank Club has logged over 200 volunteer hours.

Trishna and Kalen Patel had been volunteering for four years at Second Harvest when they decided they wanted to make a bigger impact. With our support along with the support of Aliso Niguel High School, the Patel cousins started the first Second Harvest Food Bank Club in Orange County.

The club’s monthly food drives have collected over 11,000 pounds of food for Second Harvest. They also raise funds to support a quarterly Mobile Food Pantry, providing fresh produce and other staples to 150 to 200 families in underserved areas.

## Thank you for providing food for the families in our school

Every school day morning at 6am, Lupe opens up Lincoln Elementary’s Permanent School Pantry to serve student families, and others from the community, who need food assistance. “A lot of people from this community are low-income and really need this help,” says Lupe.

Families make a weekly appointment to come into the pantry and fill two bags in their allotted five minutes. The pantry stocks a display of fresh produce, eggs, milk, meat, fresh and frozen foods, along with canned goods and bread. Volunteers coordinate and staff the entire program, and all the food comes from Second Harvest.

### Providing daily nutrition

Lupe also makes an appointment to receive food for her own family. “It helps us a lot,” she says. “You might think it’s just a little bit, but every time I come here I save \$20. These are foods that you need daily like rice, eggs, chicken, and bell peppers.”

Two of Lupe’s children attend the elementary school and her daughter also volunteers in the pantry. “It’s really good. I feel like I’m teaching her not just to help the community, but she’s learning more compassion for other people,” says Lupe.

Working every day, Lupe has come to know many of the families who come weekly to get food. “They say, ‘thank you, thank you. I know you wake up early and help.’ But it’s not me; it’s everyone that makes this happen. It includes the people who donate all the food, and we’re just a piece,” says Lupe. “People are really happy that this is happening here. It’s a huge help and it’s making a big impact.”



“People are really happy that this is happening here. It’s a huge help.”

—LUPE

difference in their own backyards,” says Trishna.

“It’s rewarding to see the impact we are making in our community.”

—KALEN

### The need in Orange County is surprising

Since it started, club members have logged more than 200 volunteer hours. “Our members have realized that hunger is more prevalent than they ever expected, and they are enthusiastic about the opportunity to make a

If you know a teen who would like to start a hunger-fighting club in their high school, we’d love to work with you. You can email Clubs@FeedOC.org to get started!

## Thank you for your support!

### Serving Hope Breakfast

In May, our community came together to hear stories of hunger and details of our Bold Goal to close the meal gap in Orange County. We are excited to announce that we raised over \$165,000 which is the equivalent of more than 495,000 meals! These generous donations will be able to help provide much-needed food for families, seniors and children who are struggling. Thank you to our passionate donors, who supported our mission and gave struggling families hope. A special thank you to Golden State Foods for sponsoring this amazing event.



El Sol Folklorico Group performed for generous donors who attended the Serving Hope Breakfast.

### NALC Food Drive 25th Anniversary

On May 13th Second Harvest celebrated the 25th anniversary of the National Association of Letter Carriers Food Drive, the largest one-day food drive in America. We received more than 238,000 lbs. of nonperishable food items. Thank you for taking the time to not only give food, but provide hope to your neighbors in need. A huge thank you to the National Letter Carriers, OC Mazda and Eagle Community Credit Union for sponsoring this food drive.



# Thank you for helping us provide fresh produce all summer long



One of the gifts of summer is the bounty of fresh fruits and vegetables harvested in Southern California. Although much of the produce we get is donated to us from farmers, we still have to pay the cost of harvesting and transporting that fresh produce to the families who need it most. During the summer months, this can be a big expense when the opportunity to acquire produce is high. In the heat of the summer, those perishable items need refrigeration and a quick turnaround for distribution.

All of our direct distribution programs such as our mobile pantries, school pantries and senior programs rely on fresh produce to make up the bulk of the food we provide. And we know how important it is to ensure these families receive fresh fruits and vegetables. Many of the people we serve deal with chronic health issues like obesity, diabetes and heart disease, and the cost of fresh foods stretches their limited income.

Your support is especially important during these summer months when we work to take advantage of every opportunity to acquire fresh produce that

**“All of our direct distribution programs rely on fresh produce to make up the bulk of the food we provide.”**

might otherwise go to waste. Every \$1 you give provides three meals, enough to feed one person for an entire day. It's easy to give online at [FeedOC.org](http://FeedOC.org), or you can use the enclosed reply slip. Thank you for helping us provide the freshest, most nutritious food possible to Orange County residents who need your help.

## The Daniel J. Harney Legacy Society

### Planned giving with your IRA

Life insurance and Individual Retirement Accounts (IRAs) can be key components of an estate plan. Individuals can support a charity and soften the tax consequences by naming their heirs as beneficiaries on their life insurance while designating a charity as the beneficiary of their IRA. For more information about planned giving and how you can include Second Harvest Food Bank in your legacy, contact Elizabeth Sproule at 949-208-3187 or [Elizabeth@FeedOC.org](mailto:Elizabeth@FeedOC.org).

## Thank you!

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

- Starbucks FoodShare
- Walmart Foundation
- Morgan Stanley Foundation
- St. Joseph Health
- Nationwide Foundation
- Fluor Foundation

## Giving back is good for business

Many companies have instituted annual workplace giving campaigns, to engage employees and make giving more convenient through regular payroll deductions. You may be able to double or even triple your contribution through your company's matching gift program. Consider supporting Second Harvest through these workplace initiatives to multiply your impact. Ask your employer for more information.

**Connect online to the work you support!**



Visit us at [FeedOC.org](http://FeedOC.org)

### MY SUMMER 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](http://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 \_\_\_\_\_ 7N/17 31587-4

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.