

SUMMER 2011

BREAD CONNECTION

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

Enjoy a Tropical Afternoon in the Admiral's Garden!

Take an express trip to the tropics on Sunday, June 26th at the Food Bank's 11th annual Admiral's Garden fundraising event!

This year local master sugar artists/ cake decorators and pastry chefs have declared a Cupcake War in the Dessert Tasting Tents! Watch Jan Loomis, Tracy Wirta, Mitchell Hughes and Marla Erojo decorate cupcakes and compete. Celebrity judges will decide who will win the Cupcake War!

Mingle and chat with Survivor TV stars Yau-Man Chan, Sylvia Kwan, Chad Crittenden, Sonja Christopher, and other local media celebrities.

The fun starts at noon with Denon & Doyle DJs setting the tropical mood and the opening of the Wine

and Appetizer Tasting Tents. Enjoy live Caribbean music by Shabang Steel Drum Band. At 1:30pm a delicious gourmet lunch, prepared by Englund's Cafe & Catering, is served in the garden. Back by popular demand during lunch are the Singing Blue Stars of the USS Hornet, taking the party back to the swinging sounds of the 40' and 50's. Dessert Tasting Tents open at 2:30pm. See the back cover of this newsletter for some of our Tasting Tent participants.

Tour the mansions, St. Peter's Chapel and the Mare Island Artifact Museum. Bid on Silent Auction prizes and play fundraising games. Have fun and help the Food Bank restock warehouse shelves for the summer. Be sure to wear your favorite tropical outfit!

The low event price of \$75 per person or two for \$140 includes all food, drink, entertainment and tours. Bring extra cash, check or credit card if you wish to participate in the auction or games.

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

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



Cupcake War!



Shabang Steel Drum Band

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 of \$2,500 cash or other valuable prizes!

Presented by PACIFIC SERVICE CREDIT UNION.



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

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A TROPICAL AFTERNOON IN THE ADMIRAL'S GARDEN



As part of a recent staff development day, I talked to staff members about what is involved in my job as Executive Director. (Turns out not everyone knows what I do with my time. Go figure...). I explained to everyone that I spend a great deal of time working with board members, staff members, and community members who help us feed people in need. One part I enjoy and do spend a lot of time doing is signing thank you letters to our many supporters. Overall, I spend the majority of my time helping with fund

raising, operations and program management to make sure our Food Bank does its best to help those in our community who need food.

Because I have been working at the Food Bank for over 35 years, I have gradually taken on tasks that go beyond the day to day operation of the Food Bank. For me, these jobs demonstrate how everything is tied together, because while they may not directly affect our daily operation they are an important part of what we do to help those in need.

Locally, I spend time serving as the chair of the Emergency Food and Shelter board that handles the distribution of federal FEMA funds to local agencies that fight hunger and homelessness. I am also involved with task forces of agencies that have contracts with local and county governments and other groups that help us in our work. On a regional basis, I lead a group of food banks in northern California and northern Nevada that associate together to try to improve our access to food. On a statewide level, I serve as Treasurer of the California Association of Food Banks (CAFB). This association serves as our statewide voice and also provides our Food Bank and others in the state with millions of pounds of fresh produce. On a national level, I have served on various committees and task forces for Feeding America, our national association. By helping all food banks be stronger, I help our Food Bank be the best it can be. We are all connected by our common concern.

Executive Director
Food Bank of Contra Costa and Solano

Color Printing

You may have noticed that we are printing more materials in color than we have in the past and you are probably thinking, "how can they afford that?"

Because of the generosity of the printers we work with, we are often able to get color printing at deeply discounted rates. Also, printing processes have changed and there is no longer such a huge price difference between full color printing and one or two-color printing. We regularly ask for bids from different printers on many of our print projects to keep costs down and to support as many different local printers as we can.

We work hard to be good stewards of the funds that are donated to the Food Bank and want to put your mind at ease that we do everything possible to get the best price when making purchases.

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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 36 years. We provide food to more than 132,000 hungry people in need every month through direct service programs and a network of 175 charitable agencies, and distributed over 12.6 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.



Contra Costa Location

4010 Nelson Avenue
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Solano Location

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www.foodbankccs.org



Empty Bowls

A community event designed to increase awareness about the issue of hunger – took place in March at the Food Bank Warehouse in Concord and at Rockville Presbyterian Fellowship in Fairfield. Guests enjoyed a simple meal of soup served in hand-painted bowls they selected themselves and took home as a keepsake. Baguettes provided by Panera Bread were served in brown paper grocery bags which were used as centerpieces, symbolizing the struggle that some people face to get enough food to eat. At the Concord event, soup was provided by Loaves and Fishes, The Old Spaghetti Factory, Big C Athletic Club, La Tapatia Mexican Cuisine & Catering, and Bay Area Rescue Mission. Fairfield guests enjoyed soup provided by Tony's to Go, Huckleberry's, Meals on Wheels, and Pam Nelson (a member of Rockville Presbyterian Fellowship).

Speakers at both events included Food Bank Executive Director Larry Sly and clients, who spoke about how they were helped by the Food Bank. Keynote speakers at the Concord session was Eleanor Bonner of Loaves & Fishes and Chris Dikes and Odale Thomas of Bay Area Rescue Mission; Fairfield was fortunate to have Assemblymember Mariko Yamada as their keynote speaker. Thanks to the hard work of John Schmidt of Rockville Presbyterian, Fairfield guests also enjoyed a pianist, raffle, and silent auction.



Guests enjoy soup at Empty Bowls in Fairfield

Healthy Eating, Active Living.

Thrive. Increase Physical Activity. Eat More Fruits and Vegetables and Be Active. Less Fat and Sugar, More Whole Grains. Food Bank employees see and hear these phrases on a daily basis. They are proud of the amount of beautiful fresh produce we bring into the community and share with our low-income neighbors. We discuss healthier low salt, low sugar options and read the labels in the warehouse. Everyone is aware of wellness campaigns and working to share this information on a daily basis.

Like many other organizations, we are trying to figure out whether we should make any changes to our policies and practices to support employee wellness. We have an interesting mix of jobs. Some of the people who work at the Food Bank get plenty of exercise on a regular basis lifting boxes as they pull orders in the warehouses or stage open cases of food on the backs of trucks or pallets during agency distributions. People who work with the volunteers sorting produce or food drive

food are on their feet and moving all the time. Some employees have a mix of moving around and desk work. Other people sit at computers most of the time. We are working together to figure out what steps we might take to support employees who want to get more exercise and eat healthier at work.

This is a work in progress. We were able to have some optional wellness classes during the lunch hour last year. We have a Nutrition Committee that is going to look at guidelines other organizations have adopted. Vending machines, fundraising, food at meetings, food at special events, stretch breaks, exercise equipment, physical activity at meetings that last more than 2 hours—all these topics and more will be on the table. Carrots, anyone?

TEEN BOARD TAKES A BITE OUT OF HUNGER

By Kimaree S. and Camille C., Hercules Middle School

Hectic, chaotic, loud; those words all describe the food drive at Hercules Middle School, hosted by the Journalism class. This is Journalism's 4th year hosting our food drive.

During the food drive, food was collected and barrels were filled. Now the food is gone and it's feeding the hungry in Contra Costa County.

During the food drive, from March 7-18, we collected 2,518 pounds of food. In general, the food drive went very well. Our class went to all the classes to collect food, came back counted, and organized the food quickly into the barrels.

All the food we collected really helped the Food Bank. Because our class collected so much food; the Food Bank had to come four times all together to pick up all our barrels of food. Go Titans!

Editor's note: We love school food drives and count on our youth to help us help our neighbors.

Bill and Terri Wygal

Bill and Terri Wygal are the owners of Bill's Chairs for Affairs and Bill's Ace Hardware stores. Bill's Ace Hardware has been in business since 1964 serving the community and ensuring Grandpa Bill's vision of providing superior customer service remains a priority. For more than ten years their businesses have been Certified Green, with Bill's being one of the first local businesses to attain that distinction. Bill's Chairs for Affairs was purchased in November of 2008 from a good friend of theirs, and is operated with the same commitment to service as the hardware stores. Bill and Terri are both extremely active in their community, partnering with many non-profits such as the Food Bank, American Cancer Society, Civic Art, and Veterans causes. They generously sent their employees to help rebuild Bay Area Crisis Nursery when called upon.

Bill's Ace Hardware is a strong supporter of the Food Bank, donating auction prizes and cases of water for the annual Afternoon in the Admiral's Garden fundraiser in June. Bill and Terri have been extremely involved in Martinez schools for years. Their support of Martinez schools ranges from the

elementary schools to the Junior High School, all the way to Alhambra High School. Bill and Terri both have a strong commitment to the communities that we live in and try to give back as much as possible. They are amazing people who are always wonderful to talk to and willing to help with anything you need. We salute Bill and Terri Wygal for their outstanding efforts in helping to end hunger.



Bill & Terri Wygal at Admiral's Garden 2010

Senior Food Program Supporters



The Food Bank wishes to thank the following foundations for their generous support of our Senior Food Program: John Muir / Mt. Diablo Community Health Fund, May & Stanley Smith Charitable Trust, PMI Foundation, Insurance Industry Charitable Foundation, Carl & Celia Berta Gellert Foundation, and SCAN Health Plan

Their gifts are helping us to continue to provide healthy food to our elderly low income neighbors who really appreciate the assistance provided through the program.

Crop Walk

Sunny skies made the 5K CROP Hunger Walk held Saturday, April 9th along Vallejo's scenic waterfront a pleasant way to spend a Saturday. Sponsored nationally by Church World Service, CROP (Communities Responding to Overcome Poverty) walks were held in nearly 2,000 communities across the country with two purposes -- to raise awareness about people around the world who must walk to find food, water, and other necessities and to raise funds to stop hunger wherever it exists. Participants secure sponsors ahead of time and money is also pledged online. 25% of the money raised through the walk will benefit the Food Bank, Amador Street Hope Center, DePaul's Women Center,

and American Canyon Family Resource Center. About 60 walkers/runners turned out this year to raise funds and enjoy the Vallejo waterfront.

The CROP Hunger Walk Benefit Concert held on Sunday, April 10, at First Christian Church of Vallejo, was the perfect ending to the weekend. Performers included Frances Fanilli, a local harpist; Resonance with Elisabeth and James; Debbie, Ken and Brenda from First Church of the Nazarene and singing by John Grose. The walk raised over \$6,000 plus another \$400 from the concert.

Improving Access to Healthy Food

Food Bank staff visited all 9 of Assemblymembers' and Senators' offices that represent Contra Costa and Solano counties as part of the California Association of Food Banks Annual Legislative Day in early April.

We joined over 30 representatives from 20 food banks from around the state asking legislators to support programs to improve access to healthy food and simplify the CalFresh Program.

Currently, California does not provide state support for food banks or emergency food programs. Over seven million Californians are not able to afford the food they need and require assistance to access healthy food. Several of our peer states have increased support for emergency food programs, even in these difficult economic times. Meanwhile, many healthy foods remain out of reach to low-income Californians because of their high cost. Below is a sample of just some of the bills we need your support for.

AB 152(Fuentes) – Improving Access to Healthy Food

- Establishes the framework for a state emergency food assistance program for the purchase of California-grown produce that can be funded by contributions from the state or federal government. California food

banks will be able to purchase and distribute a greater amount of fresh produce when funds become available.

- Provides a tax credit to CA growers for a portion of the costs of fresh produce donated to CA food banks. This will support CA growers and assist CA food banks with providing fresh healthy food to low-income residents.

AB 6(Fuentes) – Modernize and Simplify the CalFresh Program

- Implements semi-annual reporting for CalFresh and CalWORKS, which simplifies the process and eliminates red-tape.

- Eliminates the Statewide Fingerprint Imaging System (SFIS) which costs \$17 million a year and has been shown to decrease participation; more efficient fraud prevention methods are already in place.

- Implements a "Heat and Eat," initiative; increases CalFresh benefits for some households and removes utility costs verification requirements for all households.

You can check out our entire 2011 Public Policy Agenda for more info www.foodbankccs.org/advocate.

AGENCY CORNER

Agency Summit 2011- Building Food Security

Each year, the Food Bank hosts an event for its member agencies. The goal is to provide a space for learning and networking among the people who work hard to provide food to those in need in our counties. This year, nearly 180 people gathered in Suisun City at the beautiful Joseph A. Nelson Community Center. Six workshops were offered based around the theme of improving and expanding the programs already in place. In order to build-up services, three important processes must occur: improved outreach efforts, tighter safety practices, and increased support from the community.

Outreach efforts focused on topics such as nutrition and CalFresh (previously known as The Food Stamp Program). The more we know about nutrition and the process of applying for CalFresh, the better equipped we are to act as helpful resources for our clients.

Safety is integral to ensuring that our work is doing more good than harm. Not only is properly preparing and storing food essential for safety, it also prolongs a food's wholesome and nutritious qualities, and, in turn, prevents food waste.

Finally, we couldn't do any of the work we do without the support of our communities. It is important to get the word out to build a strong support base for when times get tough. Cheryl Hurd of NBC Bay Area news spoke on how best to get the media's attention and how to structure an interest piece. Key figures from the Food Bank's Development Department shared their experience and insight.

In the upcoming weeks, we intend to post most of the educational materials, including power points, on our website. Visit www.foodbankccs.org to learn more.



*Cheryl Hurd at the Agency Summit 2011
Photo by:
Jeanice Sobetzki*

Family Volunteer Day

Families with young children ages 5 and up are invited to visit the Food Bank on special scheduled days throughout the year. Family Volunteer Days showcase the benefits of working together, introduce young children who cannot normally volunteer to community service, and encourage those who have not yet made a commitment to volunteer as a family. Scheduled at least three times during the year at both our Fairfield and Concord warehouses these events include a warehouse tour, art project, educational wheel classroom session and a short hands on sorting and boxing project. This is a great opportunity to bring the family for a chance to volunteer and to see how the Food Bank works! To participate in the volunteer activity, children must be ages 5 and older and must be accompanied by an adult. Family volunteering enhances quality time for families by allowing learning opportunities and positive role modeling for children.



Our next Family Volunteer Day events will be Saturday, August 20 in Fairfield and Sunday, August 21 in Concord. Visit www.foodbankccs.org and enter your email address into the "Join Us" section and be sure to specify volunteer e-news to receive more information.

Upcoming Events: Summer 2011

MAY 28-30

KidFest in its 22nd 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 of \$6 while supporting the Food Bank. For more information, visit www.kidfestconcord.com.

JUNE 18

Diablo Valley Corvettes will be presenting their 41st Anniversary Corvette Car Show, Vette-O-Rama, at Todos Santos Plaza in downtown Concord from 8 am to 3 pm. Free admission. Bring a bag of nonperishable food to support the Food Bank. For more information, visit www.dvcorvettes.com.

JUNE 18

Sign up for the Astound High Speed City Search. It's not your ordinary scavenger hunt. Teams of 2-3 participants work together to solve a series of clues, strategize a route, navigate the course, and face fun challenges while discovering new things about Walnut Creek and Concord. If you always wanted to be on the "Amazing Race" or enjoy playing "Trivial Pursuit", this is the adventure for you. Astound will give 30% of proceeds to the Food Bank. The Astound High Speed City Search will be held from noon to 5 pm starting at Pyramid Alehouse in Walnut Creek (1410 Locust Street).

JUNE 26

Join stars from the hit Reality TV series Survivor and other Bay Area celebrities for "A Tropical Afternoon in the Admiral's Garden" and help fight hunger in our community. Enjoy a gourmet lunch, live music, tasting tents, 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. Tickets are \$75 each or two for \$140 and includes all of the above! To make reservations, purchase drawing tickets, or inquire about sponsorship opportunities, visit www.theeventofthesummer.com or call (925) 771-1310.

JULY 25

The Second annual "Celebrate Everyday Heroes" Orinda Celebrity Golf Tournament will benefit the Food Bank and other local community programs. Registration begins at 10:30 am; shotgun start begins at noon; tournament concludes around 5:30 pm. Entrance fee of \$195 includes golf, buffet lunch prior to start, contests, food and treats along the way, post Tournament appetizers, awards and entertainment. Participants must be at least 21 years old. For more information, go to www.everydayheroes.golfreg.com or email orindafoundation@gmail.com.

Visit the events page on our website for more event listings
<http://foodbankccs.org/events/upcoming-events>


A TROPICAL AFTERNOON IN THE ADMIRAL'S GARDEN



JUNE 26,
2011

"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 17, 2011, 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>Email: _____</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 2011</p> <p>Grand Prize: \$2,500 cash! Cal Pac FCU</p> <p>2: \$1,000 Target gift card 3: \$1,000 Wal-Mart gift card 4: \$750 American-Express gift card 5: Treasure Chest, 500 \$1 Gold Coins 6: \$300 American-Express gift card/Tesoro 7: 10-piece Paula Deen Signature Cookware Meyer Corp</p> <p>Donation: \$10 each, 6 for \$50, 13 for \$100</p> <p>Ticket stubs & check must be received no later than 6/17/11 Mail to: Food Bank of Contra Costa & Solano PO Box 6324, Concord, CA 94524</p> <p>Drawing held Sunday, June 26, 2011 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.

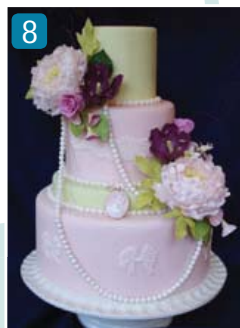
Visit www.foodbankccs.org
Call 800-870-FOOD

A Sneak Peek into the Tasting Tents!

Pictured below are some of the yummy appetizers, beverages and desserts you will sample in the Tasting Tents at A Tropical Afternoon in the Admiral's Garden on Mare Island on June 26th! To see more, visit www.theeventofthesummer.com.

- 1 Tropical appetizer and dessert treats from our friends at Trader Joe's
- 2 Aidell's Pineapple Teriyaki Meatballs, Habanero Green Chile Sausage and Garlic & Gruyere Sausage
- 3 Hannah Nicole award winning wines
- 4 Winterhawk Winery artisan wines
- 5 Classico Gelato delicious French Vanilla and Double Chocolate flavors
- 6 Panera fresh baked breads and pastries
- 7 Chef Michael Dunn, Yankee Pier
- 8 Sugar Garden Cakes' Jan Loomis will demo unbelievable sugarpaste flower creations in the cupcake war
- 9 Frog Hollow delicious organic fruit
- 10 Sample Martinelli's delicious and nutritious "Fruit Virtues"
- 11 Harvest Kitchen Soft Center Cookies filled with a creamy chocolate soft center

Plus BJ's handcrafted beers and sodas, Heavenly Hummus, Okami Sushi, Claim Jumper Sky High Chocolate Cake, new releases from K9 Wines and more!



A TROPICAL AFTERNOON IN THE ADMIRAL'S GARDEN