

## Meet the people whose lives you help change

Your giving spirit now and during the holidays has a lasting impact on people at risk of hunger all year long. Here are some real stories of people you help us serve.

### Children

One child said "thanks for dinner." The pears and potatoes he received from the Food Bank's Farm 2 Kids distribution were all he had to eat at home.



"Thank you for the apples. I don't always get fruit at home."

### Seniors

"I was a medical secretary for the federal government for 36 years, but my pension isn't enough for me to afford a month's worth of food. I am on a very fixed retirement income. It's not enough. The canned foods, breads, potatoes, and other staples really help me – whatever I can get."

- Ida - 86, Vacaville



Doorstep Photography 2012

### The Working Poor

"I am an in-home support services caregiver. I have an income, but I still need the Food Bank to help because I don't make a lot of money. The Community Produce Program is great because I can get things fresh – not just canned. When I eat fresh things, it not only helps me, it helps me to help others because I care for the elderly and need my strength. The Food Bank just makes things easier. I may have a job, but most people don't understand that people in the lower income level still can't afford some things."

- Sherry from Martinez



Driver Will Gregory and Executive Director Larry Sly at a Community Produce Program site in Martinez. The program has distributed over a million pounds in one year.

# Your support is providing more fresh produce than ever before

An update from Executive Director, Larry Sly

As I write this, the Community Produce Program truck is rolling up its doors to reveal bins full of fresh broccoli, apples, sweet potatoes and cauliflower available for free to those who may not be able to afford it on their own. Thanks to your donations, the assortment of produce will be different next week, and the week after, providing varied nutrition and freedom of choice.

With the support of our community, we have access to produce at 5 to 15 cents per pound through the California Association of Food Banks, which allows us year-round access to millions of pounds of fresh fruits and vegetables.

Now your support can increase the impact we can make in providing fresh produce to the people we serve. Through June 2014 John Muir/Mt. Diablo Community Health Fund

is committed to matching donations that are designated for Community Produce Program operations in central and east Contra Costa County. With your help we can continue to bring high-quality fresh produce to people in need in our community!

Increasing access to fruits and vegetables has been an incredible benefit to the people who receive food from the Food Bank, and a goal we continue to reach for. As we expanded the Community Produce Program, we added a second truck, increased nutrition education and continue to recruit volunteers to help things run smoothly. Thank you for helping us work toward our goal of distributing three million pounds through the Community Produce Program in the coming year.

**TAKE ACTION AGAINST HUNGER** One in six people in America face hunger. This September, we invite you to **Go Orange** to raise awareness of this critical issue. As individuals, charities, businesses and government, we all have a role to play in getting more food to people in need. Orange is the official color of hunger awareness and makes a bold statement to start the conversation about hunger.

Join the action at [www.foodbankccs.org/hungeractionmonth](http://www.foodbankccs.org/hungeractionmonth)



Susan Wood Photography

## Using Your Gifts Efficiently

95 cents of every \$1 goes directly to food programs



We are proud to announce that Food Bank of Contra Costa and Solano has earned its fifth consecutive 4-star rating from Charity Navigator - an honor that is given to only the top 4% of charities nationwide!



## Rethinking Food Drives

“Thank you for the brown rice. I grew up with really unhealthy food and appreciate the better options.” –Senior Food Program Recipient

Donated food comes to the Food Bank from many different places. Sometimes people clean out their cabinets of items they haven't eaten, other times it's purchased right off the store shelves for us. Food drives offer variety to the people we serve, but options can be unhealthy at times. As we focus on the health of our clients by providing wholesome and nutritious foods, we encourage our generous food drive participants to join us!

## Decorate your space with colorful Buy A Bag cutouts



We provide you with small colorful paper grocery bags or holiday ornaments for a festive fundraiser at your business, school or place of worship. You choose a bag value of \$1, \$5, \$10. As your friends and coworkers donate, a Buy A Bag is displayed in their honor on a wall, window, counter, anywhere! Every \$1 you collect provides two nutritious meals to people in your community.

To start decorating visit:  
[www.foodbankccs.org/buyabag](http://www.foodbankccs.org/buyabag) or contact Kathy Gleason at [kgleason@foodbankccs.org](mailto:kgleason@foodbankccs.org) or 925-676-7543 ext. 218.

\* Special holiday bag designs are available!

## Our most-wanted food drive list has a healthy makeover.

### Food Drive Shopping List

- tuna and chicken in water
  - low-sodium canned vegetables
  - brown rice
  - whole grain pastas
  - canned fruits in natural juices
  - whole grain cereals
  - dry or canned beans and lentils
  - natural peanut butter
- whole grain and no-sugar added labels a plus!



[www.foodbankccs.org](http://www.foodbankccs.org)

## A Fond Farewell to the Event of the Summer

For thirteen years the Food Bank has celebrated An Afternoon in the Admiral's Garden with many friends and supporters. The end of June marked our final fundraiser at the Mare Island venue with the historic mansion as our backdrop. Thank you to all of the attendees, staff, volunteers and the following sponsors who have helped provide over 5.7 million meals by participating over the last thirteen years:

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SUNDAY  
**SEPT 29**  
12:30 - 3:30 PM



Blackhawk Country Club  
599 Blackhawk Club Dr.  
Danville, CA 94506

## Upcoming Events

Find more details on the web  
[www.foodbankccs.org/events](http://www.foodbankccs.org/events)

### SEPTEMBER 27

KGO Fights Hunger Day  
Tune in to KGO 810

### SEPTEMBER 28

Color Vibe  
Solano Fairgrounds, Vallejo

### SEPTEMBER 28

Pleasant Hill and Walnut Creek  
Community Service Days

### SEPTEMBER 29

Sip, Taste and Tailgate Like a Pro  
Blackhawk Country Club

### OCTOBER 12-13

Contra Costa Coin Club  
Concord

### OCTOBER 18

Total Home, Garden & Harvest Fest  
Fairfield

### OCTOBER 26

California Beer Society  
Concord

### NOVEMBER 2

Gourmet East Bay  
Broadway Plaza, Walnut Creek

### NOVEMBER 7

Moraga Golf Tournament  
Moraga Country Club

### NOVEMBER 16

Scouting for Food



Get periodic updates about how  
you are helping us end hunger at  
[www.foodbankccs.org/enevs](http://www.foodbankccs.org/enevs)