

FALL 2016

BREAD CONNECTION

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



Hunger is real for
1 in 8
of your neighbors.

Take action to do
something about it!

September is . . .

HUNGER ACTION MONTH™ | FEEDING AMERICA

Imagine going through your day with an empty stomach. For 1 in 8 of our neighbors who turn to the Food Bank, that feeling is often a reality.

There are many things we can't do on an empty stomach, but there ARE many ways we can work together to end hunger. So, what can you do to help end hunger?

- 1 Donate** - Every \$1 = 2 meals.
- 2 Advocate** - Follow the Food Bank @foodbankccs and share our posts about local hunger.
- 3 Turn Orange** - Orange is the official color of hunger relief. Make a statement by wearing orange in September!

foodbankccs.org/hungeractionmonth



@foodbankccs



Critical Volunteer Shortage



The Food Bank of Contra Costa and Solano is facing a critical shortage of volunteers at our Fairfield warehouse. Though our Concord warehouse has an abundance of individuals, families and corporate groups willing to donate their time, it's an ongoing challenge to meet the demands in our warehouse on the other side

of the Benicia Bridge. In fact, in the past three months, only 25 percent of the available shifts in Fairfield were filled to capacity.

The need is great because most of our produce preparation occurs in our Fairfield facility. We take pride in that over half of the food we distribute consists of fresh produce. In order to get the fruit and vegetables out to our community members in need (from children to seniors), it needs to be sorted and bagged first.

We make it convenient to volunteer by offering day shifts Monday through Saturday and shifts in the early evening on Tuesdays, Wednesdays and Thursdays. It's easy to look up available opportunities in Fairfield and register to be a volunteer by going to our website at www.foodbankccs.org/volunteer.

It would not be possible for the Food Bank to provide food to people in need if we did not have dedicated supporters willing to offer hands-on help. Although sorting produce is definitely our greatest need right now, you can look at our website for other ways that you can assist. We urge you to join us in making our community better by signing up to be a volunteer today.



Larry Sly
Executive Director

Tips for Hosting an Epic Holiday Party to Benefit the Food Bank

Here are some tips on how to easily fight hunger at your holiday gatherings. When you party with a purpose, you're providing holiday meals to the 1 in 8 neighbors who need help with food.



Set a Goal – Will you collect funds or food? We can provide \$3 worth of nutritious food for every \$1 donated. Create a custom party page on our virtual fundraising site with your goal in mind.

Choose a Theme – Decorate boxes and bags to collect nonperishable food donations. Add signs about donations to a table at the event or request materials from the Food Bank to share about hunger during the holidays.

Encourage Donations – A simple line in invitations and reminders stating, "Donations (of food and/or funds) for the Food Bank will be gratefully accepted" with a link to your fundraising page will be effective.

Enjoy Your Event! - Take photos to share with your friends on social media. Don't forget to tag @foodbankccs!

Bring it All Together – Gather all the funds or food collected at your event and take it to the Food Bank to have it counted or weighed*. We will update you with a total of all that you did.

Thank you for including the Food Bank in your holiday celebrations. Together we can make the holidays more hopeful for our neighbors in need.

*It's ok to mail checks, but please do not send cash. Include your name and a note about the event with your gift, so we can properly thank you. If no receipt or weight is needed, food can be dropped at one of our many barrels in the community during the holidays.

Because you give, Fatima can get her family through hard times

Fatima and her husband are busy parents with two daughters ages 16 months and 3 years old. They both work in the restaurant business, but it is not always enough to get by. The family is grateful they are able to turn to the Food Bank to help with food when money is tight. Fatima says even a little help means a lot.

Right now, Fatima and her husband are trying to provide their children with the basic nutrition they need. We are grateful for your support to help us contribute to the health of families like Fatima's.

For ways to give, visit

www.foodbankccs.org/donate



Curried Carrot Salad

Turn your plate orange for Hunger Action Month with this recipe by www.thebuddhistchef.com. For more delicious and budget-friendly recipes visit www.foodbankccs.org/recipes

Ingredients

- 4 cups of grated carrots
- 1/2 shallot, minced
- 4 tbsp mayonnaise
- 2 tbsp lemon juice
- 1 tbsp agave nectar, honey or maple syrup
- 1 tbsp curry powder
- 1/3 cup raisins
- salt
- 1/4 cup chopped pistachios



Directions

1. In a large bowl, combine shallots, mayonnaise, agave nectar, curry powder, lemon juice and salt.
2. Add the grated carrots and raisins. Toss to coat.
3. Add pistachios and serve.

Thank you to Holiday Food Drive Leadership Sponsors



PACIFIC SERVICE
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of Contra Costa & Solano

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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.

Fairfield - Saturday, 10/15
4:00 pm - 6:00 pm

Concord - Sunday, 10/16
4:00 pm - 6:00 pm

www.foodbankccs.org/emptybowls

Presented by



Media Sponsor



Upcoming Events

Find more events and details at
www.foodbankccs.org/events

SEPTEMBER 24

Pleasant Hill Community Service Day

OCTOBER 8

Walnut Creek Community Service Day

NOVEMBER 3

Moraga Golf Tournament

NOVEMBER 19

Scouting for Food

Thank you for attending the 2nd Nourish Gala

On behalf of the people we serve, we extend our sincere thanks to our sponsors, auction donors and attendees for making the evening such a success.

To see photos from the event by Lily Dong, visit our Facebook page at facebook.com/foodbankccs.

**Save the date, June 24, 2017 for
next year's gala!**