

SUMMER 2014

BREAD CONNECTION

A Not Quite Quarterly publication of Food Bank of Contra Costa and Solano

We need you more than ever, because hunger doesn't take a summer vacation

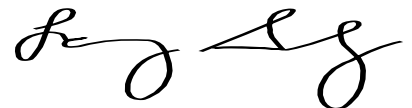
A note from Executive Director, Larry Sly

When my children were growing up, as for most families, summer meant adjustments to our family routine because school was no longer in session. We had to find a camp or other activity and get extra child care. It cost us more money, but it was part of the life of a two-income family. **We never had to think about our children not having enough food because school is out.**

Summer is different for those living with low income. Living on limited incomes, parents do not have the opportunity to "buy" additional support. No free or reduced-price lunches at school means added grocery expenses. **If the money just isn't there, children go without.**

Thankfully, for the children who qualify for free lunch during the school year, local school districts are creative in trying to get lunch to children. Some districts kick off the summer lunch program with a celebration barbecue. Several districts have mobile trucks that go to child care programs operated by local nonprofits. Some districts take boxed lunches to parks or other gathering places so the food is accessible to all children. Districts are also exploring partnering with local libraries to provide food to the children who gather there. In several areas, the Food Bank is providing fresh produce so that parents can bring produce home for their family.

The school lunch program recognizes that a child who has a good diet is healthier and better able to learn. **The summer lunch program exists because hunger doesn't take a vacation.** For a list of summer lunch sites and ways to help this summer visit www.foodbankccs.org/childhunger.



inside

- Your support helps Lori and her family
- Food Bank investigates missing summer meals



1 in 4 people receiving emergency food are children.



Your support gives hope to Lori and her family



Lori shared her story with guests at Empty Bowls

Three years ago Lori went through a very difficult divorce and found herself in financial trouble and needing to take care of her two children (then ages 9 and 11).

She worked as a nurse for elderly needing in-home care, but has been off work since August on disability, which means money is very tight.

The healthy vegetables, rice, cereal, apples, sweet potatoes and other staples she gets from the Food Bank are a huge nutrition boost to her and her children - and it means she can actually afford to buy meat on occasion. Simply being able to get milk is a huge relief.

Lori stresses that she appreciates every bit of the help she gets, and feels it is teaching her kids how to share, be humble, conquer their fears and not be afraid to ask for help. She says their faces light up on days she picks up food. They are so excited to get the healthy yogurts, fruits and veggies she is able to bring home.

Lori hopes that people will see that there is little truth to the stereotypes that people take advantage of the system. Those who get food, are like you and me, just in need of some help.

Eating right when times are tight

The Food Bank provides recipes that focus on healthy ingredients on a tight budget to help our clients get the most out of the food they receive.

Enjoy this recipe for Southwest Salsa, provided for our clients by Haley Lindberg as part of her Girl Scout Gold project.

Southwest Salsa



Ingredients

- 1/2 C. corn (fresh, canned or frozen)
- 15 oz. can black beans drained and rinsed, or 1 1/2 C. cooked beans
- 1 C. tomatoes, diced
- 1/2 C. onions, diced
- 1/2 green bell pepper, diced
- 2 Tbsp. lime juice
- 2 cloves garlic, minced

Preparation

1. Combine all ingredients in a large bowl, draining excess juice.
2. Chill until serving time, then drain excess juice again.
3. Serve with tortilla chips.
4. Also great as a quesadilla filling or a topping for chicken.

Find more budget recipes at
www.foodbankccs.org/recipes
or follow foodbankccs on Pinterest.

Without school pantries, teens might miss out on important nutrition

High school is hard enough for teens without them worrying about having enough to eat. With sensitivity toward students at risk of hunger having easy access to groceries, the Food Bank implemented the School Pantry Program in 2010. Located on school grounds, the pantries enable high school students to access nutritious, nonperishable food items to take home and makes sure they get the fuel they need to succeed.

One student really appreciated being able to pick her own food because diabetes runs in her family and they were having trouble affording more healthy food choices.

An average of 175 families are served every month at eight sites in Contra Costa and Solano counties. **The program is completely supplied by food drive donations, which we have in abundance after the holidays. Donated food begins to run low in late summer, which may mean supplementing this growing program with purchased food at a considerably higher expense for the Food Bank.**



You can help replace missing summer meals without leaving your neighborhood

The Neighborhood Food Project is a revolutionary way to share food with people at risk of hunger near you and we need your help to make it grow.

Every two months, neighbors fill a special green bag with food that is collected at their doorstep by a Neighborhood Coordinator. Just add one extra item to your cart every shopping trip and watch it add up! To get started building community, collecting food and getting to know your neighbors visit www.foodbankccs.org/foodproject.



Thank you to everyone who left food by their mailbox and especially the Letter Carriers who went above and beyond at the annual Letter Carriers Food Drive in May. You helped provide 136,500 meals!

Ending hunger together

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

HAVE YOUR BIRTHDAY AT THE FOOD BANK AND PARTY WITH A PURPOSE!

A birthday party at the Food Bank is a fun way to spend a special day while giving the gift of service.

Guests will take a tour of either our Concord or Fairfield warehouse, participate in a fun volunteer project and have a reserved room with party favors (such as wristbands and pencils). The guest of honor will receive a special gift. Upon request we can also provide invitations, a food drive kit, and simple decorations!

Get the party started at
www.foodbankccs.org/birthdays!



Upcoming Events

Find more details on the web
www.foodbankccs.org/events

MAY 14-JULY 7
Racing to Stop Hunger
Pick-n-Pull Locations

JUNE 7
Family Volunteer Day
Fairfield Warehouse

AUGUST 3
Food Bank Uncorked
GV Cellars, Fairfield



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