

SUMMER 2015

# BREAD CONNECTION

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

## Your support helps families like Lindsey's eat well and worry less

Lindsey works full-time but struggles to buy healthy food. She says, "The (Community Produce Program) means I can serve my kids awesome fresh meals. The kids love fruits and veggies, but they can be expensive and take up a big chunk of our small budget. I am thrilled to now have fresh produce delivered to my neighborhood, walking distance to my home."



Children enjoy a variety of produce from Food Bank distributions.

Every week thousands of parents, just like Lindsey, rely on the Food Bank and our partner agencies to help feed their families. They've known their fair share of hardship and although it takes an incredible amount of courage to ask for help, they are determined to put food on the table for their children.

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.

Summer can especially be worrisome for thousands of children in Contra Costa and Solano counties. Since they are no longer in school to receive lunch, children often do not get enough to eat.

You can help feed children during the summer! Even small donations make a big difference as the Food Bank can purchase in bulk to serve

more people in need. In fact, for as little as \$10.50 you can help provide food towards three meals a day for one week for one child.

With community support we are able to let kids be kids by taking hunger off their mind for a little while, as we work toward long-term solutions to end child hunger.

For more information on the Food Bank of Contra Costa and Solano's effort to end child hunger, please visit [www.foodbankccs.org/children](http://www.foodbankccs.org/children).

### inside

- Ideas for kids and teens to help this summer
- Replacing lunches when school is out



## Working to end child hunger



As the Food Bank of Contra Costa and Solano looks back at forty years of serving the community, it is interesting to see that much of the work we do today is the same as the work we did in 1975. We work in a much larger and more sophisticated way, but the focus remains on providing food to those in need. When Linda Locke took the initial

steps to found the Food Bank, it was because she saw the children she served as a social worker in need of food. Linda saw children whose hair and skin showed they were not getting essential nutrition to maintain their health, and knew something must be done.

Forty years later, a good deal of our work is about providing children with the nutrition they need. Our Food for Children and Farm 2 Kids programs were created to provide fresh produce to low-income children. Our Community Produce Program provides over a million pounds of food to families each year, reaching thousands of children in our community. The work we began doing forty years ago must continue today because children need proper nutrition to thrive.

Thank you for supporting our mission to feed children.

Larry Sly  
Executive Director

## Community rallies to replace missing summer meals



Every year over 65,000 children receive free or reduced price lunches in Contra Costa and Solano counties. When school lets out for the summer the school districts in both counties work with local community centers, parks, churches and school sites to provide lunches to low-income children throughout our community. However, each summer, only 15,000 children end up taking advantage of the summer lunch program.

There are many barriers that prevent children from accessing the lunch program, including the USDA regulation that parents cannot eat with their children. This summer, the Y&H Soda Foundation will fund six school districts in Contra Costa County to provide adult meals at one of their sites two days a week. They will also fund an evaluation study to demonstrate that providing free adult meals can increase summer lunch participation among children who need it most. Ultimately, if the whole family can eat together we will come closer to closing the summer meal gap.

## 40 years of nourishing our community



For more timeline highlights visit [www.foodbankccs.org/40th](http://www.foodbankccs.org/40th)

# Summer FUNraiser ideas to try on your break

Many people think of the Food Bank during the holidays, but our need for support is just as strong in the summer. We are able to use donations of funds to purchase healthy food. In fact, for every \$1 donated, we can provide \$4 worth of nutritious food! Some programs rely on donated food, but donations of nonperishable food begin to run low late in the summer. In order to meet the needs of the one in eight residents who rely on the Food Bank, we have to supplement our programs with the food we purchase.

**You can help the Food Bank by collecting food or funds this summer! Use these ideas to get you started and be sure to share photos of your good work on Facebook and Instagram @foodbankccs.**

**Have a birthday party at the Food Bank with donations in lieu of gifts –** You bring the guests, we provide you with the space, simple decorations and a fun volunteer activity.

**[www.foodbankccs.org/birthdays](http://www.foodbankccs.org/birthdays)**

**Start a lemonade or snack stand -**

Accept payment in canned food or donate a portion of the proceeds to the Food Bank.

**Put a collection barrel on your porch and invite the neighbors to donate -**

Contact Joan at the Food Bank for a barrel (her info is below).

**Ask your local grocery store if you can set up a barrel to collect food donations –** Joan knows all the good spots, give her a call first!

**Attend a Family Food Sort at our Fairfield warehouse –** Every 3rd Saturday of the month, this unique opportunity lets families with children as young as five work together bagging produce for our Community Produce Program.

**For more ideas visit [www.foodbankccs.org/otherwaystohelp](http://www.foodbankccs.org/otherwaystohelp).**

Please let Joan at the Food Bank know about your drive, so we can assist you. We are happy to drop off collection boxes or a barrel and pick them up when your drive is complete, we will even let you know how many pounds of food you collected! Joan can be reached at – [jtomasini@foodbankccs.org](mailto:jtomasini@foodbankccs.org) or call 925-676-7543 ext 208.



Young volunteers bagging pears for the Community Produce Program

Bank of Contra Costa  
and Solano Food Bank

1995



2001

Food Bank Begins Food Stamp Outreach

Farm 2 Kids Program Begins

2007



2012

Community Produce Program Begins

2015



4010 Nelson Avenue  
Concord, CA 94520

PO Box 6324  
Concord, CA 94524

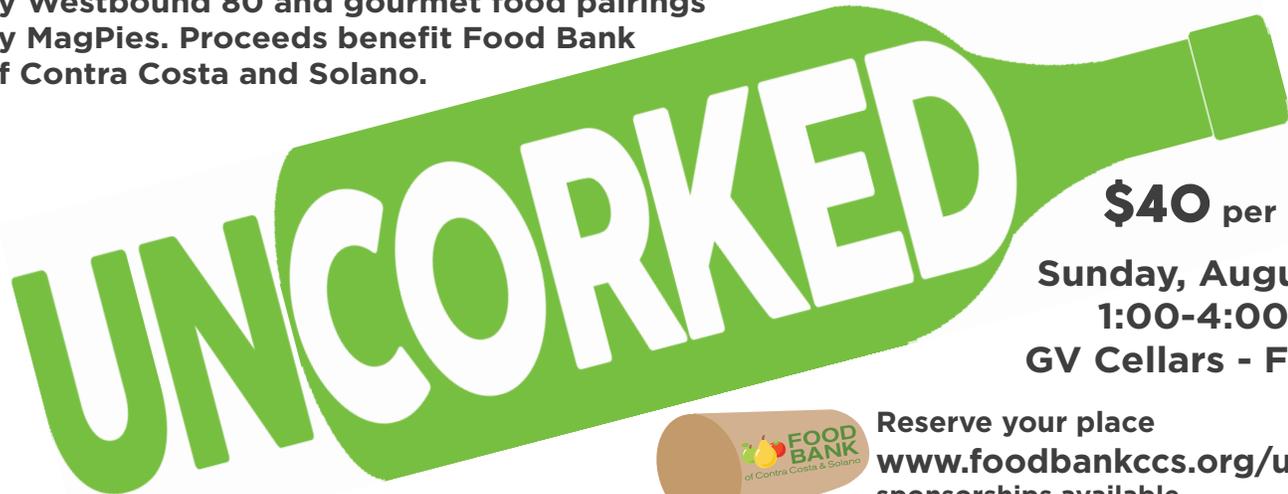
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# You're Invited

Enjoy the fine wines of GV Cellars, entertainment by Westbound 80 and gourmet food pairings by MagPies. Proceeds benefit Food Bank of Contra Costa and Solano.



**\$40** per person

Sunday, August 9th  
1:00-4:00pm  
GV Cellars - Fairfield



Reserve your place  
[www.foodbankccs.org/uncorked](http://www.foodbankccs.org/uncorked)  
sponsorships available

## Nourish Gala

On May 16th we honored 40 Years of nourishing our community with our first annual Nourish Gala. Thank you to all who supported the event.

Find photos and a video about our journey at [www.foodbankccs.org/40th](http://www.foodbankccs.org/40th)



## Upcoming Events

Find more events and details at [www.foodbankccs.org/events](http://www.foodbankccs.org/events)

**JULY 12**  
Aloha One Festival

**JULY 19**  
Family Volunteer Day, Concord

**3RD SATURDAYS**  
Family Food Sorting, Fairfield

Are you up to the  
**\$40 for 40 Challenge?**  
Your donation in honor of our 40th anniversary will be matched dollar-for-dollar by a generous supporter providing ~~80~~ **160** meals for every **\$40** you give!

[www.foodbankccs.org/40for40](http://www.foodbankccs.org/40for40)