

FALL 2017

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

Your neighbor Sarah works 45-50 hours per week between her two jobs, but supporting two children on her own is difficult.

"I had already depleted my food stamps for the month, and now I was out of money," she said. "There was going to be a six-day span (before her next paycheck) when we were going to have no food whatsoever."

By chance, Sarah learned of two Food Bank partners: the Vacaville Storehouse and the food pantry at St. Mary's Church. She was thankful to receive everything she needed to feed her kids for the rest of the week.

Sarah is grateful that with your support "I was able to get some chicken, milk, eggs, a ton of bread, carrots, apples, beans, tomato soup -- just a real variety of foods," she said.

Take action to help make sure all your neighbors, like Sarah and her kids, have enough to eat.



Sarah and her children at a family wedding last year.

It takes all of us working together to end hunger in our community

Every September we join Feeding America (our national network of food banks) to Turn Orange for Hunger Relief during Hunger Action Month. Orange is the official color of hunger relief and makes a bold statement to start the conversation about hunger.

We want you to be a part of this nationwide movement. Turn the page to find out how you can Turn Orange and take action for Hunger Action Month.

inside

- State of the Food Bank
- News about your favorite family event



Five Years of Freshness



Collaborating with organizations focused on improving the health of our community members allows the Food Bank of Contra Costa and Solano to better serve the public. As the California Association of Food Bank's Farm to Family program grew, the Food Bank realized the biggest

obstacles people had in incorporating fresh produce in their diets was not only affordability, but access as well.

After developing creative ideas about getting surplus crops to people in need, we approached the John Muir/Mt. Diablo Community Health Fund. They gifted us a planning grant to create the mobile farmers' markets that became the Community Produce Program.

Fast forward five years and the program now gives out three million pounds of fresh produce every year at 56 sites (with more coming soon). These distributions take place twice a month and are typically located at health clinics, schools and faith communities.

Because of the community's generosity, 25,000 low-income individuals each month are able to enjoy farm-fresh food including pears, oranges, apples, potatoes, cabbage and carrots. Unlike a traditional market, no payment is required.

We are thankful for the community's support in both starting up and maintaining the Community Produce Program. Improving access to fruits and vegetables to our neighbors is part of the solution to fighting hunger and obesity and it establishes positive lifelong eating habits for children.

A handwritten signature in black ink, appearing to read 'Larry Sly'.

Larry Sly
Executive Director

State of the Food Bank

It's important to us to be transparent with our valued supporters. The 2016-2017 fiscal year recently came to a close and the numbers are in. Here's a brief breakdown of what those figures mean.

ACCOMPLISHMENTS:

We met our revenue goals thanks to generous community support.

Fresh produce now accounts for a record-high 58% of the total pounds of food distributed.

Food donations from food drives increased by 20% from 2015-2016.

Community Produce Program on track to add new sites and increase distributions to seven days a week this quarter.

New partnerships with healthcare professionals are allowing us to nourish even more people in need.

CHALLENGES MOVING FORWARD:

Over 100,000 individuals in Contra Costa and Solano counties rely on CalFresh to put food on the table. The current proposed massive cuts to this federal program would increase hunger to a level that the Food Bank simply couldn't mitigate.

We continue to have a shortage of volunteers in Fairfield; 68% of shifts go unfilled. Though this is an improvement from 76% unfulfilled last year, the need is still dire.

What you can do to help:

DONATE- 96 cents of every \$1.00 donated goes towards food programs.
foodbankccs.org/hungeractionmonth

VOLUNTEER- Sign up to volunteer by visiting
foodbankccs.org/volunteerfairfield.

ADVOCATE- Please help local food banks today by sending a letter to your elected officials calling on them to protect and strengthen this vital anti-hunger program.
foodbankccs.org/advocate

Hunger is real for 1 in 8 of your neighbors.

Take action to do something about it!

September is HUNGER ACTION MONTH™



Imagine going through your day with an empty stomach. For 1 in 8 of your 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?

- 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

foodbankccs.org/hungeractionmonth



Spice-Roasted Carrots

Since the program began in 2012, the Community Produce Program has distributed 1,591,572 pounds of carrots.

Turn your plate orange for Hunger Action Month with this recipe from *Good Housekeeping*.

Ingredients

- 8 large carrots
- 2 tbsp. olive oil
- 2 tbsp. packed fresh oregano leaves
- 1 tsp. smoked paprika
- ½ tsp. ground nutmeg
- 1 tbsp. red wine vinegar
- 1 tbsp. butter (optional)
- ⅓ c. roasted salted pistachios (optional)



Directions

1. Preheat oven to 450 degrees F.
2. In roasting pan, toss carrots with oil, oregano, paprika, nutmeg, 1/2 tsp. salt, and 1/4 tsp. pepper. Roast 1 hour or until tender but not falling apart.
3. Transfer to serving platter. Drizzle with butter and vinegar and garnish with pistachios.



FOOD
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You're Invited



EMPTY BOWLS

Join the Food Bank for a simple meal served in a keepsake bowl. Find out more about the Food Bank and how you can help end hunger for your neighbors. You might even walk away with a great prize!

Fairfield - Saturday, 10/14
4:00 pm - 6:00 pm

Concord - Sunday, 10/15
4:00 pm - 6:00 pm

foodbankccs.org/emptybowls

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Upcoming Events

Find more events and details at
foodbankccs.org/events

SEPTEMBER 23

Pleasant Hill Community Service Day

OCTOBER 14

Walnut Creek Community Service Day

NOVEMBER 4

Gourmet East Bay

NOVEMBER 11

Scouting for Food

Holiday Ways to Help

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
- Buy A Bag
- Donate Funds

Get started at foodbankccs.org/givehelp

foodbankccs.org/newsletter