

SPRING 2017

BREAD CONNECTION

A not-quite quarterly publication of Food Bank of Contra Costa and Solano

Mario served his country, now the Food Bank serves him

Sadly, as financially independent adults transition into their senior years, they often find themselves needing help just to get by. They've worked hard for decades, but end up facing hardship in their later years.

Mario, 66, figured he would work until he could afford to retire; however, he was forced into early retirement at the age of 63. Because of an extremely painful genetically-passed arthritic condition, he could no longer work as a building maintenance supervisor.



"It got to a point where I could not use my hands for employment," he shared. "Once the salary stopped, my life completely changed."

Mario said he never thought about having to find services such as food assistance when he was working.

He explained, "When you are getting a paycheck, you just go to the grocery store."

Like many seniors, Mario lives on his modest Social Security check. After he splits the rent with a roommate, he is left with just over \$400 to pay living expenses and buy groceries.

When every dollar counts, it's clear "how vital the Food Bank is." Mario relies on pantry staples, fresh produce, and eggs from the Food Bank.

Just \$1 provides food for 2 meals! Any donation you send today will help ensure that seniors and others living on fixed incomes in Contra Costa and Solano counties have healthy food to eat.

Please help ease the burden of struggling seniors like Mario by donating online at: foodbankccs.org/newsletter.

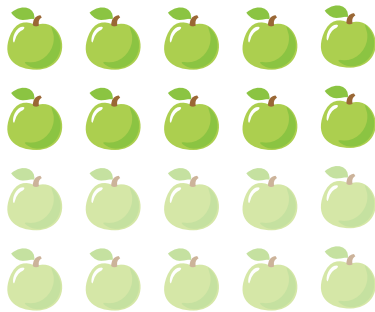


2016: WHAT WE ACHIEVED TOGETHER

Thanks to dedicated supporters like you, in 2016 we made great strides in our fight to end hunger. Here are some of the things you helped us achieve:

YOU HELPED THE FOOD
BANK OF CONTRA COSTA
AND SOLANO PROVIDE

**16 MILLION
MEALS
- TO -
190,000
NEIGHBORS**

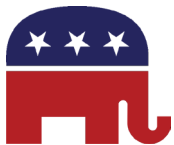


50%
OF FOOD DISTRIBUTED
WAS FRESH PRODUCE



3 mil
POUNDS OF GROCERIES
WERE RESCUED

YOUR ACTIONS MADE A DIFFERENCE



23
LOCAL
ELECTED
OFFICIALS



TOOK ACTION BECAUSE OUR NETWORK
ENCOURAGED THEM TO SUPPORT PUBLIC
POLICIES THAT FURTHER THE FOOD
BANK'S MISSION TO END HUNGER.



YOU HELPED FAMILIES

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

-Wanda from Antioch

THANK YOU

We made great progress in 2016, but our work isn't done yet. We still need your help to make sure everyone who needs a meal has access to one. **We look forward to building a stronger, healthier community with you in 2017.**

Top 3 Ways to Fight Hunger Year-Round

Pledge Partner - As a loyal Pledge Partner, you will provide continuous support at lower administrative costs. We can ensure that our clients have steady access to nutritious food because we can plan our budget knowing funds will be available.

Advocate - Food banks play a critical role in ending hunger, but we can't do it alone. Our Food Bank strategically engages in advocacy work to raise awareness and mobilize support to end hunger, improve economic security, and promote health and well-being for our community members.

Food Drive - We make it easy for you to host a food drive. We can provide you with our food drive barrels, bags to pass out in your neighborhood, or boxes to put in your business or classroom. All you need to do is help spread the word and encourage others to donate.

For more ways to fight hunger, visit foodbankccs.org/givehelp.



Simple Raw Chocolate Pudding

The Food Bank partners with eatfresh.org to give recipes to our clients and resources for healthy, budget cooking. This creamy, all-natural pudding has more than 1,400 likes on the popular website and is Food Bank staff-approved! Try it out and share what you think on Facebook @foodbankccs.

Ingredients

3 medium avocados mashed
 $\frac{3}{4}$ cup 100% pure maple syrup
(preferably Grade B)
6 tablespoons cocoa powder

Directions

1. Mix all ingredients together in a high speed blender or food processor with an S blade until creamy and smooth.
2. Chill in the refrigerator for 30 minutes (or eat right away if you can't wait!).
3. Serve with strawberries, bananas, or your favorite fruit.



Photo attribution: Flickr: llsimon53

Health Benefits of Avocados

- Vitamin E protects our cells from damage and keeps our immune system healthy.
- Vitamin K helps our bodies heal quickly.
- Potassium, a type of electrolyte, helps build muscle and keeps your heart healthy.
- Fiber helps with healthy digestion and keeps us feeling full. Eating enough fiber has been shown to keep our hearts healthy too.
- Healthy fats are good for our skin and brain, and help us feel satisfied after a meal.



FOOD
BANK

of Contra Costa & Solano
4010 Nelson Avenue
Concord, CA 94520

PO Box 6324
Concord, CA 94524

Return Service Requested

NONPROFIT
ORG
US POSTAGE
PAID
CONCORD, CA
PERMIT 265

Member
**FEEDING
AMERICA**

You're Invited

Drive Fore Break on Hunger Golf Classic



April 3rd

Join us at the exclusive Round Hill Country Club in Alamo for a great day of golf, food and prizes. You'll be making a difference in the lives of our neighbors being served by the Food Bank. Register today for early-bird pricing at foodbankccs.org/foregolfclassic.

Upcoming Events

Find more events and details at
foodbankccs.org/events

MAY 13

Stamp Out Hunger Food Drive

MAY 18

Food From the Bar Comedy Night

JUNE 24

Nourish Gala

Volunteers Needed

The Food Bank of Contra Costa and Solano is still facing a critical shortage of volunteers at our Fairfield warehouse. The need is great since most of our produce preparation occurs in our Fairfield facility. Whether you can volunteer once, or on a regular basis, please sign up at:

foodbankccs.org/volunteerfairfield