

SPRING 2016

BREAD CONNECTION

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

You make a difference for mothers like Wanda

Hunger hurts, especially for children. And it isn't just the physical pain of an empty tummy or the weakened immune system it causes—hunger hurts a child's mind, too. They have a tough time focusing in school and often feel powerless, afraid and hopeless.

Sadly, on any given day in our community, 1 in 5 children goes hungry. And even worse, what little food they do have access to often isn't nutritious. That leads to another set of health problems, like child obesity and even early-onset Type 2 diabetes. But it doesn't have to be this way!

Through the Food Bank of Contra Costa and Solano's Food for Children and Farm 2 Kids programs essential fresh food is provided to pre-school and school-aged children, either monthly or weekly.

The community support we receive makes a difference for hungry children and families like Wanda's. Wanda is a local mom whose children attend an afterschool program. Every Wednesday, she stands in line with dozens of other families for the Farm 2 Kids to program receive fresh produce like potatoes, carrots and fruit.

"I work, but supporting three children on my own is difficult. With the produce we get from the Food Bank of Contra Costa and Solano I am able to cook healthy meals for my children. Now I know that when they go to bed, their tummies are full."

So many children are in need. Your support of the Food Bank helps to bring health and hope to so many who would otherwise go without.

Learn more at www.foodbankccs.org/children.



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Community support makes great things happen



The Food Bank of Contra Costa and Solano often receives accolades for the work we do. We appreciate the kind words, but honestly, such praise needs to be extended to the members of our community that come through time and time again to support our fundraising and food collecting efforts.

We would not be able to distribute over 20 million pounds of food a year to people in need if it weren't for the financial contributions we receive. Some of that money comes from our generous sponsors.

This past holiday season, we asked those in the financial industry to help and Wells Fargo and Pacific Service Credit Union stepped forward. We are always grateful for our faithful holiday food drive sponsors Chevron, Pacific Gas and Electric, and CSAA Insurance Group-an AAA Insurer, who came through for us yet again.

The money we received from these responsible corporate citizens went toward the extra expenses we incur every year during the holidays. We needed bags for food drives, as well as posters and flyers. Additional trucks were rented and seasonal staff was hired to help manage the extra workload during our busiest time of the year.

Because these sponsors stepped up, individuals and organizations were able to collect hundreds of thousands of pounds of food to go to our food-insecure neighbors. Collaborative efforts like this make me believe that together, we can end hunger.

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

Larry Sly
Executive Director

Cooking with Kids

The Food Bank provides recipes that focus on healthy eating on a tight budget. With programs like Farm 2 Kids, parents choose produce with their kids and learn healthy ways to prepare the food. Enjoy this recipe for fruit skewers provided by Haley Lindberg as part of her Girl Scout Gold Award project.

Healthy Fruit Skewers



The fun presentation makes these healthy treats look even more delicious. Use the fruits pictured above or have your child select their favorites at the store.

Fruit Ideas

- 12 purple grapes
- 12 green grapes
- 12 - 1" cubes of cantaloupe
- 12 orange segments
- 12 - 1" cubes of watermelon
- 12 strawberries
- 12 wooden skewers

Preparation

1. Wash and cut fruit into bite-sized pieces as noted above
2. Thread fruit onto skewers
3. Snack away!

Find more budget recipes at
www.foodbankccs.org/recipes

Look what you helped us accomplish in 2015



Food Bank programs help kids get a healthy start

Because there are many children in need of nutritious food within our community, the Food Bank of Contra Costa and Solano has programs throughout the year to help alleviate childhood hunger, including Food for Children, Farm 2 Kids, and the School Pantry Program.

FOOD FOR CHILDREN

Children, ages four and five, receive protein-rich boxes of food and fresh produce.

FARM 2 KIDS

Every week, the Food Bank distributes three to five pounds of fresh produce per child through after school programs in low-income schools. Programs often include a nutrition component.

SCHOOL PANTRY PROGRAM

Shelf-stable food items are delivered to high schools and middle schools where 50% or more of the students receive free or reduced price lunch.



Join the conversation about child hunger on the Facebook at www.facebook.com/foodbankccs or tweet us @foodbankccs.

You're Invited

Save the Date for the Nourish Gala - May 21st

Save the date for the 2nd annual Nourish Gala at the beautiful Round Hill Country Club on May 21, 2016. Enjoy an evening of dinner, dancing and honoring your dedication to end hunger. Look for more information soon at www.foodbankccs.org/events.

Upcoming Events

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

MARCH 6

Hunger Walk of Vallejo (CROP Walk) Concert

MARCH 19

Family Food Sort (Fairfield)

MARCH 27

Family Food Sort (Concord)

APRIL 4

The 4th annual Drive Fore Break on Hunger Golf Classic

APRIL 18-29

25th Annual Food From the Bar Fundraiser

APRIL 21

Food from the Bar Comedy Night

APRIL 23

CROP Walk 2016 (Vallejo)

MAY 14

Letter Carriers' Stamp Out Hunger Food Drive

Fun with Food Drives

This brother, sister team has been helping their grandma collect food in her neighborhood for the past five holidays! To start your own food-drive tradition any time of year, check out www.foodbankccs.org/fooddrive.

