



We are not
just here to
feed people.

We are here to
nourish them.

Serving more than food

When people think of food banks, they might picture old, dusty cans of processed food loaded with sugar and salt, but a visit to one of our food distributions will show a different picture.

We believe in the important role food plays on nourishing our bodies. This is why you will find fresh produce at every one of our 270 Food Bank program sites each month!

From mountains of fruits and vegetables at the Community Produce Program to balanced boxes filled with protein and whole grains at Food for Children, we are providing healthy food to bring wellness to the people we serve.

The logistics of acquiring and giving out 14

million pounds of produce each year is no small task, but we do it for people like Lora. A year ago Lora was struggling with her health, had diabetes, and didn't feel good on a daily basis. **At 78, she began eating more fruits and vegetables after she discovered one of our produce trucks. Now she is diabetes-free, medication-free, and feels great.**

Another way we are ensuring better health outcomes for our recipients is through an innovative new program called Mobile Food Pharmacy. By connecting patients at health clinics directly to the nutritious food their doctor recommends, it makes the change in eating easier to start and maintain (read more about this program in the center of this newsletter).

Giving food is one thing, but giving someone back their health means so much more.



Leading the fight
to end hunger, in
partnership with
our community and
in service of our
neighbors in need.

Food Bank Mission Statement

A NOTE FROM OUR NEW PRESIDENT AND CEO

I love that our mission says to LEAD – it doesn't say assist, help or simply warehouse and deliver food – but to LEAD. Collectively we can have a huge impact feeding those in need.

After just completing my first 90 days at the Food Bank, I can honestly say I could not be more impressed by the service and contributions that Larry Sly, the board, the leadership staff, and the whole Food Bank team have been providing to our community and neighbors in need. I am so proud, honored, and excited to have been selected to lead this great organization.

I invested the bulk of my first two months focusing internally on meeting essentially every team member and gaining a better understanding of the core processes of the organization. Taking the time to attend department meetings helped me shed light on the strengths, challenges, and even the culture of the organization today.

I've also had the pleasure of meeting many of you—our passionate volunteers and supporters. It didn't take me long to learn that it's because of your heart and drive that we are able to help feed people every single day. I look forward to meeting many more of you in the coming months and accomplishing great things together.

Joel Sjostrom
President and CEO
Food Bank of Contra Costa and Solano

Hunger in the Headlines

“Nearly 700,000 SNAP Recipients Could Lose Benefits Under New Rule”

Our hope is that everyone who can work is able to find a good job to cover their expenses, but that is not always possible. A new federal rule will force people ages 18-49 who are considered “able-bodied adults without dependents” (ABAWD) deeper into hunger by imposing a 20-hour-per-week work requirement to receive CalFresh benefits.

The rule does not consider barriers to work such as inconsistent shift hours in retail and gig work, unreliable transportation, availability of jobs in remote areas, lack of education, and both physical and mental health problems.

To avoid losing their CalFresh benefits under this rule, recipients can do volunteer service to meet their work requirement. To be of some service, we’re expanding our volunteer programs to include more opportunities. We’ve also led five public forums in an effort to bring together community partners to discuss the ramifications and possible ways we can all help.

“Supreme Court Allows Public Charge Rule To Take Effect”

The Food Bank of Contra Costa and Solano, our partner agencies, and advocates have been vocal opponents of the changes to Public Charge Assessment that will deny a path to citizenship for legal immigrants deemed “likely” to need public assistance in the future.

The Food Bank has joined the national Protecting Immigrant Families campaign to help raise awareness of this immigration change that impacts those who may use programs like CalFresh and WIC. We are reassuring our clients that food distributions are a safe place and encouraging them to keep coming to get the food assistance their families need.

“Food stamp expansion for low-income elderly and disabled Californians off to rapid start”

For 40 years California was the only state to deny CalFresh benefits to Supplemental Security Income (SSI) recipients. We have been passionately advocating on behalf of our senior and disabled clients who receive SSI, but cannot make ends meet and would benefit from the additional support of the CalFresh program.

Starting June 1, 2019, the Governor eased hunger for these vulnerable populations by allowing SSI recipients to also receive CalFresh benefits if they meet eligibility requirements.

Thanks to a grant-funded print, mail, and digital campaign, we have enrolled more than 1,200 newly eligible households in CalFresh.

The change is making a difference for people like Ann. She says, “While attending the Food Bank’s Speaker Series, I found out that I was newly eligible for CalFresh as an SSI recipient. I applied and received them which made a huge difference in my life!”



Mobile Food Pharmacy participants receive a prescription for healthy food they pick up the same day as their medical appointment.

PROGRAM STORY

A prescription for good health

Mobile Food Pharmacy puts the Food as Medicine approach into practice at Solano County health clinics.

For years we have known that good nutrition positively affects health, and experts across the globe are now embracing food as medicine. Though health care providers often encourage their patients to eat a healthy diet, they cannot always offer a viable way for their patients in need to obtain the kind of food they are recommending.

A lack of money, time, and transportation are all common reasons many individuals have to turn to inexpensive food filled with unhealthy fats, sugar, and sodium. Transportation is especially challenging for those living in “food desert” communities, where grocery stores and farmers’ markets are scarce.

Our **Mobile Food Pharmacy**, made possible by a grant from Yocha Dehe Wintun Nation, links health care with access to nutritious food through a partnership between the Food Bank of Contra Costa and Solano, Solano Public Health, and Family Health Services.

Originally piloted in November of 2018, the Mobile Food Pharmacy was created to provide healthy food to low-income individuals and families who are affected with or are at risk for, chronic diseases such as diabetes, heart disease, or hypertension.

The innovative Mobile Food Pharmacy is the first program of its kind to deliver fresh fruits and vegetables to the different Family Health Services clinics throughout Solano County on a weekly schedule.

It's currently operating five sites within Vallejo, Fairfield, Dixon, and Vacaville using the following approach:

1. During Family Health Services appointments, patients receive a prescription for food.
2. After the patient completes the appointment, they walk to the refrigerated Mobile Food Pharmacy truck to fill their prescription at no cost to them.
3. Food Bank employees and volunteers fill the patient's food prescription for a box of shelf-stable food. The box includes food that is low in sodium and sugar and high in fiber and protein. They also give out fresh produce to those with or without a prescription.
4. Free cookbooks and recipe cards are available to help patients maintain a healthy diet.

A major goal of the food as medicine approach is to utilize the symbolic nature of the prescription to communicate that healthy eating is part of the "doctor's orders" and that message is being well received by patients.

Last year we gave out 3,200 prescription boxes and over 120,000 pounds of produce.

The Mobile Food Pharmacy was awarded a National Achievement Award for Health from the National Association of County Governments (NACo) and a Challenge Award from the California State Association of Counties.

“I haven't had to rely on my medication as much due to the food I've received from the Mobile Food Pharmacy.”

–Family Health Services patient, Solano County

Moving forward, we are excited to announce four more Mobile Food Pharmacy sites are expected to be added in Solano County in the near future. Additionally, we are looking into ways we can track health outcomes, so we can tangibly measure what we already know – this program is having a positive impact in the community!





Featured Partner: Chevron

WHY WE GIVE

A STORY OF SUPPORT ROOTED IN HISTORY AND PEOPLE

Chevron has partnered with the Food Bank of Contra Costa and Solano for more than 25 years. In 2018, over \$200,000 was contributed to the Food Bank through a combination of corporate, employee, and retiree giving and company matching funds.

Headquartered in San Ramon, Chevron's support goes beyond financial contributions. Janet Auer, senior advisor of education and corporate programs at the company speaks to their involvement.

"Chevron employees are proud to work for a company that values its role as a corporate citizen, and they see volunteering at the Food Bank as a way to help fight hunger in Contra Costa and Solano counties. In 2018, Richmond and San Ramon employees and Bay Area retirees logged more than 133 volunteer hours at the Food Bank."

Chevron has been the main sponsor of events that help the Food Bank outreach to the community like Empty Bowls and the Nourish Gala. They have also made a difference for programs like Farm 2 Kids which gives produce and nutrition information to kids in after-school programs.

Chevron's support helps to distribute food through Food Bank community sites and makes food available to other nonprofit organizations serving the ill, needy, and children.

Janet concludes, "We know that lasting changes do not happen overnight, but it must begin somewhere, and we are proud that our partnership with the Food Bank contributes to stronger and healthier lives."

Learn more about corporate partnerships by contacting John Calender, Corporate Relations Manager at jcalender@foodbankccs.org or 925-771-1313.

EVENTS

See you at the Nourish Gala

Because hunger should never be an option.

Be our guest at the Nourish Gala on May 30th! Attendees will support the Food Bank while enjoying a three-course dinner, drinks, and dancing.

The night will heat up when the auctioneer calls out chances to bid on exciting live auction packages for vacations and events in the Bay Area and around the globe.

"The Nourish Gala is a fantastic event celebrating and supporting the Food Bank's mission to end hunger in our communities where we work and live. The event is full of great auction items, music, food, people, and fun!"

-David Le, Board Member
Valero Benicia Refinery

Reserve your place today

When: May 30, 2020

Where: Diablo Country Club

Reserve your place at:
foodbankccs.org/nourishgala

Sponsorships are available.



Lily Dong Photography



Lily Dong Photography



4010 Nelson Avenue
Concord, CA 94520

Return Service Requested



**CHIA PUDDING
PARAFIT**

Makes 2

Photo and Recipe:
Anna Gorman - Child
Programs and Extra
Helpings Administrator

- ¼ cup chia seeds
- 1 cup milk or plant
milk
- 1 tsp. honey (or other
sweetener)
- ½ tsp. vanilla extract
- ¾ cup blueberries
(fresh or frozen)
- ¾ cup strawberries
(fresh or frozen)

Toppings (bananas,
berries, coconut,
chia seeds, nuts,
honey, granola, the
sky's the limit!)

**Don't let their
size fool you,
chia seeds pack
a lot of protein,
fiber, potassium,
magnesium, and
calcium!**



- Mix chia seeds, milk, sweetener, and vanilla in a bowl, making sure there are no clumps of chia seeds. Let sit 5 minutes.
- Mix well again to redistribute any seeds that have sunk.
- Move to the refrigerator and let sit for 2 to 24 hours.
- Pulse blueberries in a blender or food processor to a smooth puree. Repeat with strawberries.
- If you don't have a blender or food processor, use fresh berries and crush them with a fork or a potato masher.
- Spoon half of the blueberry puree into the bottom of a clear drinking glass or jar. Spoon a quarter of the chia pudding on top. Repeat with strawberry puree, and finish with another layer of pudding.

GIVE MONTHLY. CHANGE LIVES DAILY.

You'll be providing life-changing support to your community 365 days a year with hassle-free, automatic monthly donations, lower administrative costs, and reliable funding to sustain and grow programs. Join today!

foodbankccs.org/nourish365