

“I’m grateful for all the food I receive, but especially the fresh produce.” —JAMES

James cannot work while he takes care of his mother, who recently had a stroke. The food you help provide ensures James can pay his other bills and stay healthy while he cares for his mom.



Your support provides nutritious food for my mother and me

My name is James, and my family has lived in this community since my grandmother settled here in 1936.

My 89-year-old mother, who retired after working for 42 years, recently suffered a stroke and depends on me for her care. As a truck driver I can’t really go out on the road working for long stretches right now. I need to focus on taking care of my mom. It’s just the two of us, and because of that I have been unable to work.

That’s why I came here today. Times are hard because I can’t work—the food we get here really helps. It saves money and when you can’t afford to eat because you have to pay your bills and buy medications, you can’t take care of your health. Good nutrition keeps you healthy and helps you make good decisions.

A place to turn in tough times

I’ve always kind of understood that everyone can be a paycheck away from being in this situation, but I never thought it would happen to me. This food and these programs really make a difference for people like me and my mom. It’s encouraging to have a place like this when you are having a tough time.

The fruits and vegetables are really helpful. My mom loves to can produce and it’s something we can eat for months. I’m grateful for all the food I receive, but especially the fresh produce. And I get to spend time with my mom when we do the canning together with what we get here.

To the donors, I want to say thank you and God bless you for doing this work. It really helps. My mom and I really appreciate it.

Winter 2020

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UPCOMING EVENTS

FOOD BANK 101 TOURS

Come see our refreshed Distribution Center. We've created an exciting new workspace where volunteers help us feed more than 250,000 people a month. Visit FeedOC.org for upcoming dates.

MAY 9 NALC STAMP OUT HUNGER FOOD DRIVE

Join us on the largest single-day food drive in the nation. Last year we collected more than 265,000 pounds of food. Will you help us collect more this year? Leave nonperishable food items by your mailbox—your mail carrier will do the rest.

THANK YOU! HARVESTERS FASHION SHOW & LUNCHEON

More than 400 guests attended the Harvesters 27th Annual Fashion Show & Luncheon, which helps support food-insecure families in Orange County. The event, at the Renée and Henry Segerstrom Concert Hall in Costa Mesa, helped raise over \$1 million, helping to provide over 3 million meals for children, families and seniors in need. Thank you to our presenting fashion show sponsor, South Coast Plaza and Corporate Legacy Harvest Sponsor, City National Bank, and all other sponsors and attendees who so generously support ending hunger in our community.

For more information about any of these events, please call 949-653-2900 or visit our website at FeedOC.org and click on "Get Involved."



A note from Harald

Seniors are a population that continue to grow in Orange County—and sadly, the number of seniors facing hunger is on the rise too. As the cost of living skyrockets, their fixed income no longer supports their daily needs and monthly expenses.

Your generous support of Second Harvest Food Bank of Orange County helps ensure that food is available to any senior in need, and just as importantly, that it's made available where they live.

As 2020 begins, we're continuing to find new, innovative ways to help seniors and all our neighbors struggling with hunger. One of the ways I'm most excited about is the beginning stages of bringing an urban farm to life, right on our food bank property. Utilizing above ground grow boxes, we will be growing organic, protein-rich, nutritious produce we can harvest on-site and deliver straight to our community.

"Your generous support of Second Harvest Food Bank of Orange County helps ensure that food is available to any senior in need..."

As we continue to increase the amount of fresh produce we distribute, the need for additional cold storage space is vital. We are looking to double our cold storage capacity so we can expand the amount of healthy food we can provide to neighbors facing hunger. Your continued support will help make this expansion possible.

Thank you for helping our neighbors live more active, healthy lives through your generous support. We are deeply grateful for your partnership and commitment to ending hunger in Orange County.

With gratitude,

Harald Herrmann, CEO | Your Partner



Providing seniors nutritious food to live healthy, active lives

Danilo and his wife Cherry rent a small room, and it's still a challenge to make ends meet on a limited income. They don't even have a kitchen to cook in.

Having access to nutritious food is crucial for their health, but they struggle to afford the food they need. Cherry still works and Danilo, who is disabled, is on Social Security. Coming to the Park-It Market near where they live has been helping them eat more fruits and vegetables.

"This market is a big help for me. I only receive \$500 a month from Social Security," Danilo says. "Every Friday here, I can save \$30 or \$40. It makes a big difference for us."

Giving seniors a place to turn for help

Unfortunately, many seniors are in the same position as Danilo and Cherry, and do not have enough income to cover their basic needs. In fact, it's estimated that 22% of seniors in Orange County are food insecure.

"Every Friday here, I can save \$30 or \$40. It makes a big difference for us." —DANILO

Volunteer Spotlight

Meeting the need through volunteering

Rod Wilbert found his first time volunteering with Second Harvest to be an eye-opening experience.

"Seniors needing food assistance in Mission Viejo was a bit of a surprise to me," Rod says. "I knew that hunger was a problem in the greater Saddleback Valley, but it didn't really hit home that there were people in need here in my own community."

Rod is a retired teacher who spends time volunteering in Orange County through the Mission Viejo Kiwanis Club. He has typically given his time to help causes that benefit children. So helping seniors at the Park-It Market was something totally different that he really enjoyed.

Volunteers at the Park-It Market have a chance to help distribute fresh, nutritious food and talk with the seniors who come to the distributions. Through your generosity and the support of our volunteers, the market serves 1,000 seniors each week across Orange County.

"This is a neat service to the community and we're happy to be a part of it," Rod says. "There's a lot of people that need help and we can do just a little bit to help them."

To learn more about volunteer opportunities, visit FeedOC.org/get-involved.



"This is a neat service to the community... There's a lot of people that need help and we can do just a little bit to help them."

—ROD WILBERT



Your support helps Cherry and Danilo have healthy food and make ends meet each month.

With your support, seniors and other neighbors in our community have a place to turn when they need it most. It means stability for Danilo and Cherry, who are deeply grateful they have somewhere to turn once a week to get the nutritious food they need, while also saving some money to cover medication or a bill they need to pay.

"To the donors, thank you very much for providing us this Park-It Market. It's a big help for me, especially with my handicap."

For more information on our Park-It Market and our more than 300 community partners and programs, please visit FeedOC.org.

Providing more seniors with the healthy food they need


Through your generous support, our Grocery Rescue Program plays a vital role in "rescuing" surplus food from grocery stores, or food they can no longer place on their shelves for a variety of reasons.

Many foods are safe to eat past their "best by" dates, but they can no longer be sold at the grocery store. Second Harvest works with local grocery stores to recover that food and distribute it to neighbors facing hunger. That helps cut down on waste and helps get nutritious food into the hands of the people that need it most, like our growing senior population.

Thank you for your generosity that continues to help us provide seniors, children and families with healthy food to put on their tables. Your support makes this possible, and we are so grateful.

Did you know?

 **2.2 million pounds** of nutritious rescued food is distributed through programs that help seniors in need

 **4,500 seniors** are served each month

 **1.8 million meals** are distributed to seniors each year

You can help more hungry seniors and families in 2020

As the senior population continues to grow, the need for accessible healthy food continues to increase. Many seniors have worked hard all their lives, but now live primarily on Social Security. They simply do not receive enough income to cover rising housing costs, medication, bills, and the food they need to stay healthy.

Thousands of seniors and other neighbors are struggling to make ends meet, and have to make the choice between buying food and paying bills. That's a choice no one should have to make. James is a senior we featured on our cover, and his story is similar to thousands of seniors in Orange County.

"I've been hungry before and the food we receive here helps a lot of people," says James. "If you're hungry, you can't think about anything but eating."

That's why your continued support of Second Harvest Food Bank of Orange County is vital. With your generous gift of any amount today, you can ensure programs like our Park-It Market can continue all year long, bringing fresh, nutritious produce directly to senior centers and low-income senior apartment complexes.

Remember, just \$1 can help provide food for up to three meals, so any amount you can give today will make a difference for the seniors, children, families, and individuals we serve.

You can use the enclosed reply slip or go online to FeedOC.org to make your gift today. Thank you for your generosity!



22% of seniors in Orange County are food insecure

Helping fight hunger through charitable giving options

If you are interested in broadening your impact and helping more hungry neighbors in Orange County, donating a stock, bond or other securities might be an option for you to consider. You'll not only reduce your overall tax liability, but you'll also eliminate capital gains.

To learn more about charitable giving options, please call or email Christine Montevideo at 949-208-3150 or Christine@FeedOC.org.

Thank you!

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

- Sage Foundation
- Living Legacy Foundation
- Southface Energy
- Kaiser Permanente
- Orange County United Way
- Starbucks FoodShare Program
- Kraft-Heinz Company
- Disney Worldwide Services
- Darden Foundation
- Don Yoder Family Foundation
- Allergan Foundation
- Edwards Lifesciences Foundation

Calling all volunteers!

The holidays are over, but we are still as busy as ever at Second Harvest! **We urgently need more volunteers to help us sort and package the truckloads of food coming into our Food Distribution Center.** Sign up with your colleagues, organization, family or friends.

As our friend Rod said in our Volunteer Spotlight (page 3): "There's a lot of people that need help and we can do just a little bit to help them."

With the help of our amazing volunteers, we can feed even more seniors, children and families facing hunger in Orange County.

Visit FeedOC.org/get-involved today for more information. Thank you!

Connect online!



MY WINTER GIFT

YES, Harald, please use my gift to provide nutritious food to help our seniors, children and neighbors facing hunger in Orange County.

Enclosed is my gift: \$175 \$140 \$70 \$35 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

Give now at FeedOC.org or call 949-653-2900, ext. 129



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ORANGE COUNTY

MEMBER OF FEEDING AMERICA



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

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() _____

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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.