

FALL 2018

BREAD CONNECTION

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

After 30 years, Terry goes for monthly giving



“Giving back is important and advances all of us.”

Terry Mann, Volunteer and Monthly Donor

On a sunny Friday in Martinez, Terry Mann continues his perfect attendance record as a volunteer for the Food Bank’s Community Produce Program. While handing out cantaloupe and apples to thankful participants, he has the satisfaction of seeing the impact his charitable giving makes because Terry is also a monthly donor.

His reason for signing up for automated giving?

He hates writing checks.

As a former accountant for Contra Costa County and treasurer of his church, he understands operating expenses and financial planning.

Terry appreciates that his automated monthly donations mean lower administrative costs, less paper mail and a trusted source of revenue that allows the Food Bank to plan for the future.

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To get started, Terry suggests looking over your current expenses to find out what is left for charitable giving. After deciding on an amount you can afford to give regularly, you can easily join this community of monthly givers by visiting foodbankccs.org/nourish365.

Newsletter changes to reflect our growth



Thanks for taking the time out of your day to learn about some of the things going on the Food Bank. What you probably didn't realize when you opened this up is that you are reading the very last edition of the *Bread Connection*, but don't worry – it's not the last you'll be hearing from us.

Our print newsletter will have a new look and name in early 2019, thanks to the pro-bono consulting services we received from Prophet (a brand and marketing strategy company in San Francisco).

Why the change? When this publication first debuted over 20 years ago, we were providing basic emergency food to a small number of people. Now 1 in 8 of our neighbors turn to us to supplement their grocery budgets and the name "*Bread Connection*" no longer reflects the extent of the work the Food Bank is currently doing to fight hunger.

For now, sit back and enjoy reading about the current happenings at the Food Bank! As always, we appreciate your steadfast support.

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

Larry Sly
Executive Director

Hunger doesn't rest (and neither will we)

Congress is currently debating the Farm Bill, a package of bills that includes funding for the Supplemental Nutrition Assistance Program (SNAP, known as CalFresh in California). This legislation will have an enormous impact on hunger in our community, as the Food Bank will not be able to make up for the meals lost if SNAP is cut.

The 2018 Hunger Study found that close to a third of those surveyed rely on SNAP in addition to our services to make ends meet (foodbankccs.org/hungerstudy).

Please join the Food Bank of Contra Costa and Solano in advocating for a Farm Bill that protects and strengthens SNAP, because no one deserves to go hungry. **Call your member of Congress today and ask them to negotiate toward a final Farm Bill that makes no cuts to SNAP.** Dial 1-888-398-8702 and follow the instructions to be connected to your representatives.



Hunger Fighters take on Sacramento to advocate for policy that ends hunger.

To stay up to date on Farm Bill proceedings and other anti-hunger legislation, visit foodbankccs.org/advocate to sign up for the Hunger Fighters e-newsletter.

Hunger Study sheds light on difficult choices

In an ideal world, everyone's income would provide what they need to cover expenses. The reality is that people who turn to the Food Bank run out of money before they can pay all of their bills, leaving them to make no-win decisions.

In the recently conducted Hunger Study, we learned what's at stake for the people we serve when they don't have the money to buy food.

The people we feed are either not able to buy enough food, or they purchase lower-quality food because it costs less—that is, if they can afford groceries at all. To see more tradeoffs our clients make and how your support makes a big difference, visit foodbankccs.org/hungerstudy.

"With the high cost of living in this area, even though we both work 40 hours a week, my husband and I have to make a decision to pay PG&E or feed our daughter."

-Theresa, Bay Point

Parmesan Herb Sweet Potatoes

Recipe and image from pumpkinspice.com

Sweet potatoes are a familiar sight around the Food Bank with over 500,000 pounds of them going out to clients last year. This recipe is a tasty, savory way to prepare these nutritious sweets. Try it out and let us know what you think on Instagram [@foodbankccs](https://www.instagram.com/foodbankccs).



Ingredients

- 3 large sweet potatoes, peeled and diced into small cubes
- 3 tablespoons olive oil
- 4 tablespoons grated Parmesan cheese
- 2 teaspoons Italian seasoning
- 1 teaspoon garlic powder
- Parsley for garnish, if desired

Directions

- Preheat oven to 400F. Lightly coat a large baking pan with non-stick cooking spray or line with parchment paper. Set aside.
- In a medium bowl, combine the olive oil, Parmesan cheese, Italian seasoning, and garlic powder.
- Add diced potatoes and toss to coat.
- Spread potatoes in an even layer onto prepared pan.
- Bake for 32-35 minutes, or until lightly browned and crispy.
- Remove from oven and let cool for 5 minutes before garnishing with parsley and more Parmesan.

4-H teens make community service the main event

By Alec Merodio

Alec Merodio and Olivia Frenkel are high school students who are making a real difference in their community. We asked Alec to tell our readers a little bit about their involvement at the Food Bank:

Our families have been volunteering at the Food Bank for as long as I can remember. A few times a year we helped bag produce at the Food Bank warehouse in Fairfield, we organized canned food drives at our school and even participated in supporting the Food Bank through local clubs such as Suisun Valley 4-H.

As 4-H project members for the community service project, we decided to support the Empty Bowls event. Partnering with the Food Bank, Olivia Frenkel and I worked to identify concrete ways we could make a real, positive change and grow the event through attendance and awareness. We worked to develop marketing materials, publicized the event in prepared speeches all over town, gathered leadership classmates from Armijo and Rodriguez high schools to volunteer and rallied other 4-H clubs in Solano County to help as well.

Our efforts paid off with 80% more people in attendance than the previous year and added revenue from raffle ticket sales. Our goal for 2018 is to sell out at both venues by continuing to work with the community and building support for the Food Bank.

Through the experience we have learned communication skills, marketing, event planning, community outreach, and budgeting. Most importantly we have learned a little effort shared among a large group of hard-working people pays off. I encourage you to attend the Empty Bowls events in October with your friends and family, find ways to support the Food Bank and give back to our fantastic community.

I hope to see you in October! Get the details and register at foodbankccs.org/emptybowls.



(Above) Olivia and Alec shared about their work on Empty Bowls with CBS San Francisco.

(Below) Guests enjoying the Empty Bowls event in Fairfield.

