

SUMMER 2010

BREAD CONNECTION

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

Escape to Survivor Mare Island!

An Afternoon in the Admiral's Garden, the tropical event of the summer... is almost here!

Mark your calendar for the Food Bank's TENTH ANNUAL Fundraiser Event on Sunday, June 27th!

Bay area Survivor TV stars and local celebrities invite you to join them for a fun filled afternoon to celebrate the tenth anniversary of An Afternoon in the Admiral's Garden. Join our castaways on this "four hour cruise", here on Survivor Mare Island! The cast includes Yau-Man Chan – Survivor Fiji and Micronesia, Sonja Christopher – Survivor Borneo, Sylvia Kwan – Survivor Fiji, and Cecilia Mansilla – Survivor Cook Islands. Joining the Survivor stars is baseball great Vida Blue, KTVU's Heather Holmes, KSFO's Officer Vic aka Tom Benner. KUIC's John Young and Don Potter, and more!



Clockwise from top left: Cecilia Mansilla – Survivor Cook Islands, Yau-Man Chan – Survivor Fiji and Micronesia, Sonja Christopher – Survivor Borneo, and Sylvia Kwan – Survivor Fiji.

Entertainment this year includes the 40's and 50's swinging sounds of The Singing Blue Stars of the USS Hornet (back by popular demand), the Pandamonium Steel Drum Band, and our favorite DJ's Denon & Doyle.

The fun starts at noon with the opening of the Wine and Appetizer Tasting Tents and live music. At 1:30 pm a delicious tropical gourmet lunch, prepared by Englund's Catering, is served in the garden. Dessert Tasting Tents open at 2:30 pm. Watch sugar artist Jan Loomis create gorgeous sweet treats, and then taste them! See the back cover of this newsletter for some of our Tasting Tent participants. Tour the mansions, St. Peter's Chapel and the Naval Museum. Bid on Live and Silent Auctions and play fundraising games. Wear your favorite tropical outfit!

The low event price (same as last year) of \$65 per person or two for \$120 includes all food, drink, entertainment and tours. Bring extra cash, check or credit card if you wish to participate in Live or Silent Auctions or games.

Please reserve your corporate tables soon as there is limited seating and the event sells out earlier each year! For corporate sponsor information call Kathy Gleason at (925) 771-1313 or kgleason@foodbankccs.org.



Admiral's Mansion – Mare Island



Singing Blue Stars of the U.S.S. Hornet

To make individual reservations and for more information visit www.theeventofthesummer.com.

Be sure to enter our "Beat the Recession" Drawing! See page 7 of this newsletter for details and tickets. You could be a lucky winner!

Presented by  **PACIFIC SERVICE CREDIT UNION**

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AN AFTERNOON IN THE ADMIRAL'S GARDEN SURVIVOR MARE ISLAND



The Food Bank of Contra Costa and Solano began its operation in the summer of 1975. I began working here in March of 1976 so nearly 35 years of my life have been dedicated to helping this organization grow. In doing this work, I have had the privilege of working with incredible staff members and volunteers who share a commitment to helping feed people in need in our community.

Our first "warehouse" was a Safeway trailer parked in a church parking lot. I was the second employee in a two-person organizational chart and we distributed 30,000 pounds of food the first year. We now distribute over 12 million pounds from two warehouses, a 30,000 square foot building in Concord and a 5,000 square foot building in Fairfield. I am now one of fifty employees that work together to help our organization meet its goals. The main lesson I have learned is that we need to be flexible if we hope to succeed in our work.

We have been part of the national food bank network, now named Feeding America, since 1981. Feeding America was based on the idea that by creating a network of food banks that could parallel the food industry's distribution system we could save excess food from being dumped so it could feed people instead. As we got better at our work, the industry got better too and developed systems to minimize their waste. At the same time, secondary market stores developed and gave the industry a way of selling their excess. Because of that, and because the need has grown so dramatically, we have had to adapt to improve the work we do.

Part of our strength has come from working cooperatively with other food banks. We work with other food banks in the Bay Area to connect with media outlets so we can educate the public about hunger. We are also able to enlist public support so we can obtain the food and financial donations that make our work possible. By joining our purchasing power with other area food banks, we have been able to increase the amount of food we purchase and improve the nutritional quality of the food we buy. At the same time, by buying larger amounts we are able to cut the cost of what we purchase.

Cooperation also plays a critical role in giving us access to millions of pounds of fresh fruit and vegetables. Working with the California Association of Food Banks, we have access to oranges, apples, pears, onions, and potatoes by paying a few cents per pound for the unmarketable food. Because we have guaranteed access to fresh produce year round, this has enabled us to create programs like Farm 2 Kids that provides fresh produce to over 6,500 low-income children each week. Farm 2 Kids and our other distribution programs help us get more than 3.6 million pounds of fresh produce to people in our community.

We have adapted, but we have remained consistent in our mission of feeding those in need in our community. All of us at the Food Bank hope that one day we will not need to do the work we do to feed the hungry. But until that day comes, we will rely on the support we receive from the community to make our work possible.

Executive Director
Food Bank of Contra Costa and Solano

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

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NEWSLETTER DESIGN
MIGHTYminnow

The Food Bank of Contra Costa and Solano has been serving the community for 35 years. We provide food to more than 130,000 hungry people in need every month through direct service programs and a network of 175 charitable agencies, and distributed over 12 million pounds last year!

The Food Bank works to reduce food waste, 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 hungry neighbors.



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Child Nutrition Reauthorization

Currently, Congress is reviewing the Child Nutrition and WIC Reauthorization Act of 2004. This legislation, which expired at the end of September of 2009, includes funding for federal child nutrition programs such as school lunches and breakfasts, Summer Food, WIC, and the Child and Adult Care Food Program.



George Miller reads a book about nutrition from children served by the Food Bank of Contra Costa and Solano in his office in Washington, DC.

We urge you to simply call the Congressionalswitchboardat202-224-3121 and tell your legislator “we need a strong Child Nutrition Reauthorization Bill as soon as possible at the President’s proposed level of \$10 billion over 10 years so we can achieve the President’s goal of ending child hunger by 2015”. A comprehensive and fully funded Child Nutrition Reauthorization Bill needs to pass quickly so that our children do not have to wait another year to have access to the nutritious foods needed to lead healthy and productive lives.

For more information about engaging in advocacy efforts during Child Nutrition Reauthorization, please visit www.foodbankccs.org and click on the advocacy button.

AGENCY CORNER

Agency Summit 2010

“Thinking Outside the Food Box” was the focus of the Food Bank’s agency summit on March 19. More than 130 people from over 60 different organizations gathered to learn about hunger issues and discuss new ways they could be more effective serving those in need. Attendees enjoyed a keynote address from ABC 7 anchor Dan Ashley as well as workshops on disaster planning, eating right on a budget, advocacy, food stamp outreach, food safety, food and fundraising, and diverse pantry models. The event provided the opportunity for member agencies to learn about each other and

share a common goal. Everyone came out of the day with stronger skills in the common fight against hunger.



Agency partners enjoying the summit



In loving memory of Patty Fontaine, a kind, loving person and a member of the Food Bank family for many years. She will be missed by many.

TEEN BOARD TAKES A BITE OUT OF HUNGER

Hectic, busy, excitement, competition. Do you know the feeling? I do, but probably not what most people know the feeling by. I felt all this during our Hercules Middle School annual food drive, supervised by Ms. Lynne Dirk and organized by myself and Aurabel of the Journalism Class. It showed us responsibility, public speaking, and the feeling of doing something to help people in need. Organization might have been the key, but the real source that kept everything together, was a group of young teenagers willing to do the work. It might not seem like a lot compared to other food drives in different cities, but we are proud of our accomplishments.

Our school collected 2,107 items of food, canned and boxed, within two weeks. We’d love to see other schools try and beat our total. We don’t do this for competition or for anyone to think we’re great people; we do this to help those who actually need it. No, not just homeless, as most teens would think, but our friends, neighbors, or just plain citizens we see around each and every neighborhood. Everyone in room M508, or Ms. Dirk’s 6th period, might not know how much they’ve helped a family or a person, but all know deep inside they’ve put a smile on someone’s face. It might have been the slightest of a grin, but for every smile, there’s joy in our hearts.

Our annual food drive will continue to happen every March. This food drive has taught us responsibility and that a small random act of kindness brings wonderful pleasures that we will hopefully carry on for the rest of our lives. I would like to say thank you to Ms. Dirk for teaching us so much as a teacher, and also Ms. Joan Tomasini for all the rewards she gave to us, not only physically, but mentally. We can’t change the world or anything and anyone in it, unless we change ourselves. Think about it.

– Nia, Hercules Middle School



Wedding Celebration

When you don't need china, silverware or other household items, what do you ask your wedding guests to bring? According to Stephanie Kinsey and Guillermo Leal, it is food to help others in the community. The celebration started on February 18th when the soon to be married couple arrived at the Food Bank with 1,033 pounds of food they bought at several different stores. Because friends of the couple sent advance money and gift cards, a shopping trip was a must. What could be more fun than shopping

for hundreds of dollars of peanut butter, canned tuna and cereal? The couple did comment on the strange looks they received from other shoppers who thought they must have at least 10 children.

At the wedding reception on February 20th, we received another 2,009 pounds of food. The guests were extremely generous donating cases of soup, cereal, canned vegetables, canned fruit and many other types of brand new food. The celebration continued into March

when once again the happy couple brought in another 982 pounds of food and \$190 in checks.

What better way to start a new chapter of their life together than collecting an overwhelming 4,024 pounds of food and \$190 to benefit those in need in our community? They definitely surpassed their goal of 2,000 pounds. Thank you Stephanie and Guillermo and all of their family and friends for their generosity! The donated food has been consumed by our clients but the wedding memory will live on at the Food Bank.

What better way to start a new chapter of their life together than collecting an overwhelming 4,024 pounds of food...

Next time you have a celebration of any type, consider having a food collection barrel for your guests to bring donations. Your guests and you will remember the celebration and the giving for a long time.



Virtual Food Drive

Dear Editor: I want to have a food drive at work but we have no room for a barrel. What should I do?

Editor: Have you heard about our Virtual Food Drive?

The Virtual Food Drive is an easy way to help feed our neighbors in need. Visit www.foodbankccs.org and click on donate to access our Virtual Food Drive. Select any of our 10 most often purchased foods, tell us what to buy and how much to buy. We will buy it for you and you will have the wonderful feeling of knowing you are feeding our neighbors in need. It is as easy as that!

Dear Editor: When I purchase the "Buy 1, Get 1 Free", I eat both items so then I can't donate the food. How can I help?

Editor: Have you heard about our Virtual Food Drive?

Youth Ag Day

Over 3,000 fourth graders from all over Solano County came to the Fairgrounds in Vallejo on March 17 to learn about health, nutrition, agriculture, and the world they live in for the annual Youth Ag Day 2010.

The Food Bank ran an activity to teach youth about the importance of eating fruits and vegetables while incorporating a component of physical activity. By looking at the rainbow of fruits and vegetables on the wall, the students learned

the importance of eating a variety of colors of fruits and vegetables every day. They then played a game tossing around a beach ball to encourage some movement and exercise. Each child had to name a fruit or vegetable in a different category. For instance, "red fruits and veggies" or "fruits and veggies you would put in a salad".

After a long and exciting day, the children (and the Food Bank staff and volunteers) left tired, healthy, and happy.

Bag Hunger

In March, Macy's associates across the country collected food and money to help feed their local communities. Locally, Macy's has stores in Fairfield, Antioch, Concord, Richmond and Walnut Creek. Together these associates donated enough food and money to provide over 45,000 meals to our local neighbors in need. Macy's associates really know how to "Bag Hunger"!

Help Build The Can Man

Below is an excerpt from an email we received from an amazing teacher in our community:

“My name is Doug Wheeler and I teach Kindergarten at Bayview Elementary School in San Pablo. About 18 months ago, I began a project to collect canned food. Instead of placing the cans in a barrel, we decided to make a sculpture of a man with the donated cans. The idea was to create a human-like image of collective compassion (the donated cans). The Can Man grew from the floor up to over 7 feet tall and was comprised of over 100 cans (mostly vegetables). This project took more than a year to complete, but when you take into account that the food came from families that themselves are struggling to make ends meet, the effort is nothing less than heroic.”

Once the Food Bank received the email and pictures of the Can Man and students, we could hardly wait to go see what they created. We came one morning to meet the Can Man and take him



Bayview Elementary students and their teacher, Mr. Wheeler, proudly displaying the Can Man.

away. The children sang songs as they said goodbye to their friend knowing he would be broken down and spread out to many homes in need.

The legend of the Can Man will be used to inspire other schools and youth

around our community to help others in need. The Can Man is about community helping community. Thank you Doug Wheeler and the children of Bayview Elementary that helped create the Can Man!

Senior Food Program

One of the oldest Food Bank programs, Brown Bag, has been in existence since 1979. Last year, the State of California, cut funding for this program. Fortunately, thanks to the generous contributions of our donors, we are still able to serve over 2,000 low-income senior households that have come to rely on the nutritious fruits, vegetables, protein and grain items that they receive twice a month through this program. We have decided to change the program name to Senior Food Program, effective July 1st, and we will be making some small program changes as well to simplify recordkeeping and improve program access.

We are delighted that we are able to continue distributing Senior Farmer's Market Coupons through our new program. Senior Farmer's Market Coupons are funded by the United States Department of Agriculture and administered by the California Department of Food and Agriculture. Seniors may receive a \$20 coupon booklet to use at local certified Farmer's Markets to acquire their favorite fruits and vegetables. It is a real treat for the seniors who can participate. Seniors who previously felt they could not go to a Farmer's Market because the produce seems too expensive get a chance to enjoy local produce.



Senior Food Program volunteers assembling the bags of food

Seniors will be able to incorporate more fresh produce into their diets this summer by combining the fruits and vegetables distributed (with other free groceries) every two weeks at our Senior Food Program sites and the produce purchased with Senior Farmer's Market Coupons!

Starting July 1, Brown Bag will be called Senior Food Program.

Boxing Team

When you hear the term boxing team you may think of fighters.....perhaps the US Olympic Boxing Team. The Food Bank "boxing team" is definitely fighting but not in the same way. Our team is fighting to help over 1,000 local four and five year old children each month. They are "boxing" to feed the children who receive food from our Food for Children Program. On several Friday mornings each month volunteers arrive at our Concord warehouse to assemble boxes. The food has been staged down the aisle in the warehouse that we refer to as Main Street, on pallets with signs informing the volunteers how many of each item goes into the box. Staff and volunteers have opened the cartons ahead of time and the assembly line begins. Instead of the food moving on a conveyer belt the people move while pushing the boxes they need to fill on rolling carts. When they reach the end of the row our quality control volunteer weighs each box to make sure no items are missed. The boxes are sealed, tagged, and put on pallets ready to be distributed. Boxing team volunteers can fill over 600 boxes in one morning. They are an amazing group of volunteers who make a difference in the lives of the children we serve every month. They sure know how to "knock out" hunger.



Food for Children Boxing Team

Upcoming Events: Summer 2010

MAY 29-31

KidFest in its 21st year is a fun and educational event for children and their families. Bring a can of food to KidFest at Mt. Diablo High School in Concord and receive \$1 off your admission price while supporting the Food Bank. For more information, visit www.kidfestconcord.com.

JUNE 19

Diablo Valley Corvettes will be presenting their 40th Anniversary corvette car show, Vette-O-Rama, at Todos Santos Plaza in downtown Concord. Bring a bag of nonperishable food to support the Food Bank. For more information, visit www.dvcorvettes.com.

JUNE 27

Join stars from the hit Reality TV series Survivor and other Bay Area celebrities for "An Afternoon in the Admiral's Garden" and help fight hunger in our community. Enjoy a tropical gourmet lunch, live steel drum music, tasting tents, live and silent auctions and grand prize drawing amidst the gardens at the Admiral's and Captain's Mansions on Mare Island in Vallejo, as well as tours of the historic mansions, chapel and museum. To make reservations, purchase drawing tickets, or inquire about sponsorship opportunities visit www.theeventofthesummer.com or call (925) 676-7543.

JULY 25-26

Orinda Celebrity Golf Tournament and Social with the theme "Celebrate Everyday Heroes". This two-day event will be kicked off with an elegant dinner and entertaining auction social at Orinda Country Club on Sunday, July 25 followed by the Orinda Celebrity Golf Experience on Monday, July 26. Lunch and all golf amenities await you. The Food Bank is one of the event beneficiaries. Learn more and register online at www.CelebrateEverydayHeroes.org.

SEPTEMBER IS HUNGER ACTION MONTH

Watch for more details in our Fall 2010 issue of Bread Connection

Volunteer Opportunities

Volunteers are essential to Food Bank of Contra Costa and Solano operations, supporting the organization in numerous ways. With the help of hundreds of volunteers who generously donate their time and talents, the Food Bank is able to provide food to over 130,000 hungry people every month.


Join our online community of caring citizens interested in receiving periodic email communications from us and stay informed on how you can positively impact your neighbors in need. Visit www.foodbankccs.org and enter your email address into the "Join Us" section, then select the areas of interest for which you would like to receive occasional e-news and updates from us.

**AN AFTERNOON IN THE
ADMIRAL'S GARDEN
SURVIVOR MARE ISLAND**




“Beat the Recession” Drawing

Clearly print on the ticket stub the name, address, etc. of the purchaser. Drawing tickets (and checks) must be received by the Food Bank Concord location no later than noon, Friday, June 18, 2010, and must include your name, address and phone number so that we can contact you if you win. For more tickets photo copy tickets below, or contact Kathy Gleason at kgleason@foodbankccs.org or (925) 771-1313.

<p>Food Bank of Contra Costa & Solano Drawing</p> <p>Please print clearly</p> <p>Name: _____</p> <p>Address: _____</p> <p>City: _____</p> <p>State, Zip: _____</p> <p>Phone (with Area Code) _____</p> <p>Need not be present to win. If value of prize exceeds \$600, winner will receive IRS Form 1099.</p>	 <p>Roger Weiss Memorial “BEAT THE RECESSION” Drawing! Sponsored by California Pacific Federal Credit Union Afternoon In The Admiral's Garden Survivor Mare Island Fundraiser 2010</p> <p>Grand Prize: \$2,500 cash! Cal Pac FCU 2: \$1,000 Target gift card 3: \$1,000 American Express gift card/Tesoro 4: \$1,000 Lowe's gift card 5: Treasure Chest, 500 \$1 Gold Coins 6: \$430 Marin Bikes street bike</p> <p>Donation: \$10 each, 6 for \$50, 13 for \$100</p> <p>Ticket stubs & check must be received no later than 6/18/10 Mail to: Food Bank of Contra Costa & Solano PO Box 6324, Concord, CA 94524</p> <p>Drawing held Sunday, June 27, 2010 at Admiral's Garden Event, Mare Island, Vallejo If value of prize exceeds \$600, winner will receive IRS Form 1099</p> <p>NEED NOT BE PRESENT TO WIN!</p>
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4010 Nelson Avenue
Concord, CA 94520

P.O. Box 6324
Concord, CA 94524

Return Service Requested

Donate. Volunteer. Advocate.

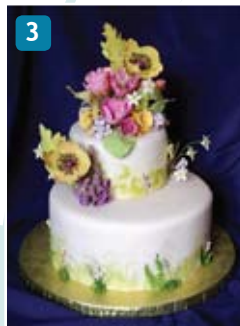
Visit www.foodbankccs.org
Call 800-870-FOOD

A Sneak Peek into the Tasting Tents!

Pictured below are some of the yummy appetizers, desserts and beverages you will sample in the Tasting Tents at An Afternoon in the Admiral's Garden – Survivor Mare Island! To see more, visit www.theeventofthesummer.com.

- 1 Okami Chinese Chicken Salad and fresh sushi
- 2 East & West Gourmet Afghan Food natural, fresh, organic Bolani's and spreads
- 3 Sugar Garden Cakes' Jan Loomis will demo unbelievable cake and sugarpaste flower creations
- 4 Arno Confection's award winning artisan dark chocolate bark
- 5 Parker's Crazy Cookies turns your favorite person, pet or anything into a cookie!
- 6 Panera fresh baked breads and pastries
- 7 Susie Iventosch, food columnist, cookbook signing and dessert tasting
- 8 Dreyer's Ice Cream: sample your favorites plus tropical sherbets
- 9 Chef Michael Dunn, Yankee Pier
- 10 Lindsay Olive savory dip and olive tasting
- 11 Frog Hollow Farm fresh seasonal organic fruits: cherries, apricots, peaches, nectarines, Santa Rosa plums

Plus new releases from K9 Wines, tropical surprises from Trader Joe's, Spun Sugar jungle animal cookies and more!



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