

Food for Thought

News from Second Harvest Food Bank of Orange County



"I really want to say thank you to everyone who donates to Second Harvest. I know you give from your heart." —MIRIAM

My whole family thanks you for the food you provide

Hello, my name is Miriam, and I started coming to the mobile pantry distribution because it helps me feed my family.

I have two older children who are in elementary school and my daughter, Kelly, who I stay home to take care of. My older two get school meals, which is a big help to our family. During the summertime, when they're home, it's very difficult to provide food for all three of them.

Before my daughter was born, I was working cleaning houses. Now we're living on one income—my husband does air-conditioning repairs. It's been hard for us to pay the bills, and in the winter, it's especially hard. There's a lot less work, and sometimes, it just stops altogether.

Help through the holidays

Having consistent work would make a big difference for our family. During the holidays, having less income really hits us hard. I feel badly that we can't buy the gifts our children see their friends getting or see on display in the stores.

Coming to this food distribution has been a help to us. I started coming after I stopped working, so it hasn't been that long. I really appreciate getting the fruit and the eggs! The people here are friendly and I've made some new friends among the people who come to get food.

I really want to say thank you to everyone who donates to Second Harvest. I know you give from your heart. I hope God blesses you so you can continue providing help for families in need.

Miriam and her family receive food at one of our monthly Mobile Pantry distributions at a church in her community. Second Harvest partners with local churches and community groups to distribute fresh produce and staples at over 180 locations across Orange County.

Fall 2017

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we would
be lost

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You can make a difference!

UPCOMING EVENTS

OCTOBER 14 -15
OC GREAT PARK'S SPOOKTACULAR WEEKEND
Get ready for a Spooktacular weekend full of fun activities for the whole family and give back to your community! Bring nonperishable food items for families in need and receive access to different activities. Make sure to register for tickets on the OC Great Park's website.

SAT., NOVEMBER 4
SCOUTING FOR FOOD
Join our local Boy and Girl Scout Troops to help fight hunger in Orange County. You can donate nonperishable food at local Smart & Final stores and other locations across Orange County.

NOVEMBER 17-19
ANGELS' GROUNDSKEEPER FOOD DRIVE
Step up to home plate in Angels Stadium! The Angels groundskeepers will once again host its Annual Thanksgiving Food and Funds Drive this holiday season. Don't miss out on this unique opportunity to give back!

TUES., NOVEMBER 21
"NO LUNCH" LUNCH
On the Tuesday before Thanksgiving, the community gathers in our food distribution center for a modest, soup kitchen-style lunch. Both long-time and new supporters come together to hear about our Bold Goal progress to end hunger. Join us to hear stories of help and hope and learn how you can become a part of the solution.

NOVEMBER AND DECEMBER—HOLIDAY FOOD & FUND DRIVES
Looking for a way to give back this holiday season? You can help families struggling with hunger by participating in any of the holiday food and fund drives at your local Vons, Ralphs, Sprouts and Stater Bros stores. Donate funds, or purchase nonperishable items or pre-filled bags at your local grocery store.

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

A note from Nicole

Although it's only October, at Second Harvest we're already sourcing turkeys, holiday meal items and fresh produce so we can help our partner agencies provide those special items to the families we serve. For most of us, the holidays are a joyful time with our families, but for OC families who are struggling—families like Miriam's—the holidays can become a reminder of what we can't provide for our family.

Last November my daughters and I volunteered at a special Thanksgiving lunch at our church, one of our community partners. There we connected with a grandmother who was helping raise her three granddaughters. They had lost their father in a car accident and their mother was doing her best to provide for them. I was deeply moved by their story because I also lost my father in a car accident at that age. As the girls did crafts together and their grandmother and I talked, I was struck by how much we shared in common. Looking across the room I noticed that in the mingle of families you couldn't tell who was there to receive and who was there to give help. That day this family and many others in need enjoyed a holiday meal and left with two bags of groceries that would make a difference to their holiday celebration.

In Orange County the struggle of hunger can be a hidden struggle, concealed in the lives of families we see every day. Every month, your support of Second Harvest is reaching across that divide to provide nutritious food to the over 315,000 people who struggle with food insecurity in our communities. Our Bold Goal to provide 30 million meals by 2021 is moving us toward ending hunger in our area. We could not be more grateful for your support of financial gifts, time and in-kind donations. I hope you feel a deep satisfaction from knowing you're bringing joy and relief to the people we serve.

Gratefully,

Nicole Suydam, CEO | Your Partner



Agency Spotlight

A community that helps each other

At the Crossline Community Church Food Pantry, one of our community partners, Spring Hunsinger was one of the very first volunteers. "I started the very first week we opened and just fell in love with it," says Spring. Three years later, she's on staff as the Food Pantry Director, helping serve 150 families each week.

Spring organizes the pantry like a free grocery store and knows many of their clients by name. She knows their stories and when needed, her team can provide support in many ways, such as finding a room to rent, a job lead, or even help moving. "We're really a community that likes to come together and help each other," she says of the volunteers and the clients.

A choice of fresh foods

"My care for people goes deep," says Spring. "I was raised by a single mom in the 60's. We didn't have a lot of money. It's not that we were hungry, but we didn't get to have all the extras that other kids had. So I have a real heart for people who are hungry and have fallen on bad times. We are all just one step away from possibly needing a food pantry."

When clients walk through the little pantry with the big porch, they get to pick the staples, meat and fresh produce they need. Most of the food comes from Second Harvest. "We get a lot of meat and produce, and we do grocery rescue through Second Harvest. They've really helped us out a lot," says Spring. When all their refrigerators went out in 110-degree heat, Second Harvest also equipped them with new refrigerators.

"Second Harvest ties all of Orange County together, bringing us together to take care of our community," says Spring.



"I have a real heart for people who are hungry."

—SPRING

Your support helped feed my family at a difficult time



The basket of food Carol gets at one of our partner agencies helps her stretch her very limited income.

My name is Carol, and I'm so thankful to come to this food pantry. I haven't been able to work in quite some time, so the help I get here means a lot.

I've been partially blind my whole life. I lost my sight in one eye when I was five, but now I can only see light and shadows in my other eye. A special access bus brings me here to the food pantry.

I worked for many years for the Santa Monica School Board, but I lost that job when my eyesight got so bad. It was hard to get work after that, and I ended up having to go on disability. That's put me on a very limited income.

I've had a lot of responsibility in my life. It's been hard, but it's also what keeps me going. I raised two children and two grandchildren. My daughter lives with me. She has diabetes, mental illness, and a lot of other health issues.

"If I couldn't come to the food pantry, we'd be doing pretty poorly."

—CAROL

A special Thanksgiving meal

Second Harvest is a godsend for people like me. If I couldn't come to the food pantry, we'd be doing pretty poorly. I try to choose a little bit of everything when

I come here, and I appreciate all the food we get. One year, we even received a Thanksgiving meal. That was wonderful because at the time we'd lost our home and were living in a motel, so we had very little.

I want to tell the donors of Second Harvest thank

you so much for what you do. We love you! Without you we would get lost somewhere in the cracks. This whole program is a blessing and we are grateful! Thank you for making a difference for our family.

Thank you for your support!

Earlier this year Feeding America released its latest Map The Meal Gap 2017 report on food insecurity. Overall, food insecurity in Orange County is 10.1% for individuals and 17.9% for children under 18. The good news is that these numbers have gone down since last year. However, the study also shows that for those people facing hunger, their need is increasing. On average, they have a weekly food budget shortfall of \$19.72 per person, up from \$18.70 last year.

Your support is indeed making an impact on hunger in our community. While we are grateful to see the reduction in the number of people affected by food insecurity, we are deeply concerned that those who do need our help are falling further behind. In Orange County, the costs of living for housing, medical expenses and other necessities are rising above what our working families can afford.

Here are some key local findings from the study:

- 315,170 people are at risk of hunger
- 129,670 children are at risk of missing one or more meals each month
- Average cost of a meal in OC is \$3.34
- Food budget shortfall for the food insecure is \$19.72 per person, per week

We are so grateful to know you stand with us, working to end hunger and bridge the meal gap in Orange County. Thank you!



You make it possible to provide nutritious food and holiday meals



For the Orange County families we serve, the holidays bring extra expenses—higher electricity bills for heating cold nights, winter clothes to keep growing children warm, and the added costs of celebrating the holidays. All of these create additional stress for families who are already struggling to make ends meet.

We believe all Orange County families should have the opportunity to celebrate the holidays together, without compromising their ability to provide daily, nutritious meals. And we know the need for food assistance increases for families during this time. In order to meet these needs, Second Harvest sources special holiday meal items to support holiday baskets for our community partners. We also work hard to ensure we distribute plenty of fresh fruits and vegetables to help families provide the healthiest meals possible while their children are home from school.

As you make plans for your family holiday celebrations, we're asking you to take a moment and help us get ready to offer a holiday meal to thousands of families who are struggling. Whether it's an extra bag of fresh produce or a holiday meal basket, the food your support provides

"Whether it's an extra bag of fresh produce or a holiday meal basket, the food your support provides during this time of year is especially memorable."

during this time of year is especially memorable. Carol (see story page 2) recalls the blessing of the holiday meal she received thanks to generous supporters like you.

Your gift today will make a real difference during the upcoming holidays. It's easy to give online at FeedOC.org, or you can use the enclosed reply slip. Thank you for taking a moment to care for our neighbors in need.

A year-end gift to end hunger

As we approach the holiday season, consider making a planned gift to end hunger. Gifts made before year-end can be tailored to fit your financial needs and take advantage of the many tax benefits associated with charitable giving. Your ongoing generosity ensures our ability to provide hunger relief during this special time of year. Please contact Elizabeth Sproule by phone 949-208-3187 or email Elizabeth@FeedOC.org to learn more about the options available to you.

Thank you!

Golf Tournament

Our Golf Tournament Invitational, hosted by Second Harvest Food Bank's Associate Board, teed up at Monarch Beach Golf Links and raised funds to provide over 232,000 meals. Thank you to these sponsors: Straub Distributing Company, Zebra Technologies, American Golf Foundation – Rancho San Joaquin Golf Course, Golden State Foods, Ingram Micro, Inc., Rutan & Tucker, LLP, Utility Trailer Manufacturing, Cushman & Wakefield, and Ryder System, Inc.

Feed SoCAL

Thank you to ABC7, Albertsons/Vons/Pavilions and Subaru dealers who helped us collect more than 517,000 meals during the Feed SoCAL Food Drive. Other sponsors include: Frito Lay, Bank of America, Newport Meat, OC Fair and Amazing Grass.

OC Fair We Care

Wednesday Food Drive
Generous OC Fair patrons donated 57,678 pounds of food during this year's drive. Thank you to the OC Fair and its patrons for helping us end hunger in our community!

We are also grateful for these generous sponsors:

- Sisters of St. Joseph Healthcare Foundation
- Nordstrom
- Bank of America
- Walmart Foundation
- Morgan Stanley Foundation
- Albertsons Companies Foundation
- Order of Malta
- Weingart Foundation

MY FALL DONATION

YES, Nicole, I want to help provide nutritious food and holiday meals for neighbors who are struggling.

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



Connect online to the work you support!



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 _____ 10N/17 32110-2

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.