

FALL 2015

# BREAD CONNECTION

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

# TURN ORANGE FOR HUNGER RELIEF

Every September, during Hunger Action Month, we join Feeding America in their campaign to **Turn Orange for Hunger Relief™**. Orange is the official color of hunger relief and makes a bold statement to start the difficult conversation about hunger.

## 3 EASY WAYS TO TAKE ACTION

**TURN ORANGE** Wear orange every Thursday in September to help raise awareness.

**DONATE** at [www.foodbankccs.org/hungeractionmonth](http://www.foodbankccs.org/hungeractionmonth) and share your action! Or hold a food drive with your neighbors, at work or at your place of worship.

**SHARE** Turn your Facebook and Twitter profiles orange for the month and let everyone know you're taking action! Share Turn Orange pics and actions you've taken with @FoodBankCCS and @FeedingAmerica via social media and use the hashtag #HungerAction.



Visit [www.foodbankccs.org/HungerActionMonth](http://www.foodbankccs.org/HungerActionMonth) to take action!

## inside

- Deliciously orange - budget carrot soup
- Ways to help during the holidays



## Working to end child hunger



When I began working at the Food Bank in 1976, I asked my supervisor if I could take a few days off during the holiday season. In a very nice way I was told I could take time off after the Christmas holiday, but there was no way in the world I could take time off before. That was my first lesson that the holiday season is the busiest time of

the year for the Food Bank. Through the years, I have seen many busy holidays filled with an outpouring of community support.

Starting in August, we begin working with our partner agencies to determine what food they will need from the Food Bank over the holidays. We start organizing the hundreds of food drives that bring in over a million pounds of food from our community. We also work with television and radio partners during the holidays to get the message out to the community about how they can help. Ultimately, the work of the Food Bank is possible because we are part of a caring community. The support we receive, be it financial support, food donations or volunteer time during the holidays, allows us to make a difference in the lives of those in need all year long.

Larry Sly  
Executive Director

## Your Holiday Gifts Keep Giving

**As summer ends, the Food Bank begins to prepare for our busiest time of year – the holiday season.**

**With many ways to support the Food Bank from cookie sales and hot cocoa booths to office food drives, the gifts we receive during the holidays allow us to provide service all year long.**

**Here are some fun and festive ways you can add the Food Bank to your holiday traditions.**

### Host a Food Drive

Help provide nonperishable food to support our programs and partner agencies. We take care of the heavy lifting; you just have to let us know where to send the collection barrel!

### Buy A Bag

We provide you with small, colorful paper grocery bags or paper holiday ornaments for a festive fundraiser at your business, school or place of worship. As your friends and coworkers donate, a Buy A Bag is displayed in their honor on a wall, window, counter or anywhere!

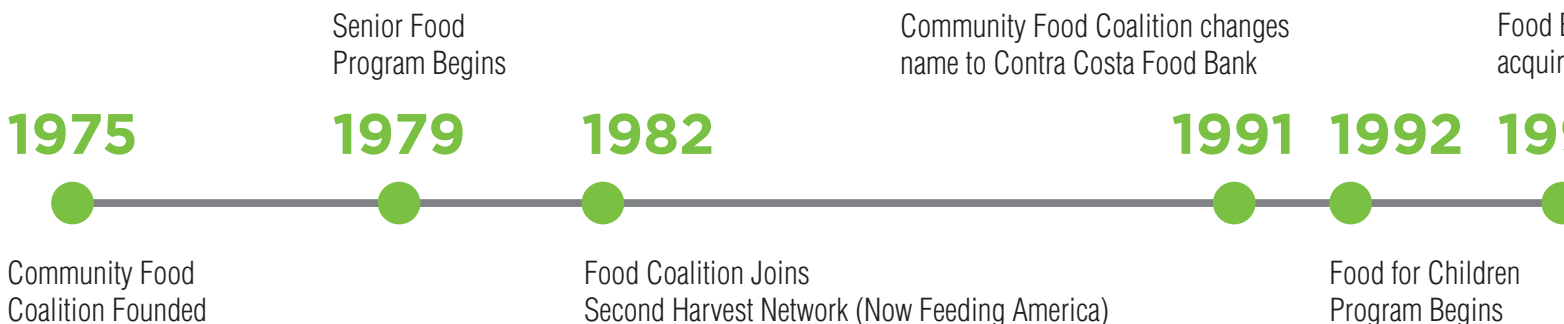
### Donate Funds

Donations of funds are critically important to our work. Through the end of the year, note “Friends of the 40th” and your gift will be doubled!

### Get started at

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

## 40 years of nourishing our community



For more timeline highlights visit [www.foodbankccs.org/40th](http://www.foodbankccs.org/40th)

Because of your gift, Angel was able to spend last Thanksgiving with family and "lots of food!"



Your support helps families like Lisa and Angel. Lisa is on dialysis and her social worker referred her to a Food Bank partner agency for help with groceries.

Last year Lisa attended her first distribution where she received a bag of groceries and a Thanksgiving turkey, thanks to donors like you. Her daughter, Angel, was looking forward to being with her whole family and "eating lots of food!" on Thanksgiving.

By donating during the holidays, you help to provide food to families like Lisa's throughout the year.

For ways to give, visit

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

## Best Carrot Soup

Turn your plate orange for Hunger Action Month with this recipe for carrot soup by Haley Lindberg. For more delicious and budget-friendly recipes visit [www.foodbankccs.org/recipes](http://www.foodbankccs.org/recipes)



### Ingredients

12 large carrots, peeled, chopped  
1 yellow or white onion, chopped  
4 C. water or chicken broth  
1 Tbsp. olive oil or butter  
1 Tbsp. minced garlic  
1 C. orange juice  
1 Tbsp. ginger powder  
Salt and Pepper

1. Melt butter/oil in saucepan; add onions and sauté until translucent (about 5 minutes).
2. Place chopped carrots, sautéed onions, garlic and water (or broth) in large pot. Bring to boil, then simmer until carrots are tender (about 30 minutes).
3. Add orange juice and stir off heat.
4. Blend in a blender in batches. If needed, add additional water/broth.
5. Add ginger powder, salt and pepper seasoning to taste.

Bank of Contra Costa  
es Solano Food Bank

Farm 2 Kids Program Begins

1995

2001

2007

2012

2015

Food Bank Begins Food Stamp Outreach



Community Produce Program Begins



4010 Nelson Avenue  
Concord, CA 94520

PO Box 6324  
Concord, CA 94524

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PERMIT 265



## You're Invited



# EMPTY BOWLS

Join the Food Bank for a simple meal served in a handcrafted bowl. The bowl is yours to keep as a reminder of the empty bowls in our community.

**Concord** - Saturday, 10/10  
4:00 pm - 6:00 pm

**Fairfield** - Sunday, 10/11  
4:00 pm - 6:00 pm

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

Presented by



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## Gourmet East Bay - Saturday, November 21st

Top Bay Area restaurants feature premier tastings, with wineries and breweries from Napa and the East Bay offering great pours amidst a fun atmosphere with fantastic live music. Raffle and silent auction benefit the Food Bank. Tickets available soon at [www.foodbankccs.org/events](http://www.foodbankccs.org/events).

## Upcoming Events

Find more events and details at  
[www.foodbankccs.org/events](http://www.foodbankccs.org/events)

**SEPTEMBER 26**

Pleasant Hill Community Service Day

**OCTOBER 10**

Walnut Creek Community Service Day

**NOVEMBER 5**

Moraga Golf Tournament

**NOVEMBER 21**

Scouting for Food

## You can help us meet our goal of \$100,000 in the \$40 for 40 Challenge!

There is still time to have your donation in honor of our 40th anniversary doubled! A gift in any amount will be matched by the Friends of the 40th Fund!

[www.foodbankccs.org/40for40](http://www.foodbankccs.org/40for40)