

SUMMER 2018

# BREAD CONNECTION

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

## For many seniors the monthly decision is food or...

For 74 year-old Theresa of Antioch, her retirement years are anything but golden. Theresa shares, “I thought my older years would be easy. Instead of easy, I’m not making it.” Theresa is not unique. For a growing number of seniors, that is the reality. In fact, 1 in 11 seniors in California may have to choose between paying rent, filling prescriptions or purchasing food.

CalFresh, a state-run nutrition assistance program, could be the answer for many limited-income seniors. CalFresh benefits are automatically loaded onto a debit-like card that can be discreetly used at most grocery stores, neighborhood stores and farmers’ markets.

**Despite being one of the most effective solutions to hunger, the majority of seniors who are eligible do not use CalFresh.** Why? Because of some persistent myths seniors believe about the program.

**MYTH: “Other people need CalFresh more than I do.”**

**FACT:** There are enough CalFresh benefits available to everyone meeting the eligibility requirements. There is no need for qualifying seniors go without.

**MYTH: “It’s too hard to apply for CalFresh.”**

**FACT:** Friendly Food Bank staff help seniors find out if they may be eligible. They can provide further assistance by mailing out applications or helping apply over the phone or online.

**MYTH: “I own my house, so I won’t qualify.”**

**FACT:** Seniors can have savings, a house and cars and still receive CalFresh.

The Food Bank is letting seniors know about the help CalFresh can bring, because no one should have to choose between buying food or filling a prescription.

To learn more about this important program, visit [foodbankccs.org/seniorcalfresh](http://foodbankccs.org/seniorcalfresh).



“I always felt there were other people that need it more than me... but after I had gone three days without eating, I was so hungry.”

— Mary age 90 on why she applied for CalFresh

## CalFresh & Food Bank work in tandem



We are thankful that with your support, we are able to lift up the 1 in 8 people who have to turn to us for help. Our food distributions nourish THOUSANDS of people in our community, but we know that without the CalFresh program,

MILLIONS would go hungry.

Nationally, the CalFresh program (called SNAP in other states) distributes 12 TIMES the benefits food banks provide. It is the most comprehensive, efficient and caring way we provide food assistance to our neighbors in need.

As part of CalFresh Awareness Month, I feel the need to explain that we and other local food banks would not be able to fill the meal gap should the proposed legislative changes to CalFresh go through. We have no doubt that children, seniors and the disabled would suffer.

We work hard and efficiently at putting food into the hands of our neighbors who need it the most. Yet, we understand that hunger is bigger than just our organization and our geographic area. We advocate for CalFresh and perform CalFresh outreach because we understand this program is the first line of defense against hunger for our entire state.

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

Larry Sly  
Executive Director

**To learn more and get involved with CalFresh advocacy, visit [foodbankccs.org/advocate](http://foodbankccs.org/advocate).**



# Nourish *Gala*

**SATURDAY  
JUNE 2, 2018  
6:00pm**

**Round Hill Country Club  
3169 Roundhill Road  
Alamo, CA**

**Black-Tie Optional**

**Please RSVP by  
May 18, 2018**

Presented by



**[foodbankccs.org/nourishgala](http://foodbankccs.org/nourishgala)**

# Reducing food waste since 1975

Reports indicate that an astounding 40% of food is wasted in all stages of growing, production, distribution, retail and in homes. Although this is a hot topic now, reducing food waste has always been a priority for the Food Bank. Since our founding in 1975, our primary source of food has been donations from both the local community and the grocery industry. Early employees can remember loading up a pick-up truck with oranges from someone's backyard and collecting day-old bread from grocery stores.

Our efforts to reduce the impact of wasted food are more sophisticated now. Last year, along with our large network of partner agencies, we recovered 3 million pounds of good-quality food from local stores that was not deemed "retail-quality". The fresh, and sometimes odd-looking, fruits and vegetables we receive are mostly donated from producers because their crops didn't meet retail beauty standards. We discard any food that isn't safe for consumption in a dedicated organics waste bin, reducing both the creation of methane gas and Food Bank's disposal costs.

Your support allows us to continue picking up and distributing these vital resources while lowering our food costs and diverting millions of pounds from landfills each year.



Delicious, nutritious pears in jumbo and tiny sizes don't meet grocery standards.

## No-Waste Crispy Potato Peels

*Recipe from [thekitchn.com](http://thekitchn.com) | Image credit Faith Durand*

Roasted potato skins are a delicious way to use a kitchen scrap that would otherwise be wasted. Before you toss them in the compost, give this recipe a try. These peels are best right out of the oven with ketchup, hot sauce, or some other delicious dip. Let us know what you think on Instagram @foodbankccs.



### Ingredients

Potato Skins (russets work really well)  
Olive Oil  
Salt to taste  
Seasoning and toppings like smoked paprika, cheese and scallions (optional, but delicious)

### Directions

- Heat the oven to 400°F. Line a large baking sheet with parchment, if desired.
- Toss the peels with oil and seasonings. We used a light drizzle of olive oil, and some pepper and salt. Toss so that the peels are thoroughly coated.
- Roast for 15 to 20 minutes, stirring once. Stir halfway through roasting, and remove them once they're done to your liking.
- If you like, sprinkle these little bites with cheese and green onions, or eat them straight off the baking sheet.





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## You keep the Community Produce Program going

The Community Produce Program has rapidly become one of the Food Bank's most-attended programs, providing fresh fruits and vegetables twice a month to those who need it most. This vital program holds distributions 7-days-a-week, operates at 69 different sites and gives out about 250,000 pounds of produce per month.

As you might imagine, this service requires a tremendous amount of time and resources to keep up with demand. The Community Produce Program was initially funded by a grant, but that support is coming to an end. More than ever, we are depending on our supporters to help us continue providing fresh produce to nourish our neighbors.

**With your gift of just \$50, we are able to provide fresh produce for 20 families!**



[foodbankccs.org/donate](https://foodbankccs.org/donate)