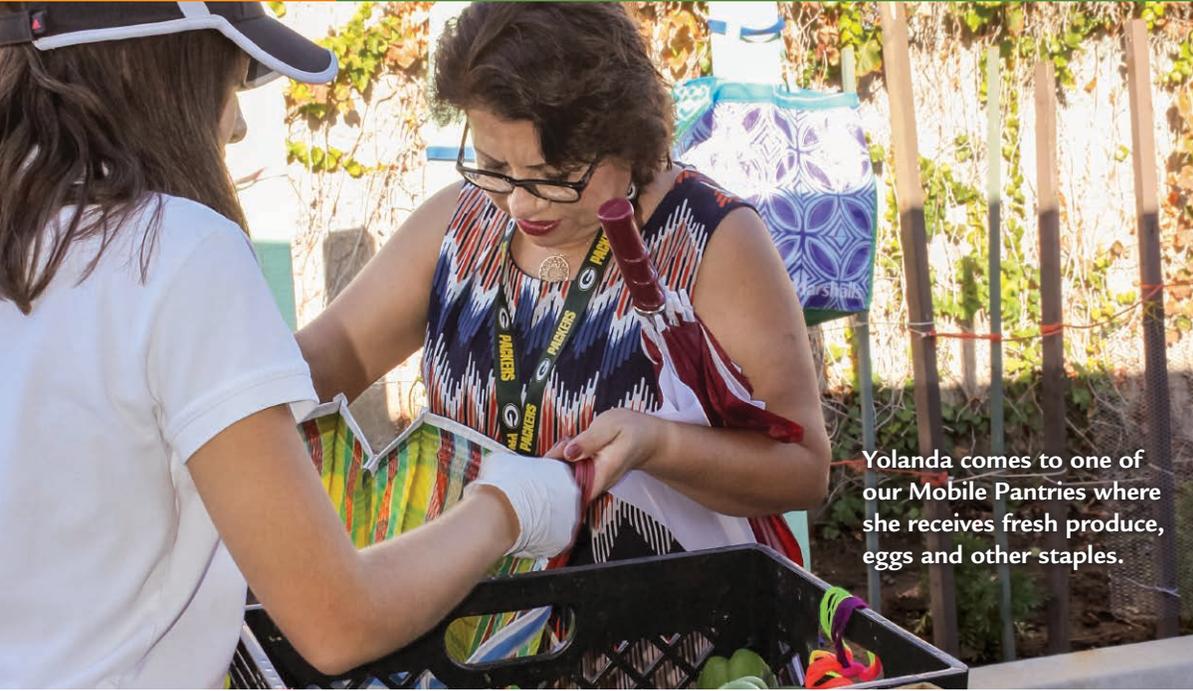


Food for Thought

News from Second Harvest Food Bank of Orange County



Yolanda comes to one of our Mobile Pantries where she receives fresh produce, eggs and other staples.



You help me feed my grandchildren

My name is Yolanda. I'm here at the mobile pantry with my granddaughter, Madelina. I take care of four of my grandchildren while their parents are at work.

It's not easy, but I'm thankful I can take care of them. Every day I take my grandkids to school, pick them up and cook for them. The children eat lunch at school, but when they come back home, they're always hungry. "Grandma, can you give me something to eat?" they ask. "Grandma you don't have anything in the refrigerator."

My son and his family recently lost their house. They got upside down on their mortgage and then couldn't make the payments. The food we get here helps me feed my whole family.

Trying to keep a roof over our heads

I used to work for the Santa Ana Unified School District, but I'm retired now. I had an accident that affected my knees, so now they don't work very well. My husband is still working, but he's very sick. He needs to have surgery, but we can't afford to have him take time off. I can pay the bills with my check, but I can't pay the mortgage. If he takes time off, we're afraid we'll lose our house.

The food we get here makes such a difference. I love getting fruit for the children and I can create miracles with the food we get. I can make a meal out of anything! I like making rice with chicken or potato and eggs.

I thank God we have this opportunity to receive food. I'm grateful the Food Bank exists and I want to say thank you to all the people who support it.

"I'm grateful the Food Bank exists. Thank you to all the people who support it."

—YOLANDA

Winter 2018

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UPCOMING EVENTS

FOOD BANK 101 TOURS

Have you visited our food Distribution Center? Come and see what it takes to provide food for more than 250,000 people each month! Visit FeedOC.org for upcoming dates.

MAY 12 NALC STAMP OUT HUNGER FOOD DRIVE

Help #EndHungerinOC by participating in the largest single-day food drive in the nation. To make a difference in your community, leave nonperishable food items by your mailbox and your mail carrier will do the rest.

For more information about these events, please call 949-653-2900 or go to FeedOC.org and click on "Get Involved."



Chairs and Co-Chairs: Melissa Knode, Susan Etchandy, Jennifer Segerstrom, Crisi Hosea, Yvonne Moyano, Ann Smyth, Michelle Janavs

Thank you! Harvesters Fashion Show & Luncheon

The 25th anniversary Harvesters Fashion Show & Luncheon netted over \$1 million, raising the equivalent of more than 3 million meals for food-insecure families. This highly anticipated, sold-out event was held at The Pavillion at South Coast Plaza. After a champagne reception hosted by City National Bank and Veuve Clicquot and a silent auction, the high-end fashion show featured designs by 12 of South Coast Plaza's luxury designer brands. The event concluded with a lunch catered by Water Grill South Coast Plaza and an after-party held at AnQi by House of AN. Thank you to all our attendees and sponsors who so generously support our work through this event.

A note from Nicole

In this winter issue of *Food for Thought* we're focusing on the concerns of our senior population. In Orange County, the number of seniors in our community grows significantly every year. Many of these neighbors are on low, fixed incomes that make it hard for them to weather financial challenges.

The seniors we serve have shared with us how important it is for them to have access to a variety of fresh foods. Last year, we transitioned our entire Brown Bag Program to a Senior Grocery Program at 37 locations that target meeting senior needs. Misty, who you can read about on page 3, receives food at one of these locations in her neighborhood.

I'm also very excited about our Senior Grocery Trailer that will be on the road later this year. This custom trailer is organized like a mini-market on wheels, with glass door refrigeration serving dairy, deli, fresh foods and canned goods for seniors to choose from. The trailer will make stops at low-income senior apartment complexes and community centers throughout Orange County, helping seniors who have trouble with mobility by bringing healthy food right to their curb.

You make this important work possible

As we start a new year I am so thankful to be in partnership with people like you, who care deeply about feeding our neighbors and, like Carol (below), actively participate in that solution.

In the past few months I've had the opportunity to speak with many of you and say "thank you" personally for your support. What has surprised me is how many of you thank us for being here in return. You echo Yolanda's words (page 1) when she says, "I'm grateful the Food Bank exists." Thank you for choosing Second Harvest to be the conduit by which your resources and compassion meet the needs of those who are hungry in our community.

Gratefully,

Nicole Suydam, CEO | Your Partner



Volunteer Spotlight

Using skills and resources to help people in need

Carol Kurimsky is one of our faithful volunteers at Second Harvest. She brings many years of experience as a vice president of marketing to our development team. "I've always had a passion for making sure that no one goes hungry," she says. "I feel it's one of our human obligations to help other people."

After college, Carol made the critical decision to work in the corporate world as opposed to working for a nonprofit—although she supported nonprofits throughout her career. Recently, Carol began devoting more time to using her marketing skills to support Second Harvest. "The ability to take skills that you've honed to a high level working in corporate America and apply them to helping people is a wonderful opportunity," she says.

Carol has supported Second Harvest for twenty years, and she was drawn to help by what she saw. "Second Harvest is a critically important source of food in Orange County," says Carol. "They work extremely hard and run as efficiently as I've ever seen an organization run in order to serve as many people as possible."

I appreciate the healthy food

My name is Misty and I've been coming to this Senior Grocery site for the past two years. I heard about it through the Senior Center where the food is distributed.

I'm retired, but I've been on disability for the past five years. Unfortunately, my rent goes up by 6% every year, but the amount I receive doesn't go up. Living on a fixed income means that deficit has to come out of my budget—and often it comes from eating. The food distribution from Second Harvest has been a godsend and allows me to use my income to pay my rent.

I was a psychologist and would go into the office and listen to people's troubles. I also worked with a lot of special education students. I really loved my work and I still use those skills, I just don't get paid for them now.

Many seniors have the same need

What I really appreciate about the food we get here is that there are always fruits and veggies. I try and eat healthy food and I like getting the fresh produce and chicken or fish. The Senior Grocery Program has really helped me to eat more healthy food.

The Food Bank does a great job with this distribution. Coming here I've seen more and more people over the age of 60, who are in the same boat as I am. They just need a little extra help and this is a great place to come and get food. I hope the people who support Second Harvest can understand just what this has meant for me and others in our community as well.



"The Senior Grocery Program has really helped me to eat more healthy food."

—MISTY

Meeting the needs of the community

Ten years ago, Barb Scherer signed up to help with the food distribution at La Purisima Church Trinity Guild. "It just sounded like there was a need," she says. Since that time, Barb has seen a tremendous increase in the number of people coming to receive food assistance.

Along with a small pantry at the church, the volunteers also put on a regular Mobile Pantry in the parking lot, distributing fresh produce, staples and eggs to families like Yolanda's (see page 1). "It's not only about the food, it's also the camaraderie," says Barb. "One of my favorite things to do is walk down the line and talk to people. I just really enjoy them!"

"Distributing nutritious food to people who are hungry provides the energy they need for everything else in their lives," says Barb, who also picks up food for her 95-year-old neighbor.

"I go home from here and I feel like I'm floating. It makes me feel that good," she explains. "This ministry is quadrilingual as far as our volunteers. It's really where different cultures come together to do something for the community. We all work together; we all get along. And to know we're doing something for people—it's a win-win!"



"It's really where different cultures come together to do something for the community." —BARB

The hidden epidemic

One aspect that Carol says surprises people about hunger in Orange County is just how many people need food assistance. "Hunger is a need that gets hidden in our beautiful community," she says. "There are a lot of people who are struggling to pay their rent and provide enough food on their table. Seniors in particular—the continuously rising cost of housing makes it hard because of their fixed incomes."

And to anyone who wants to help others, Carol says, "it's really about providing what resources you can. If you can help financially, great. If you can help with your time and your skills, that's great. Second Harvest can use assistance in many forms. Regardless of your situation there's something you can do to help others."

Volunteers are equivalent to 40% of our workforce and we are always on the lookout for more help. We currently have volunteer opportunities in data entry, special events assistance and more.

Contact Volunteer@FeedOC.org to learn how you can share your skills!

Your support helps us meet the growing need for senior food assistance



Eighty-three year-old Ricardo remembers the days Orange County was full of orange groves. “I would walk behind the machines picking oranges,” he recalls. He also worked as a welder in San Pedro while he raised a family here. As a senior living on a fixed income, Ricardo appreciates the fresh food he receives at one of our mobile pantries. “Thank you. Everything you give us is healthy and good.”

Within approximately 20 years, the population of people 65 years and older is expected to double in Orange County. Many seniors like Ricardo living on fixed incomes struggle to pay their bills and purchase enough healthy food. At Second Harvest, we’re committed to providing access to healthy food for all seniors who struggle with food insecurity, as well as preparing to meet the growing need for food assistance in this age group.

Providing healthy food with dignity

We want to continue to increase the amount of fresh, healthy foods we distribute to the seniors we serve.

Along with our fresh-food focused Senior Grocery Program,

“Access to the fresh foods that provide a healthy diet is important for the seniors we serve.”

we’re also developing our first Senior Grocery Trailer. This client-choice based, refrigerated trailer will bring fresh foods and staples right to where low-income seniors live.

Your support makes programs like these possible and helps us provide healthy food with dignity to our Orange County neighbors. It’s easy to give online at FeedOC.org, or you can use the enclosed reply slip. As Ricardo says, “I hope God will bless you and help you continue to send us food.” Thank you on behalf of all those we serve.

Thank you!

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

- Mazda Foundation
- Target
- St. Joseph Health and St. Jude Medical Center
- Stater Bros. Charities
- California Association of Food Banks
- Pacific Life Foundation
- Employees Community Fund of Boeing CA
- The Don Yoder Foundation
- Disneyland Resort
- Edwards Lifesciences Foundation
- Roosters Foundation

We appreciate the valuable partnerships of these companies who supported our Food and Fund Drives:

- Albertsons Companies
- Gelson’s Markets
- Great Park’s Spooktacular Food Drive
- Stater Bros. Harvesting Hope Campaign
- 2017 Scouting for Food Drive

Connect online to the work you support!



Visit us at FeedOC.org

Fight hunger by leaving a legacy of hope

The Daniel J. Harney Legacy Society and its many Legacy givers will provide funding for future years and help countless more people. Legacy giving utilizes tax advantaged giving so that the donor gets the benefit of using the tax savings to help Second Harvest. There are several ways to do this. Please call our office at (949) 653-2900 for more information, or join us for monthly Legacy Lunches to learn more – held every 2nd Tuesday of the month 11:30am-12:30pm, beginning February 13th. RSVP required to Christine Montevideo at (949) 208-3150 or Christine@FeedOC.org.

MY WINTER DONATION

YES, Nicole, I want to help provide fresh, healthy food to seniors and neighbors struggling with food insecurity this winter.

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 _____ 1N/18 32647-3 FB_48_AJNL_894

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.