

SUMMER 2017

BREAD CONNECTION

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

Child hunger is unacceptable

It's unacceptable that children in our neighborhoods don't always have enough food to eat.

For millions of children, often the only steady nutrition they can truly count on are the meals they get at school – when school's out for the summer, that security vanishes.

Today you can give the gift of food security to the thousands of kids who receive meals during the school year, but may go hungry this summer.

Your gift matters because the Food Bank and our partner agencies help families like Abigail's.

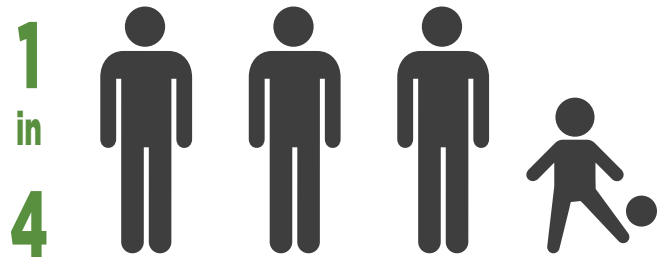
Abigail's husband works full-time but it is not enough to make ends meet. She cares for their three daughters and turns to the Food Bank's Community Produce Program to help stretch their precious food budget dollars.

As children and families struggle to make it through the summer, your generosity is desperately needed.

A gift of any amount will go to work right away for children and families facing hunger. For every dollar donated, we can provide two meals.

With your help, we can create a future where no child in our community goes hungry. Not even for a day.

You can provide food to families with children at foodbankccs.org/newsletter.



emergency food recipients are children



Making healthy choices easier



Not only does the Food Bank exist to provide food to people in need, it is committed to providing nutrition. We are proud to announce that this summer marks the 5-year anniversary of our Community Produce Program.

Using customized trucks, this program essentially operates as a mobile farmers' market. Distributions are set up in low-income neighborhoods, where people often do not have access to proper nutrition. We have provided over 13 million pounds of FREE fresh fruit and vegetables through the Community Produce Program since its inception.

Our Farm 2 Kids program also focuses on getting produce out to the community. We give out bags of fresh fruits and vegetables to low-income children attending qualified after-school programs to enjoy and share with their families.

Along with shelf-stable groceries, we also provide fresh fruits and vegetables through our Senior Food Program and Food Assistance Program. Collectively, through all of our direct program and partner agencies, we distribute over 10 million pounds of produce a year.

We believe that our entire society benefits when all of our neighbors have access to vital vitamins and nutrients that fresh natural food offers. Public healthcare costs go down, more people are able to work, and children are better able to learn in school.

The Food Bank is proud of the role we play in improving the lives of those we serve and we are thankful for your support!

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

Larry Sly
Executive Director

Grow a row for the Food Bank

Your green thumb can benefit people who may not be able to afford fresh produce. Simply bring your harvest to the Food Bank during warehouse hours. For hours and directions visit foodbankccs.org/hours

Corn and Tomato Salad



- 2 C Corn kernels**
(fresh, frozen or canned) cooked
- 1½ C Tomatoes** diced
- 1 C Cucumber** peeled and diced
- ½ C Red onion** finely chopped
- 1 Fresh jalapeño pepper** seeded and finely chopped
- ½ C Fresh cilantro**, chopped
- 2 t Olive oil**
- 1 T Red wine vinegar**
- ¼ t Salt**
- ¼ t Ground black pepper**
- ¼ t Sugar** (optional)

Directions

1. In a medium bowl: mix corn, tomatoes, cucumber, onion, jalapeño, and cilantro.
2. In a small container: mix olive oil, vinegar, salt, pepper, and sugar.
3. Add liquids to corn mixture and stir to coat evenly.
4. Adjust seasoning and serve.

Food banks can't replace the nutritional safety net

As leaders in Washington propose to scale back spending on a variety of domestic programs, some are wondering whether charitable giving could or should replace our social safety net.

Although the Food Bank and its supporters are very proud of their invaluable service to the community for the past 41 years, the reality is that only 1 in 20 emergency bags of food in America come from private charities. Government-run programs like the Supplemental Nutrition Assistance Program (SNAP) and school meals exist to serve as the first line of defense against hunger.

Charities would simply be unable to adequately respond if the safety net were eroded through budget cuts or structural changes to these essential nutrition programs.

“Food banks are a complement, not a substitute, to the safety net,” stresses Caitlin Sly, Programs Director at the Food Bank.

Even our existing safety net is insufficient to meet recipients' food needs, leaving charities like ours to fill in those gaps. Partially due to the state's high cost of living, 1 in 3 SNAP recipients in California rely on food banks in addition to their nutrition benefits to make ends meet. Our Food Bank alone serves 190,000 people a month.

America has the food and financial resources to ensure that everyone has access to the food they need to thrive, but we need to redouble our commitment if we want to make this a reality. Our federal representatives must fully fund vital federal nutrition programs, prevent structural changes that would undermine their responsiveness, and take steps to ensure that no one goes to bed hungry.

The Food Bank will continue to work to build a strong and well-nourished community, and we call on Congress and the Presidential Administration to stand with us in the fight to end hunger.

For ways to take action, visit foodbankccs.org/advocate.



Executive Director, Larry Sly, and Advocacy Manager, Carly Finkle, gave Assemblymember Jim Fraizer a tour of the Community Prodcce Program in his district.

(Below) Anti-hunger advocates at the Capitol on Hunger Action Day.





FOOD
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You're Invited

Nourish *Gala*

benefitting Food Bank of Contra Costa and Solano

Presented by



SATURDAY
JUNE 24, 2017
6:00pm

Round Hill Country Club

foodbankccs.org/nourishgala

June 24th

Join the Food Bank in a black-tie optional evening of dinner, dancing and an exciting live auction. We will showcase the impact your support makes to programs like the Community Produce Program. Information and reservations at foodbankccs.org/nourishgala.

LETTER CARRIERS FOOD DRIVE Donating to our biggest food drive of the year is easy as...

- 1 Fill a bag with nonperishable food
- 2 Place the bag by your mailbox
- 3 Your letter carrier will pick up 5/13

Try a Summer Food Drive

Summer food drives are a fun and easy way to help the Food Bank when donations of food are low. Ask us for some paper bags and flyers. Drop the empty bags off at your neighbors' houses, then return to pick them up on a specified date and bring the food to one of our warehouses.

foodbankccs.org/fooddrive

foodbankccs.org/newsletter