Meet the people whose lives you help change

Your giving spirit now and during the holidays has a lasting impact on people at risk of hunger all year long. Here are some real stories of people you help us serve.

Children

One child said "thanks for dinner." The pears and potatoes he received from the Food Bank's Farm 2 Kids distribution were all he had to eat at home.

"Thank you for the apples. I don't always get fruit at home."

Seniors

"I was a medical secretary for the federal government for 36 years, but my pension isn’t enough for me to afford a month’s worth of food. I am on a very fixed retirement income. It’s not enough. The canned foods, breads, potatoes, and other staples really help me – whatever I can get."

- Ida - 86, Vacaville

The Working Poor

"I am an in-home support services caregiver. I have an income, but I still need the Food Bank to help because I don’t make a lot of money. The Community Produce Program is great because I can get things fresh – not just canned. When I eat fresh things, it not only helps me, it helps me to help others because I care for the elderly and need my strength. The Food Bank just makes things easier. I may have a job, but most people don’t understand that people in the lower income level still can’t afford some things."

- Sherry from Martinez
With the support of our community, we have access to produce at 5 to 15 cents per pound through the California Association of Food Banks, which allows us year-round access to millions of pounds of fresh fruits and vegetables.

Now your support can increase the impact we can make in providing fresh produce to the people we serve. Through June 2014 John Muir/Mt. Diablo Community Health Fund is committed to matching donations that are designated for Community Produce Program operations in central and east Contra Costa County. With your help we can continue to bring high-quality fresh produce to people in need in our community!

Increasing access to fruits and vegetables has been an incredible benefit to the people who receive food from the Food Bank, and a goal we continue to reach for. As we expanded the Community Produce Program, we added a second truck, increased nutrition education and continue to recruit volunteers to help things run smoothly. Thank you for helping us work toward our goal of distributing three million pounds through the Community Produce Program in the coming year.

**TAKE ACTION AGAINST HUNGER** One in six people in America face hunger. This September, we invite you to Go Orange to raise awareness of this critical issue. As individuals, charities, businesses and government, we all have a role to play in getting more food to people in need. Orange is the official color of hunger awareness and makes a bold statement to start the conversation about hunger.

Join the action at [www.foodbankccs.org/hungeractionmonth](http://www.foodbankccs.org/hungeractionmonth)

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*Driver Will Gregory and Executive Director Larry Sly at a Community Produce Program site in Martinez. The program has distributed over a million pounds in one year.*

*Using Your Gifts Efficiently*

95 cents of every $1 goes directly to food programs

We are proud to announce that Food Bank of Contra Costa and Solano has earned its fifth consecutive 4-star rating from Charity Navigator - an honor that is given to only the top 4% of charities nationwide!
Rethinking Food Drives

“Thank you for the brown rice. I grew up with really unhealthy food and appreciate the better options.” –Senior Food Program Recipient

Donated food comes to the Food Bank from many different places. Sometimes people clean out their cabinets of items they haven’t eaten, other times it’s purchased right off the store shelves for us. Food drives offer variety to the people we serve, but options can be unhealthy at times. As we focus on the health of our clients by providing wholesome and nutritious foods, we encourage our generous food drive participants to join us!

Decorate your space with colorful Buy A Bag cutouts

We provide you with small colorful paper grocery bags or holiday ornaments for a festive fundraiser at your business, school or place of worship. You choose a bag value of $1, $5, $10. As your friends and coworkers donate, a Buy A Bag is displayed in their honor on a wall, window, counter, anywhere! Every $1 you collect provides two nutritious meals to people in your community.

To start decorating visit: www.foodbankccs.org/buyabag or contact Kathy Gleason at kgleason@foodbankccs.org or 925-676-7543 ext. 218.

* Special holiday bag designs are available!

A Fond Farewell to the Event of the Summer

For thirteen years the Food Bank has celebrated An Afternoon in the Admiral’s Garden with many friends and supporters. The end of June marked our final fundraiser at the Mare Island venue with the historic mansion as our backdrop. Thank you to all of the attendees, staff, volunteers and the following sponsors who have helped provide over 5.7 million meals by participating over the last thirteen years:

Chevron  Diablo Magazine  Roberts Companies  Westamerica
Pacific Service Credit Union  eShield Systems  The Conco Companies  Island Energy
AAA Community Safety Foundation  Western Federal Credit Union  Dave Aaker  Bigge Crane and Rigging Co.
Kraft Foods  Bill Eames  Valero Benicia Refinery  Janssen
Tom Chowaniec  Mitzi Huertas  Phillips 66  Inspyrit
Richardson Elite  Financial Strategies  Kaiser Permanente  Underground
Maze & Associates CPAs  Claire and Howard Spencer  Construction Company
Shell Oil Products US  Diablo Magazine  Roberts Companies  Westamerica

Our most-wanted food drive list has a healthy makeover.

Food Drive Shopping List

☐ tuna and chicken in water
☐ low-sodium canned vegetables
☐ brown rice
☐ whole grain pastas
☐ canned fruits in natural juices
☐ whole grain cereals
☐ dry or canned beans and lentils
☐ natural peanut butter

whole grain and no-sugar added labels a plus!

www.foodbankccs.org
Ending hunger together. Visit www.foodbankccs.org
Call 855-309-FOOD

Upcoming Events
Find more details on the web www.foodbankccs.org/events

SEPTEMBER 27
KGO Fights Hunger Day
Tune in to KGO 810

SEPTEMBER 28
Color Vibe
Solano Fairgrounds, Vallejo

SEPTEMBER 28
Pleasant Hill and Walnut Creek Community Service Days

SEPTEMBER 29
Sip, Taste and Tailgate Like a Pro
Blackhawk Country Club

OCTOBER 12-13
Contra Costa Coin Club
Concord

OCTOBER 18
Total Home, Garden & Harvest Fest
Fairfield

OCTOBER 26
California Beer Society
Concord

NOVEMBER 2
Gourmet East Bay
Broadway Plaza, Walnut Creek

NOVEMBER 7
Moraga Golf Tournament
Moraga Country Club

NOVEMBER 16
Scouting for Food

Get periodic updates about how you are helping us end hunger at www.foodbankccs.org/enews