

SUMMER 2013

BREAD CONNECTION

A Not Quite Quarterly publication of the Food Bank of Contra Costa & Solano

Don't Miss the Event of the Summer

Enjoy a relaxing day in the garden with us on Sunday, June 23rd for the Food Bank's 13th annual fundraising event, An Afternoon in the Admiral's Garden.

The fun starts at noon with wine, appetizers, and live music by Big Cat Tolefree and the Hipnotics Band. Bid on silent auction treasures and play some games of chance with big prizes before making your way into the garden for a delicious gourmet lunch, prepared by Englund's Catering. Renee Richardson from KFOG will emcee.

Mark your calendar for the event of the summer where you can have a fun while helping us provide food during the summer months when donations are usually low.

The event price of \$90 per person or two for \$170 includes all food, drink, entertainment and tours. Bring extra cash, check or credit card if you wish to participate in the auction or games.

Corporate sponsorships are available and sell out fast. For corporate sponsor information contact Kathy Gleason at 925.771.1313 or kgleason@foodbankccs.org.

You won't want to miss our "Beat the Recession" Raffle. You could be a lucky winner of \$2,500 cash or other valuable prizes! See page 7 for your tickets to win.

See the back cover of this newsletter for a sampling of the fine foods offered in the Tasting Tents and find more about Auction prizes online.

Register for this sell-out experience and learn more at www.theeventofthesummer.com.



Above, Chef Michael Dunn of Yankee Pier, Lafayette serves up "the filet mignon of oysters". Pictured top right, Live Auction prizes draw big bids. Right, guests celebrate a \$2,500 cash win in the raffle (tickets available on page 7). For reservations - www.theeventofthesummer.com



The school lunch program began right after World War II because many of the people who tried to join the military were rejected due to health problems caused by poor nutrition. Our country began the school lunch program because they recognized the social impact caused by children not getting adequate nutrition. In much the same way, the creation of the WIC (Women, Infants and Children) program is a social investment in the health of new mothers and their children. Providing good nutrition to pregnant women means we pay fewer medical costs and issues down the line. Children who receive food through the WIC program enter school as healthier students ready to learn.

Even though these great government-funded programs exist, 28% of the people who come to Food Bank programs are children. We have also seen our Farm 2 Kids program grow to serve over 9,000 children, providing them with three to five pounds of fresh produce each week. Many of our most heavily used Community Produce Programs are at school sites. Children are coming to us because their parents are having an incredibly difficult time getting by. No parent wants to tell their child they do not have money for dinner, but families are making difficult choices. The Food Bank works to fight hunger in all the areas we can, trying to enroll more families in the CalFresh program and the WIC program. We also make sure the people we serve know their children can get free school breakfast and lunch throughout the year.

We directly distribute millions of pounds of nutritious food to children in our community because we know that children deserve a chance to grow up healthy and realize their potential.

Executive Director
Food Bank of Contra Costa and Solano



Text JOIN to 80077 to sign up for messages from our mobile community.*

*SMS subscription service. Up to 4 messages per month. Message and data rates may apply. Text STOP to 80077 to STOP. Full terms: www.mGive.com/e.

KEEP UP WITH US!

When you engage with the Food Bank on social media, you help us spread our mission to end hunger while showing people how much you care. We are able to reach more people than ever before when you comment, share and "like" us.



Facebook - www.facebook.com/foodbankccs

Twitter - @foodbankccs, E-news - www.foodbankccs.org/enews

Pinterest @foodbankccs, or let us know how we're doing on Yelp!

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NEWSLETTER DESIGN
MIGHTYminnow

The Food Bank of Contra Costa and Solano has been serving the community for 37 years. We provide food to approximately 149,000 people at risk of hunger every month through direct service programs and a network of 180 charitable agencies, which allowed us to distribute 16 million pounds last year.

The Food Bank works to feed hungry people, and raise public awareness of issues related to food and hunger. The work could not get done without the support of many generous financial donors or the help of the thousands of volunteers who donate their time to coordinate food drives, sort and pack the food, and help distribute it to their neighbors at risk of hunger.



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www.foodbankccs.org



Three Cheers for Corporate Partnerships!

At the Food Bank, we are careful stewards of the money donated to us, ensuring that as much as possible goes to providing food to the people we serve. We have to ask ourselves often “are we putting donated funds to the best use?” Corporate sponsorships help us answer those difficult funding questions by stepping in to help in big ways.

Corporate sponsorships are one of the reasons we are able to put 95 cents out of every dollar raised directly into food assistance programs. Sponsorship opportunities help us purchase some of the food we distribute, fund distribution program staff from Farm 2 Kids to nutrition education, and even offset the cost of fundraisers, events and materials that are essential to spreading the word about our work.

Take for instance our annual Holiday Food Drive, funded last year in large part by AAA Insurance, AT&T, Chevron, PG&E, Pacific Service Credit Union, Shell and Wells Fargo. These sponsors along with others covered the expense of printing 400,000 grocery bags to be inserted in local newspapers, 2,500 food-collection barrel wraps, posters, and provided fuel for the Food Bank’s own fleet of four semis, nine delivery trucks and four vans. Those holiday sponsors saw their donations multiply as the community brought in over 700,000 pounds of donated food and over \$300,000 during the holiday season.

Corporate partners also sponsor the Food Bank’s largest annual fundraiser each June, An Afternoon in the Admiral’s Garden. Sponsors and guests enjoy a summer day filled with fun, food and music while helping us provide food during the summer months when donations are usually low and demand for food is higher due to children on summer vacation who would normally receive free breakfast and lunch at school.

Companies large and small can become a corporate partner with donations and sponsorship opportunities at all levels. If you or your employer would like to become a corporate partner to work with us to improve the quality of life in your local community, please contact Kathy Gleason at 925-771-1313 or kgleason@foodbankccs.org.

Kraft Foods, Inc. generously donated funds toward our second refrigerated truck that delivers fresh produce to Contra Costa and Solano County residents through the Community Produce Program.



Free Summer Lunch for Kids and Teens

While many children may be excited to get out of school for the summer some parents start to worry about how they are going to feed their children. Summer recess means children who rely on the free breakfast and lunch they receive every day at school don’t have access to that vital resource. Luckily, the USDA sponsors summer feeding sites throughout Contra Costa and Solano counties. At various schools, churches, parks, and other community sites, anyone under the age of 18 can receive a free lunch (and sometimes breakfast) with no questions asked.

At the Food Bank we also notice our client numbers increase during the summer because parents are trying to find another way to feed their families. To help our clients and others in need find out where they can get free lunch we post locations on our website, pass out flyers, and refer callers to summer lunch sites. To find out more about summer lunch locations visit www.foodbankccs.org or call 1-855-309-FOOD.

Hunger Can Hurt



Photo from Food Share of Ventura County

Most of us know hunger as a temporary state until we quickly eat to quiet the grumbling in our stomach. But for the people served by the Food Bank, it can be a long-term condition with lasting effects. This is especially true for the children who are growing and learning while hungry every day. If children do not get enough food, it affects their development, ability to do well in school and possibly leads to health problems in their future. Because of this, the Food Bank tries to battle childhood hunger through many different programs.

The Food for Children program provides nutrient-dense canned, dry, and fresh items for children 4 and 5 years old once a month. Our Farm 2 Kids program provides fresh produce once a week to children at low-income elementary and middle schools. The School Pantry Program provides

high school students with the nourishment they need on a short-term basis. The Food Bank also advocates for long-term solutions to hunger through federal programs like WIC (Women, Infants and Children) and CalFresh (formally Food Stamps) that can help our clients get the assistance they need and take some strain off of Food Bank resources.

With community support we are able to let kids be kids by taking hunger off their mind for a little while, and work toward long-term solutions to child hunger. To learn how you can help visit www.foodbankccs.org/childhunger.

Empty Bowls Full Hearts Empty Bowls 2013 was the most successful ever thanks to the more than 300 people who attended the events in Concord and Fairfield in March. Guests enjoyed soup and bread with friends while learning about the local face of hunger. Each guest selected their own special bowl to keep. Many of the bowls were created and donated by Walnut Creek Clay Arts Guild, Cheryl Wolff, Clay Planet, All Fired Up, and Susie Quan. The Empty Bowls events are a reminder of all the empty bowls in our local communities. This event is an opportunity to help educate the public about hunger issues and what the Food Bank is doing to address these issues. We are grateful to sponsors who made the event possible including Chevron, Diablo Magazine, CBS5, and Appel Law Firm.

ADVOCACY MADE EASY

Let's Meet at the Capitol!

On May 22 the Food Bank will be joining the California Hunger Action Coalition in Sacramento for Hunger Action Day and you are invited! This is our chance to make fundamental changes in our community.

Who: Anti-hunger advocates interested in educating their legislators about hunger.

Where: North Steps of the State Capitol Building

When: Morning Session begins at 9:30m

Cost: Free; lunch included

Morning Session: Rally and Hunger Fighter Award Ceremony on the North Steps of the State Capitol Building

Afternoon Session: Legislative Visits

Let us know by Friday, May 17th if you are able to join us. We will be traveling by bus leaving from our Fairfield office. The event starts at 9:30 am in Sacramento and we will be leaving Sacramento at 3:30 pm.

RSVP to Lisa Sherrill - isherrill@foodbankccs.org or call 925.676.7543 ext 206.

Agencies Meet at the Summit

Over 140 people joined the Food Bank of Contra Costa and Solano for the fourth annual member agency summit in Suisun City. The keynote speaker, Lorrie Sullenberger surprised guests by bringing her husband Sully for a presentation together. We thank them for encouraging us that anyone can make a big difference.

The Food Bank partners with 180 nonprofit agencies like food pantries, churches, soup kitchens and shelters. They receive food from the Food Bank that they distribute to the community. These partnerships enable us to reach more parts of Contra Costa and Solano counties with food assistance. Every spring the Food Bank hosts a one-day summit where our member agencies network, learn and share their experiences.

Since the attendees are already excellent organizations, the purpose of the summit is to bolster what they are accomplishing, create a unified network with common

practices, and provide a day of appreciation for all of their hard work. Year-round, we serve as a resource, but once a year, we bring in the experts with workshops on topics like grant writing, social media and food safety.

Our service area stretches from Richmond to Bethel Island and San Ramon to Dixon. There are 285 partner sites distributing food for free throughout this area. Many don't realize the depth and breadth of our network, including the partners themselves. Time and again we've received feedback on how valuable the Summit was for our partners to meet one another, network, and, frankly, just realize they are a part of a very large effort.

We hope this conference helped to reinvigorate their enthusiasm and each person left with some fresh ideas. We at the Food Bank gain valuable insight and feedback at this event. Thank you to everyone who attended.



Captain Sully and Lorrie Sullenberger



Jennifer Gomes-Figueira of Contra Costa County

Gaels and Trojans Volunteer

Alumni Associations are one of many types of groups who make up our Food Bank volunteer network. Some volunteer groups help us one time, while others help on a regular basis. USC Alumni of the East Bay (pictured top, right) helped us recently at their 2nd annual SService Day. The USC alumni gather all over the country on one specific day each year to serve their communities. On March 23rd we benefitted by their service when they sorted and boxed about 10,000 pounds of food drive in one day. Trojan alumni have already scheduled their day for next year at the Food Bank. Fight On USC.

Saint Mary's Alumni volunteer one evening each quarter at the Food Bank. Mike Leary, Saint Mary's MBA faculty member of five years and the Graduate Business alumni faculty liaison, passes out their red and white Graduate Business volunteer shirts when they arrive. One alumnus said "this makes us feel like the winning team at half-time huddled around our coach in the locker room." Another shared, "it was powerful to see everyone come together as a team to get things moved efficiently, but the real satisfaction came in knowing how our hard work was going to directly benefit people in need around our community." As St. Mary's celebrates the 150th Year of the Gael we salute the difference their students make in the community. Happy Gaelabration!



Party at the Food Bank!

Celebrate your child's birthday at the Food Bank! You provide the children and refreshments and we will provide the conference room, the decorations, invitations and a fun volunteer project for them to complete. With so many children caring about hunger in our community, this is a great way to engage children while celebrating a birthday. For more information, email jtomasini@foodbankccs.org or call Joan at 925-676-7543, extension 208.



Shred for Hunger

Have you been putting off securely ridding yourself of sensitive documents because of the expense or inconvenience? Come out to Les Schwab at 3800 Alhambra Ave in Martinez on Saturday, June 1st from 9am - 1pm, as they Shred for Hunger! Support the Food Bank and community partner Shred-Defense. For a minimum \$5.00 donation per standard banker box, Shred-Defense will pulverize your documents and donate the proceeds to the Food Bank.

Shred-Defense operates the only "green" mobile shred truck in the Bay Area. Their innovative and secure shredding service not only shreds, but pulverizes documents to provide you with the highest security available.

This event will be first come first served, paper only please, boxes cannot be left for disposal.

Upcoming Events: Summer 2013

MAY 25-27

Kidfest - You can help feed children living with hunger in our community by bringing nonperishable food to KidFest in Concord. Tesoro will donate \$1 for every food item donated to the Food Bank up to \$2,500. Any sealed can, box, bag, or sealed nonperishable grocery item qualifies! The 24th annual KidFest will be in downtown Concord Memorial Day Weekend: May 25 through May 27 from 10am to 6pm at Mt. Diablo High School (2450 Grant Street in Concord – near John Muir Hospital). Named a "2012 Best Place to take your Kids for Fun" by the annual Best of Claycord poll, KidFest is a fun and educational event for children and their families. Admission is \$6 per person, but with a can of food to benefit the Food Bank of Contra Costa and Solano, you will receive \$1 off your admission price (\$1 per person maximum). Come with the whole family to enjoy this fun event and bring as many cans as you can carry! Visit www.kidfestconcord.com for more information.

MAY 30

Contra Costa County Fair - Be a kid again at the Contra Costa County Fair in Antioch. By bringing 3 cans of food, you will receive free admission on Thursday May 30 (the first day of the fair) and will be helping kids have food for the summer. Fair hours are 11am to 9pm. There will be live music on the Main Stage, entertaining shows, fantastic fair food, traditional exhibits, youth livestock, FREE Kids activities, and much, much more! For more information visit www.contracostafair.com.

JUNE 23

An Afternoon in the Admiral's Garden - The Admiral's and Captain's Mansions on Mare Island will be transformed into the site of a garden party on Sunday, June 23rd when the Food Bank presents our largest annual fundraiser. Lively jazz will set the mood for a leisurely afternoon of enjoying appetizers and fine wine in the tasting tents followed by a gourmet lunch while you mingle with friends in a beautiful setting. See cover for more info or visit www.foodbankccs.org.

JULY 27

Orinda Everyday Heroes Golf Tournament - On July 22, the Food Bank is again partnering with Orinda Community Foundation, which is hosting its annual "Everyday Heroes Golf Fundraiser" to be held at Orinda Country Club. Support this fun and worthwhile event by becoming a sponsor or playing golf. For more information or to register online please visit www.everydayheroes.golfreg.com.

ALL SUMMER

Kids Summer Food Drive - What can your kids do to help with hunger this summer? Host a food drive! Our barrels are ready to visit your porch at home for a neighborhood food drive, your swim club for a friendly food competition, your baseball or soccer tournament, a special event or just about anywhere you go – we want to be there. Kids helping kids is what it's all about! For more information email jtomasini@foodbankccs.org or call Joan at 925-676-7543, extension 208.

An Afternoon in the Admiral's Garden

June 23, 2013



Your Tickets to Cash and Prizes

Enter the Roger Weiss Memorial "Beat the Recession" Raffle and you could win \$2,500 cash, \$1,000 for gas and many other valuable prizes. Clearly print the name, address, etc. of the purchaser on the ticket stub. Raffle tickets (and checks) must be received by the Food Bank's Concord location no later than Monday, June 17, 2013, and must include your name, address and phone number so that we can contact you if you win. For more tickets, photocopy the ticket below or contact Kathy Gleason at kgleason@foodbankccs.org or 925.771.1313. Mail to PO Box 6324, Concord, CA 94524.

<p>Food Bank of Contra Costa and Solano Raffle</p> <p>Please print clearly.</p> <p>Name: _____</p> <p>Address: _____</p> <p>City: _____</p> <p>State, Zip: _____</p> <p>Email: _____</p> <p>Phone(w Area Code): _____</p> <p style="font-size: small;">Need not be present to win. If value of prize exceeds \$600, winner will receive IRS Form 1099</p>	<p style="text-align: center;">Roger Weiss Memorial BEAT THE RECESSION Raffle! Sponsored by Western Federal Credit Union An Afternoon In The Admiral's Garden Fundraiser 2013</p> <p style="text-align: center;">Grand Prize: \$2,500 cash! Western FCU 2: \$1,000 Target gift card 3: \$1,000 Shell gas gift card 4: \$300 Am-Ex gift card from Tesoro 5: \$300 Peets Coffee & Tea gift card 6: Paula Dean Cookware</p> <p style="text-align: center;">Donation: \$10 each, 6 for \$50, 13 for \$100</p> <p style="text-align: center;">Ticket stubs & check must be received no later than 6-17-13 Mail to: Food Bank of Contra Costa & Solano P. O. Box 6324, Concord, CA 94524</p> <p style="text-align: center;">Drawing to be held Sunday, June 23, 2013 at Admiral's Garden Event, Mare Island, Vallejo If value of prize exceeds \$600, winner will receive IRS Form 1099</p> <div style="text-align: right; border: 1px solid black; padding: 2px; color: black; font-weight: bold;">NEED NOT BE PRESENT TO WIN!</div>
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4010 Nelson Avenue
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P.O. Box 6324
Concord, CA 94524

Return Service Requested

Donate. Volunteer. Advocate.

Visit www.foodbankccs.org
Call 855-309-FOOD

A Sneak Peek into the Tasting Tents!

Pictured are some of the delicious appetizers, beverages and foods you will sample in the Tasting Tents at An Afternoon in the Admiral's Garden on Mare Island on June 23rd. To see more and reserve your spot, visit www.theeventofthesummer.com.

1. Trader Joe's
2. Letter Carriers BBQ
3. Whole Foods Market Walnut Creek
4. Fentons Creamery
5. GV Cellars
6. BJ's Restaurant
7. Hannah Nicole Vineyards
8. Winterhawk Winery Artisan Wines
9. Classic Catering
10. Just a Simple Cupcake



10



8



9



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