

SUMMER 2012

# BREAD CONNECTION

A Not Quite Quarterly publication of the Food Bank of Contra Costa & Solano

## The Event of the Summer

Enjoy a relaxing summer day with the warm sun on your shoulders and grass beneath your feet all while knowing you are making a difference in the lives of the people served by the Food Bank of Contra Costa and Solano. The Admiral's and Captain's Mansions on Mare Island will be transformed into the site of a garden party on Sunday, June 24th when the Food Bank presents the 12th annual, An Afternoon in the Admiral's Garden fundraising event.



Visit with Cecilia Mansilla of Survivor Cook Islands.

The fun starts at noon and lasts until 4:00 pm. Stroll through the Admiral's and Captain's turn-of-the-century mansions, St. Peter's Chapel and the Mare Island Historical Museum, then cheer on a Cupcake War. There will be an opportunity to bid on fabulous live and silent auction items and more chances to win in the "Beat the Recession" drawing presented by California Pacific Federal Credit Union (see page 7 of this newsletter for details and tickets).



Sinful Bliss Cupcakes of Pleasant Hill will compete in the Cupcake War.

Enjoy all the food, drink, entertainment and tours you desire for only \$90 per person or \$170 per couple. Bring extra cash, check or credit card if you wish to participate in the auction or games.

Big Cat jazz will set the mood for a leisurely afternoon of enjoying appetizers, fine wine and craft beer in the tasting tents followed by a gourmet lunch, while you mingle with local celebrities in a beautiful setting.

### WHAT'S INSIDE

- Donor Story ..... 3
- Agency Corner ..... 4
- Advocacy Made Easy ..... 5
- Volunteer Spotlight ..... 6
- Upcoming Events ..... 6

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



Groove on jazz and soul with Big Cat Tolfree.

Register for this sell-out experience and find more information: [www.theeventofthesummer.com](http://www.theeventofthesummer.com).





By working collaboratively with the California Association of Food Banks, the Food Bank of Contra Costa and Solano receives enormous amounts of fresh fruit and vegetables on an ongoing basis. The produce may be cosmetically challenged (too big, too small, off color) but they are excellent nutritionally. During the winter months we have a regular supply of oranges, onions, potatoes, cabbage, carrots and sweet potatoes. Several of those items continue through the summer, when we also receive plums, melons, nectarines

and peaches. We also receive loads of apples, tomatoes and corn. Last year, we distributed nearly five million pounds of produce.

Because we instituted changes in our distribution systems we continually increase the amount of fresh produce we distribute. We created our Farm 2 Kids program to distribute produce to low-income children. Each week over 9,000 children in Solano and Contra Costa counties receive three to five pounds of fruits and vegetables to share with their families. We also distribute produce at our other direct-to-client distribution program sites and produce is available to the member agencies we serve at our remote distribution sites.

We recognize there is an increased need in the community and we have access to millions of pounds of additional produce. The Food Bank's Board of Directors considered this opportunity as part of our strategic plan, so we approached the John Muir/Mt. Diablo Community Health Fund to help us establish a mobile produce program. We are purchasing a beverage truck that will be custom fitted to serve as a produce distribution truck. **Beginning in July, we will be at thirty sites twice a month distributing fresh produce in low-income communities.** We believe this program will allow us to increase our produce distribution by three million pounds of food.

Because of the help we get from the John Muir/Mt. Diablo Community Health Fund we are having a positive impact on the nutrition of the people we serve. We are confident that our generous community will help us distribute healthy food to children and seniors. Providing healthy food to the people we serve is the right thing to do.

Executive Director  
Food Bank of Contra Costa and Solano

## KEEP UP WITH US!

When you engage with the Food Bank on social media, you help us spread our mission to end hunger while showing people how much you care. We are able to reach more people than ever before when you comment, share and "like" us.



Facebook - [www.facebook.com/foodbankccs](http://www.facebook.com/foodbankccs)  
 Twitter - @foodbankccs  
 YouTube - [www.youtube.com/user/foodbankccs](http://www.youtube.com/user/foodbankccs)  
 Blog - [www.foodbankccs.org/wordpress](http://www.foodbankccs.org/wordpress)  
 E-news - [www.bitly.com/foodbanknews](http://www.bitly.com/foodbanknews)  
 Also find us on Google +, LinkedIn and Yelp.com

A Not Quite Quarterly publication of the Food Bank of Contra Costa & Solano

EXECUTIVE DIRECTOR  
Larry Sly

EDITOR  
Rachel Braver

WRITERS  
Renee Baptiste, Kathy Gleason, Cassie Brislain, Lisa Sherrill, Caitlin Sly, Larry Sly, Joan Tomasini, Sharon Zepegno

NEWSLETTER DESIGN  
MIGHTYminnow

The Food Bank of Contra Costa and Solano has been serving the community for 36 years. We provide food to more than 132,000 hungry people in need every month through direct service programs and a network of 180 charitable agencies, which allowed us to distribute nearly 14 million pounds last year!

The Food Bank works to reduce food waste, feed hungry people, and raise public awareness of issues related to food and hunger. The work could not get done without the support of many generous financial donors or the help of the thousands of volunteers who donate their time to coordinate food drives, sort and pack the food, and help distribute it to their hungry neighbors.



**Contra Costa Location**  
 4010 Nelson Avenue  
 Concord, CA 94520  
 Phone: (925) 676-7543  
 Fax: (925) 671-7933

**Solano Location**  
 2339 Courage Drive, Suite F  
 Fairfield, CA 94533  
 Phone: (707) 421-9777  
 Fax: (707) 421-0205

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



## AAA Helps in So Many Ways

When AAA moved to Walnut Creek in September 2009 Roger Hancock, Community Relations Manager, started to immediately work with the Food Bank of Contra Costa and Solano and other nonprofits. More recently, Roger, working with Karla McCormick of the Volunteer Center of the East Bay and other companies, provided the momentum to form the East Bay Business Volunteer Council. The goal of the BVC is to help strengthen employee volunteerism in businesses and corporations. AAA knows firsthand that employee engagement makes a real difference to the communities where their employees live and work. Groups of AAA employees have sorted and boxed thousands of pounds of fresh produce along with tons of donated food drive at the Food Bank. They are always enthusiastic and ready to work and it is evident that they are proud of AAA. When you see our barrels in the community, you are reminded by the AAA logo on the barrel wrap that they are a Holiday Food Drive sponsor.

Helping us to collect donated food is just one of many ways AAA helps our neighbors in need all year long.



AAA volunteers pose after sorting donated food.

## Girl Scouts Make it Happen

Girl Scouts of all ages love to give back to the community and they often choose the Food Bank of Contra Costa and Solano for a food drive or a volunteer project. On Saturday, May 5th we had a troop of Girl Scouts from Fairfield lead the activities for our Fairfield warehouse Family Volunteer Day. Having the scouts lead some of the projects helped us reduce the number of staff needed but more importantly this opportunity taught the girls leadership skills. On April 22nd girls from 10 troops in Contra Costa County and Solano County came to our Concord warehouse for Earth Day. Not only did they learn about who we help and the ways we help reduce our carbon footprint on the environment, they were able to bag up thousands of potatoes which went out to people in need the next two days. If you are a Girl Scout Troop, mark your calendar for Saturday October 20th for our next Girl Scout Day in both Fairfield and Concord. Scouting is good for the girls and good for the Food Bank!



## Agency Summit 2012 - From Hunger to Health

The Food Bank of Contra Costa and Solano puts on an annual one-day conference for its agencies and partners (an agency refers to those nonprofits in the community that we provide food to and they, in turn, distribute food into the community. Some examples are churches with pantries or soup kitchens, and shelters). The Agency Summit is comprised of workshops and speakers alternating throughout the day. This year, over 120 people attended our 3rd annual event, The Agency Summit: From Hunger to Health. The venue changes each year in order to allow greater access to our agencies. The three years that we've been organizing this conference have brought us from Pleasant Hill to Fairfield, finally landing in 2012 at the Craneway Pavilion in Richmond. The openness of the converted warehouse lent to the event's unique air. Lunch was served looking out at the Bay Bridge and the San Francisco cityscape beyond. George Manalo-LeClair, Executive Director of the California Food Policy Advocates, spoke about



current policies affecting our work. Carmen Bogan, Physical Activity Specialist, ended lunch with a group exercise.



Since the attendees are already excellent organizations, the purpose of the summit is to bolster what they are already accomplishing, create a unified network with common practices, and provide a day of appreciation for all of their hard work. Year-round, we serve as a resource, but once per year, we bring in the experts. The featured workshops focused on a variety of topics. Some focused on building a foundation of best practices: USDA Commodities and Food Safety. Some focused on reaching above and beyond: CalFresh Outreach, Advocacy, and Capacity Building. The materials presented are posted on our website [www.foodbankccs.org](http://www.foodbankccs.org) under the *For Member Agencies* tab.

Our service area stretches from Richmond to Bethel Island and San Ramon to Dixon. There are 285 partner sites distributing food for free throughout this area. Many don't realize the depth and breadth of our network, including the partners themselves. Time and again we've received feedback on how valuable the summit was for our partners to meet one another, network, and, frankly, just realize they are a part of a very large effort.

We hope this conference helped to reinvigorate their enthusiasm and each person left with some fresh ideas. We at the Food Bank gain valuable insight and feedback at this event. Thank you to everyone who attended.



## Youth Ag Day

In March, over 2,000 children from Solano County met at the Fairgrounds in Vallejo to learn about food, agriculture, and healthy eating. Youth Ag Day occurs every year, and this year, the Food Bank of Contra Costa and Solano had a booth where they played a beach ball game with fruits and vegetables and got lots of physical activity. They learned which fruits and vegetables provide each vitamin that your body needs to stay healthy by looking at the fruit and veggie rainbow. Food Bank pencils, wristbands, and stickers were given out to all the children as prizes. The children then got to meet cows and llamas, and have a healthy lunch afterwards. The students, volunteers, and Food Bank staff had a wonderful time.

# California Losing Billions of Dollars Due to Low Participation in CalFresh

Over seven million Californians are not able to afford the food they need and require assistance to access healthy food. Food banks help by providing emergency food and by partnering with state and federal nutrition programs.

CalFresh (formerly Food Stamps) is California's number one nutrition and anti-hunger program. It provides 100 percent federally-funded benefits to almost four million Californians - most of them children. Nonetheless, California has the lowest participation rate among all states and loses \$4.9 billion in federal funds and \$8.7 billion in associated economic activity annually, in part because of excessive application and program requirements that make it hard for people to enroll and to stay enrolled.

**AB 828** (Swanson) - Nutrition Assistance for Families Act. Improves nutrition assistance for families and supports community reintegration by ending the lifetime ban on CalFresh benefits for people who have served their time for a prior drug-related felony conviction.

**AB 1560** (Fuentes) - Food for Health: Aligning Medi-Cal and Nutrition Assistance Eligibility Policies and Procedures. Makes Medi-Cal recipients with gross incomes up to 200% of the Federal Poverty Level automatically income-eligible for CalFresh. Aligning eligibility will streamline administrative costs and improve access to CalFresh for low-income Californians.

**SB 970** (De León) - Streamlining Health Benefit and Nutrition Assistance Enrollment. Allows people applying for health coverage online to use their information to start an application for public programs such as CalFresh and CalWORKs and, with their consent, would enroll uninsured CalFresh recipients into health coverage prior to the January 1, 2014 requirement in the federal Affordable Care Act (ACA) to have health coverage.

**SB 1391** (Liu) - Cost-Effective Collection for CalFresh Over Issuances. Sets standard, statewide threshold for establishing and collecting CalFresh over issuances when the over issuance is due to administrative error. This would provide administrative cost savings and reduce the burden on households who receive small over issuances due to administrative errors.

## Take action!

Call your state representatives and give them this message:

Please support legislation that will improve and expand participation in the CalFresh program.

California has the worst participation rate in the nation, which impacts the demand on food banks.

Because of the state's poor participation rate in the CalFresh program, we lose \$4.9 billion a year in federal funds, which would generate \$8.7 billion in annual economic activity.

Not sure who your representatives are? To locate your State representatives, visit [www.leginfo.ca.gov/yourleg.html](http://www.leginfo.ca.gov/yourleg.html).

For more information about how you can help take action against hunger, please contact Lisa Sherrill at (925) 676-7543 extension 206 or [lsherrill@foodbankccs.org](mailto:lsherrill@foodbankccs.org).



## 20 Years of Letter Carrier Food Drive Volunteers

May 12th marked the 20th year of the Letter Carriers Food Drive and for 20 years the Food Bank of Contra Costa and Solano volunteers have helped the Letter Carriers STAMP OUT HUNGER by helping at post offices all over Contra Costa and Solano counties. Known as the nation's largest one-day food drive, this huge effort held every second Saturday in May helps us feed families in our local community. We were fortunate again this year to have 160 volunteers in groups helping at 23 sites. On Saturday they unloaded the carriers' vehicles and loaded over 200,000 pounds of donated food into Safeway and SaveMart trailers and Food Bank trucks. Wells Fargo Volunteers helped again this year at Concord Main while the San Ramon Islamic Center and Valero Volunteers staffed two sites each. Air Force volunteers, led by S.Sgt.. Brett Hargis, staffed four post offices in Solano County. Kiwanis helped in Moraga, Orinda and Alamo and students from Pittsburg High and Freedom High helped in East Contra Costa. Church groups volunteered in Antioch, Martinez and Lafayette while long-time supporters Lynne and Bruce Phelps staffed the Post Office in Clayton. We always say we could not operate a day without our volunteers. On May 12th this was especially true. What an amazing team - the Letter Carriers and the Food Bank Volunteers!



## Upcoming Events: Summer 2012

### JUNE 16

Diablo Valley Corvettes will be hosting their 42nd Annual Corvette Car Show at Todos Santos Plaza in downtown Concord on June 16th from 8:00am to 3:00pm. Enjoy the finest examples of Classic, Custom and Stock Corvettes on display. Bring your whole family to see over 125 of the most beautiful corvettes up close on the grassy park.

This show is free to the general public, while registration for entrants is \$35 for Western States Corvette Council Members and \$40 for non-WSCC Members. Car registration and car cleaning will be from 8:00am until 11:00am, judging from 11:30am - 3:00pm and awards presentation at 3:30pm.

Bring a bag of nonperishable food to support the Food Bank of Contra Costa and Solano. For more information, visit [www.dvcorvettes.com](http://www.dvcorvettes.com) or contact Dave Spellman at [davespellman@dvcorvettes.com](mailto:davespellman@dvcorvettes.com) or (925) 676-4588.

### JUNE 1-15

Capitol Corridor, in partnership with Amtrak and six northern California food banks, is inviting the public to help "Fight Hunger-One Stop at a Time." From June 1 to June 15, Capitol Corridor and Amtrak will have food collection bins at seven staffed stations from Sacramento to San Jose. This is the third year these entities have joined efforts to help feed needy families throughout Northern California. Preferred food donations include rice, beans, peanut butter, canned vegetables, fruits, meat or fish, pasta, breakfast foods, healthy snacks, low-sugar cereal and dry milk. No glass containers, please. Donors are encouraged to drop off nonperishable food at one of the stations to help Capitol Corridor fight hunger. The Martinez (Contra Costa County) station is located at 601 Marina Vista Drive. For more information, download the flyer, visit [www.capitolcorridor.org](http://www.capitolcorridor.org) or call 1-877-9-RIDECC.

### EVENT RECAP - EMPTY BOWLS

Our annual *Empty Bowls* event was held on Saturday, March 24th at the Concord warehouse and Sunday, March 25th at the Fairfield warehouse sponsored by Chevron, Diablo Magazine, CBS5 KPIX-TV and Matthew Rinn State Farm. Guests at both locations enjoyed a simple meal of soup, bread and entertainment while learning more about our work serving the community. The hand-painted bowls, which each guest takes home, symbolize all of the empty bowls in our communities. Concord High Jazz Band performed at the Concord event and Crystal Middle School Band entertained at the Fairfield event. Soup was provided by two of our agencies, Bay Area Rescue Mission and Loaves & Fishes as well as local restaurants (Old Spaghetti Factory, Tony's, Huckleberry's, Crepes and More, Sandy's 101 Omelet's). Coffee in Concord was donated by Starbuck's (Locust Street in Walnut Creek) and Peet's (Fairfield).

Visit the events page on our website for more event listings  
[www.foodbankccs.org/events](http://www.foodbankccs.org/events)  
 or sign up for Food Bank e-news  
[www.bitly.com/foodbanknews](http://www.bitly.com/foodbanknews)

# An Afternoon in the Admiral's Garden

June 24, 2012



# Your Tickets to Cash and Prizes

Enter the Roger Weiss Memorial "Beat the Recession" Drawing and you could win \$2,500 cash, \$500 for gas and many other valuable prizes. Clearly print the name, address, etc. of the purchaser on the ticket stub. Drawing tickets (and checks) must be received by the Food Bank's Concord location no later than noon, Friday, June 15, 2012, and must include your name, address and phone number so that we can contact you if you win. For more tickets, photocopy the ticket below or contact Kathy Gleason at [kgleason@foodbankccs.org](mailto:kgleason@foodbankccs.org) or 925.771.1313.

<p><b>Food Bank of Contra Costa and Solano Drawing</b></p> <p>Please print clearly:</p> <p>Name: _____</p> <p>Address: _____</p> <p>City: _____</p> <p>State, Zip: _____</p> <p>Email: _____</p> <p>Phone(w Area Code): _____</p> <p><small>Need not be present to win. If value of prize exceeds \$600, winner will receive IRS Form 1099</small></p>	<p><b>Roger Weiss Memorial BEAT THE RECESSION Drawing!</b>  <b>Sponsored by California Pacific Federal Credit Union</b>  <b>An Afternoon In The Admiral's Garden Fundraiser 2012</b></p> <p>Grand Prize: \$2,500 cash! <b>Cal Pac FCU</b></p> <p>2: \$1,000 <b>Walmart</b> gift card 3: \$750 <b>Target</b> gift card 4: \$500 Am-Ex gift card</p> <p>5: \$500 <b>ConocoPhillips</b> gas cards</p> <p>6: \$250 <b>Costco</b> gift card 7: \$200 <b>Starbucks</b> gift card <b>AAA</b></p> <p>Donation: \$10 each, 6 for \$50, 13 for \$100</p> <p><b>NEED NOT BE PRESENT TO WIN!</b></p> <p><small>Ticket stubs &amp; check must be received no later than 6-13-12          Mail to: Food Bank of Contra Costa &amp; Solano          P. O. Box 6324, Concord, CA 94524          Drawing to be held Sunday, June 24, 2012 at Admiral's Garden Event, Mare Island, Vallejo          If value of prize exceeds \$600, winner will receive IRS Form 1099</small></p>
--	--

## Bring on the Cupcake War!

Back by popular demand, the Food Bank presents the second annual Cupcake War at the An Afternoon in the Admiral's Garden fundraising event on Mare Island on June 24th! Watch as five local cupcake artists demonstrate their art and present their very best cupcakes to win a \$500 prize. Celebrity judges will pick the winning cupcake, and guests will sample these delicious creations. Don't miss this confectionary competition with a \$500 prize to the winner from Tesoro Golden Eagle Refinery! Reserve your spot for An Afternoon in the Admiral's Garden at [www.theeventofthesummer.com](http://www.theeventofthesummer.com)

Pictured clockwise:

Sinful Bliss Cupcakes

Raffie Agojo of Just a Simple Cupcake

Miglets Bakery



4010 Nelson Avenue  
Concord, CA 94520

P.O. Box 6324  
Concord, CA 94524

*Return Service Requested*

**Donate. Volunteer. Advocate.**

Visit [www.foodbankccs.org](http://www.foodbankccs.org)  
Call 800-870-FOOD

## A Sneak Peek into the Tasting Tents!

Pictured are some of the delicious appetizers, beverages and foods you will sample in the Tasting Tents at An Afternoon in the Admiral's Garden on Mare Island on June 24th. To see more, visit [www.theeventofthesummer.com](http://www.theeventofthesummer.com).

1. Hannah Nicole Award Winning Wines
2. Winterhawk Winery Artisan Wines
3. Lori Mazon, Culinary Capers - "Making your taste buds dance, with home-cooked convenience!"
4. Chef Michael Dunn, Yankee Pier, Lafayette
5. Watch as five local cupcake artists demonstrate their art and present their very best cupcakes to win a \$500 prize.
6. Whole Foods Market Walnut Creek at last year's event
7. Fentons Creamery
8. Schubros Brewery – "We are all about beer-food pairing"
9. GV Cellars – "We bring passion and dedication to our wine making, crafting local wines that express the beautiful terroir of Green Valley."

