

SPRING 2014

BREAD CONNECTION

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

Your support means seniors like Betty won't have to choose between food and medication

After a lifetime of working, seniors often find themselves having to choose between paying for necessities such as medication and food. In fact, nearly one in five older Californians are not able to afford enough food.

With your help, the Food Bank of Contra Costa and Solano is able to provide groceries and fresh produce to more than 3,000 seniors each month through the Senior Food Program. Seniors 55 and older receive nutritionally balanced bags of food so they may not have to make those tough decisions. Betty and other participants appreciate the fresh produce available to them at distributions.

"I have worked three jobs my entire life. It's hard to believe I need help providing for my wife and myself."

-Senior Food Recipient, Ron

Senior Food Program recipient, Ron has worked three jobs his entire life and it is difficult to accept the idea that he and his wife, Rosa, need help with food. The Senior Food Program provides groceries that supplement the food Ron is able to buy, and stretches his hard-earned dollars. Your donation to the Food Bank can help senior citizens, like Ron, Rosa and Betty eat better and enjoy healthier food.

For more information on how you can help the Food Bank provide nutrition to seniors, please visit www.foodbankccs.org/seniorhunger.



Betty, age 91, has been a volunteer and recipient at Senior Food Program sites for 25 years. Living on a fixed income, the Food Bank allows her to use her limited funds for other important living expenses.

inside

- We fell in love sorting onions.
- Your holiday gifts have an impact all year!
- Budget recipes to tempt your tastebuds.



We're close to our goal of matching funds thanks to you!

An update from Executive Director, Larry Sly



Thanks to you we've almost reached a funding goal that will enable us to provide more fresh produce. Since the Community Produce Program began in July of 2012, the amount of fresh produce distributed has steadily increased to meet the demand of a grateful community. Many factors

have allowed the Food Bank to provide this service including passionate staff and volunteers, a relationship with organizations that connect us to local growers and donations from generous supporters like you and John Muir/Mt. Diablo Community Health Fund.

With your help, we are close to attaining a \$200,000 Challenge Grant that will enable us to receive a \$100,000 matching gift from John Muir/Mount Diablo Community Health Fund to continue meeting the high demand for produce in the community we serve. This drive is even more timely as we look toward National Nutrition Month in March. During this annual campaign, we will be joining advocates across the country to promote healthy eating choices.

For low-income families in Contra Costa and Solano counties, the availability of fresh produce from the Food Bank is an important way to eat right, and enjoy healthier, more nutritious meals. The Challenge is available until June 30, 2014, so there is still time to designate a gift to 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.

In thanks,

A handwritten signature in black ink, appearing to read 'Larry Sly', written in a cursive style.

Larry Sly
Executive Director

Eating right when times are tight

With the variety of fresh produce provided by the Food Bank, we want recipients to get the most out of fruits and vegetables they may not be familiar with. A Nutrition Education Coordinator is available at many distributions to provide clients with information about seasonal produce and recipes related to items given out that day. All of the recipes focus on healthy ingredients on a tight budget.

Enjoy the following recipe for carrot soup, provided for our clients by Haley Lindberg as part of her Girl Scout Gold project.

Best Carrot Soup

- 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
- salt and pepper
- powdered ginger
- 1 C. orange juice
- fresh basil leaf (optional)



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, and then simmer until carrots are tender (about 30 minutes).
3. Remove from heat. Stir in orange juice.
4. Blend in a blender in batches. If needed, add additional water/broth.
5. Add ginger powder, salt and pepper seasoning to taste.

Find more budget recipes at
www.foodbankkcs.org/recipes
or follow @foodbankkcs on Pinterest.

A date at the Food Bank led to a family tradition of giving

Kari and Kevin sorted onions at the Food Bank on their second date and married shortly after. Years later, their daughter is also passionate about helping to end hunger in her community.

At Family Volunteer Day last July, we started up a conversation with a friendly girl sorting oranges. Calia was having a fun with her mom, Kari, and her good friend, Raina, while she told us about her connection to the Food Bank.

"My parents practically met at the Food Bank, so I guess giving back is in my blood!"

At only 12 years old, her enthusiasm to help was impressive. Both girls were excited to host food drives at their school and get classmates involved with food donations and volunteering. Family Volunteer Day is an opportunity to introduce children to the volunteer experience.

For updates on future family events, sign up at www.foodbakccs.org/enews.



Calia, Kari and Kevin volunteering during the holidays.

Your holiday gifts will help us provide food all year long!

Thanks to the support of local businesses, schools, county employees and a generous community, over 600,000 pounds of food and enough funds to provide over 500,000 meals will be available to people at risk of hunger.



We are grateful for shoppers at grocery stores like Safeway, Whole Foods Market, Mi Pueblo and Sprouts Farmers Market for their donations. Other businesses like Realtors, banks, credit unions and even Panera Bread prominently displayed our collection barrels. Not to be outdone, scouts, schools and neighborhood food drives will provide nearly 400,000 meals from food and funds.

County employees from Contra Costa and Solano competed to see who could raise the most money for the Food Bank. Employee-driven events like golf tournaments and bake sales collected enough funds to provide 400,000 meals. Solano County won with the highest donation per employee.

Ending hunger together

Visit www.foodbankccs.org
Call 855-309-FOOD

EMPTY BOWLS

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

Concord - Saturday, 3/15
4:00 pm - 6:00 pm

Fairfield - Sunday, 3/16
4:00 pm - 6:00 pm

More info and online registration
www.foodbankccs.org/events

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Upcoming Events

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

MARCH 1 - APRIL 30
Feinstein Match
Donate Online

MARCH 15
Empty Bowls
Concord

MARCH 16
Empty Bowls
Fairfield

APRIL 6
CROP Walk
Vallejo

APRIL 28 - MAY 9
Food From the Bar
Contra Costa County

MAY 10
Letter Carriers Food Drive
Nationwide

MAY 12
Golf Classic
Clayton

Let's get social

Connect with us on your favorite social sites for photos, recipes and more ways you can take action against hunger.



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