

# Food Notes | The Newsletter of Food for People

## FALL ISSUE 2020

The Food Bank for Humboldt County



Food for People is moving out of our long time home on 14th Street. Read more about our future plans on page 3.

### IN THIS ISSUE | Rebuilding Food for People Ways to Support

Pg. 4  
Pgs. 7 & 11

We feel it's important to keep you updated on our programs, policy work, and the progress we are making at the food bank. If you do not wish to receive a newsletter, please don't hesitate to contact us and have your name removed from our newsletter mailing list.

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**Food for People**  
The Food Bank for Humboldt County



PO Box 4922, Eureka, CA 95502  
www.foodforpeople.org  
707-445-3166

# Backpacks for Kids

## Helping Local Students Learning in Person and Virtually

By Carrie Smith, Child & Senior Nutrition Programs Coordinator

As the Coronavirus pandemic stretches on, many children are facing a school year marked by the threat of chronic hunger. In the spring, as parents across the county lost their jobs and schools closed their doors, the number of households with children who weren't getting enough food due to a lack of resources surged. Now with the new school year starting, we are faced with the tough reality of continuing vital food programs for the community, all while trying to navigate the unfortunate realities of living through a global pandemic.

The first line of defense against food insecurity is the school meals program, which does a great job supplying not only lunches but breakfast and dinner in some districts. But we've also never had a situation where you couldn't go to school for months! This school year, regardless of remote or in-person learning, Food for People is committed to continuing the Backpacks for Kids weekend hunger relief program to all 35 participating schools throughout Humboldt County. After much deliberation, the process is going to remain similar to past years. We will continue to secure donations to cover the cost of \$300 per student for a full year in the program. Volunteers will pick up the food, pack the bags, and deliver to the individual sites. There will just be more work on the end of Resource Centers and Schools who will now have to either set up a pickup time for the parents or deliver the food bags straight to the children's doorstep. The dedication to ensuring the most vulnerable children in our community can still receive a bag of food each weekend to provide sufficient nutrition to keep them healthy and productive in the midst of a pandemic speaks to the caring heart of our community.



"The children of Eureka City Schools have benefited greatly from the Backpacks for Kids program. Two out of every three of our students live at or below the poverty line. In distance learning, just like when we are in traditional learning, we are unable to feed our students over the weekends. This program makes it possible for many of our students to eat. Thank you Food for People and all the volunteers who make this essential program possible!"  
- Fred Van Vleck, Superintendent, Eureka City Schools

# THANK YOU HUMBOLDT COUNTY

Your support has raised more than \$30,000 for Eureka School Children

**\$600**

**\$300**

**\$100**

\*sponsor a child for a full year in the program!

Thank you to our partners in the Eureka Backpacks for Kids Program



Outdoor Cast Iron Cooking			Sandra Healy					Drs. Mahoney & Cobb			
Hilfiker Pipe Company			Rotary Club of Old Town Eureka					Redwood Capital Bank			
Jennifer Turley	Heidi Parker, Yogi	Mindy Sehon	Darus K. Trutna	Carly Robbins	Larry O. Doss	Charlie & Shelton	James & Annie Floss	Lynn Casillas	Bob & Cheryl Holt	Hansen & Pereira	Eva Janson
Ken Hoard	Steven Luu	Douglas Jorlin	Craig & Carol	Ginny Dexter	Jud & Anda	Barbara & Tom Peters					
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Dale & Cindy Stockly	Howard & Peg Gardner	Pauli - Shaw Insurance Agency	Jon Stocum & Jill Hansen-Rice	Stewart Telecommunications	Rotary Club of Eureka	Karen & Stephen Underwood					
Mary L. Romaidis	Carol & Rick Greaney	Mark & Sheri Schaal	Rick & Helen	Sharon Redd - Four Star Realty	Nancy & William Dean	Sue & Stacey					
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City Ambulance of Eureka			George Peterson Insurance			Thrifty Supply Company			Haider Ajina Senior Vice President - Investment Officer Wells Fargo Advisors		
Kristin Blair			Richard & Robin Marks			Umpqua Bank			Rotary Club of Southwest Eureka		

# Looking Forward

## Notes from the Executive Director

By Anne Holcomb

I often hear people say they are looking forward to seeing 2020 in the rearview mirror. The challenges we've all been dealing with since the early part of the year have seemed relentless and overwhelming, and have forced us as individuals, businesses, and community members to adapt in ways we never imagined. It hasn't been an easy ride, and we're all still figuring it out as we move forward, but I know I personally take heart from Humboldt County's spirit of support and resilience that helps us stay focused on keeping our community strong. And that guiding principle has never been more important for Food for People as we look to the future.

We've been "dancing as fast as we can" since late February when a city sewer inundation caused extensive damage to our building, which has served as our primary base for countywide operations since 1998. Shortly after that, we moved food bank staff and operations out of the building into four separate leased locations, and just a few days later "shelter in place" orders were issued in response to the pandemic, forcing us to completely redesign food distribution protocols at all levels to keep everyone safe. It's been a wild ride ever since, but I'm excited to share the news that we are about to embark on a new adventure that will define our future for years to come.

In early October, work will begin on the demolition of our facility at 307 W. 14th St., followed by a complete transformation and renovation of the site to provide more warehouse space, increased cooler and freezer capacity, and offices and meeting spaces for program staff and community partners. Our amazing staff and volunteers, who have been operating in an old building in cramped conditions in which daily operations were often like a real-life game of Tetris, are excitedly looking forward to serving our community in a facility that is inviting and efficient, and most importantly, allows us to grow and adapt to the changing needs of our county.

And while this may appear to some to be a sudden decision, the reality is that there has been a lot of work going on behind the scenes over the last couple of years to address the limitations of our aging building. We conducted a financial feasibility study; engaged Greenway Partners to formulate the design plans; formed committees of Food for People Board members, community advisors, and staff to discuss future needs; and started lining up the financial support necessary to get things started. Thanks to the vision of Carol Anne Smullin Brown, the William, and Patricia B. Smullin Foundation stepped up to provide \$1.5 million as a foundational gift, which was soon followed by \$250,000 in support pledged by St. Joseph Health Humboldt. Since then we've lined up almost \$3 million towards our goal of \$5 million and we're now ready to share our efforts with the community. We had hoped to be further along, but the sewer inundation damaged our building so



**Anne Holcomb, Executive Director.**

extensively that we've had no choice but to jump-start the public phase of our capital campaign and move forward.

The vision is to tear down and rebuild our existing facility, which we own, and acquire additional, off-site warehouse space. This will make it possible for us to increase storage capacity to accommodate large quantities of purchased and donated food; expand the reach of our programs and collaborations with community partners; provide more employment training opportunities for students and others seeking work experience; and work with local, state and national partners during times of disaster. These initiatives aren't new; they've just been happening for years on a much more limited scale due to the limitations of our infrastructure. But now we're ready to fully embrace the needs of our reality, prepare for the future and kick it up a notch!

While tackling such a big project during a pandemic when our local, state, and national economies are struggling is definitely not ideal timing for a capital campaign, the current situation adds emphasis to the important role Food for People plays in providing essential food assistance for our friends and neighbors who are struggling financially, regardless of what sort of personal disaster they are facing. In addition to COVID-19, we are currently surrounded by wildfires, and many folks are being displaced and may lose their homes. We want our community to know that Food for People is committed to continuing our 40+ year history of being here as a vital resource for our community when needed most, and we hope you will join us in this next chapter of our evolution.

With gratitude to all,

Anne Holcomb, *Executive Director*



*Food for People is rebuilding after disaster with innovative plans that help us respond to current needs and will take the food bank into the future.*

# Rebuilding Food for People

## Fighting Hunger, Building Hope, Campaign for Support

By Carly Robbins, Development Director

Over the last four decades, Food for People has grown into the principal hunger-relief organization in Humboldt County. We serve more than 12,000 each month; provide food to nearly 100 partner agencies; distribute food to 3,600 children and more than 2,500 seniors every year; reach the most rural areas of Humboldt County; and meet the emergency food needs that arise locally during a natural disaster, emergency, or global pandemic. The sewer inundation that occurred on February 28th stuck a tough blow to our facility and operations, but we have persevered and are ready to move forward, from the figurative ashes to build a new and improved food bank facility that will ensure every person in Humboldt County in need can access nutritious food and children, seniors, and families can connect with services that address the root causes of hunger and poverty.



**The Problem** - Food for People has outgrown our current facility. Food for People lacks a permanent facility to provide food assistance to the community. Our aging building went from useable and overcrowded to requiring evacuation due to failed infrastructure amid a sewer inundation.

Since the pandemic, Food for People has been hard at work distributing emergency foods. We are making our temporary leased spaces work for now but they are not a long term solution to our emergency response needs for the future.

### The Solution

We will expand services by rebuilding our facility and adding warehouse space. This will enable us to better support and enhance our county-wide network of 17 pantries and 18 diverse hunger relief, advocacy, and job training programs.



**Expanded Services** - We will build space for partners to connect people with an array of community support services that promote stability and lead to a better quality of life.



**Expand Job Training** - To improve employment prospects for people experiencing adversity by providing work skills in warehouse operations, front desk reception, and more.



**Improve the quality of food** we serve by expanding cold storage to prioritize healthy foods and reduce food waste.

Continued on page 5

# Renovation of Current Facility

**Large Choice Pantry** where people have enough space to choose their food with greater dignity.



**Added Warehouse** - Expanded cold and dry storage to accept large-scale food donations and fully meet the food needs of our programs.

**Disaster Response** to serve everyone during a pandemic, emergency, or natural disaster.



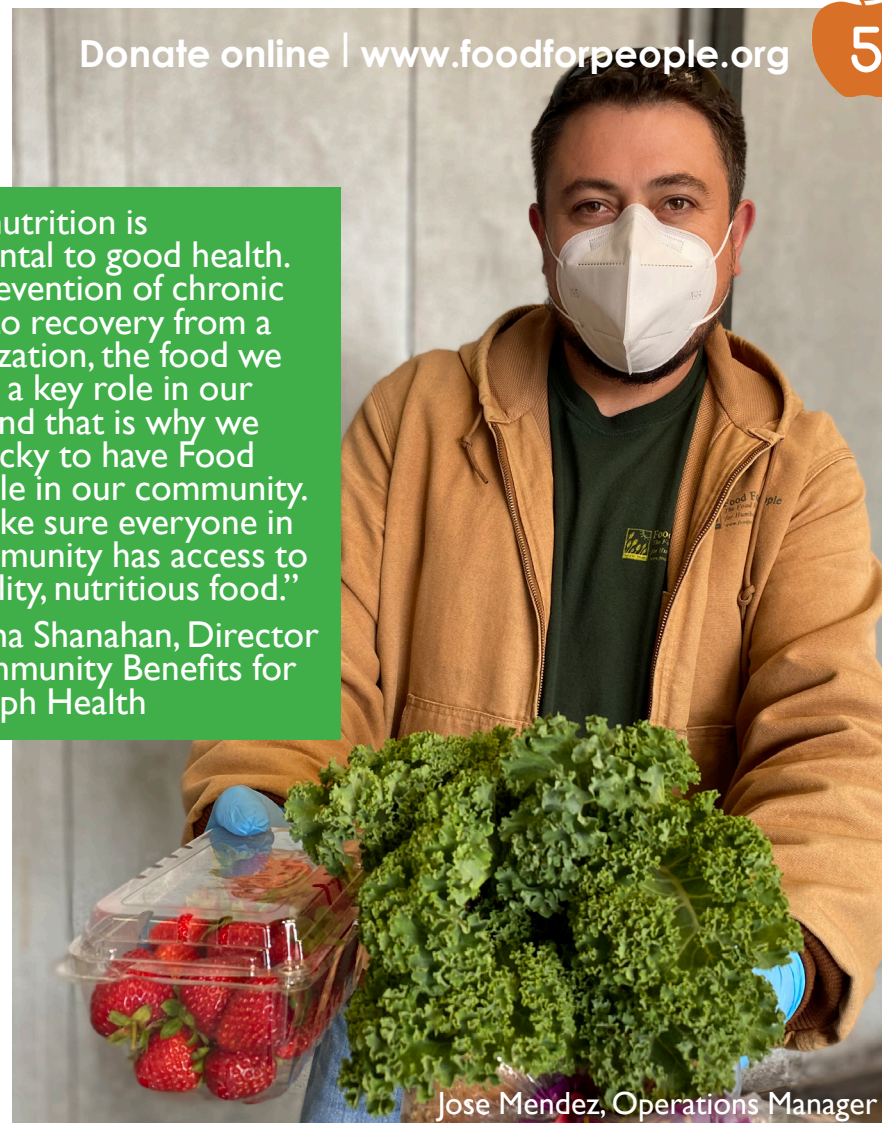
**An innovative flexible building design** will allow us to change our layout, expanding storage or service space as required to address the needs of the current crisis while looking forward.



Donate online | [www.foodforpeople.org](http://www.foodforpeople.org)

“Good nutrition is fundamental to good health. From prevention of chronic disease to recovery from a hospitalization, the food we eat plays a key role in our health. And that is why we are so lucky to have Food for People in our community. They make sure everyone in our community has access to high-quality, nutritious food.”

- Martha Shanahan, Director of Community Benefits for St. Joseph Health



Jose Mendez, Operations Manager

## What it Will Take

To realize our goal Food for People is undertaking a capital campaign to raise \$5 million. Thanks to the incredible support of our network of donors and community partners we have already raised nearly 3 million. Lead donors to the campaign include the Smullin Foundation, St. Joseph Health, the Rose Perinin Foundation, Food for People's Board of Directors, and generous community leaders.

**Why Now?** - We are undertaking this project now because it is needed to ensure the health of our community.

Our community struggles with **high cost of living, housing shortage, and low wages.**

**21% of Humboldt County's population lives in poverty** according to census data. Food for People would need to double operations to meet this need.

Seniors are the largest growing demographic in need of food assistance.

Healthy, **affordable foods** are hard to access in rural areas, where there are few, if any, places that provide it.

Food for People is the designated food relief organization during a natural disaster, **emergency, or pandemic** for all of Humboldt County.

The pandemic has had a dramatic impact on the need for food assistance in our community. The health and economic impacts of the pandemic will be felt for some time to come. Food for People needs to be there to respond and is on the front line in times of crisis.

We need a building that will have the space to be effective and efficient during community disasters and will also allow us to serve our community into the future.

Food for People is facing many challenges – our building has failed and must be re-built, and we are currently unable to expand our programs to meet additional and ongoing community need. We are embarking on this project now because action is needed for Food for People to continue to address food security in our community.

# Volunteering

## Help Those in Need

By Julie Ryan, Volunteer  
& Direct Services Manager

The COVID-19 pandemic brought out the best in our community, and scores of people have reached out to Food for People to offer help as the news spread that more individuals and families need food assistance. To keep clients, staff, and volunteers alike safe, Food for People quickly adapted our food distribution programs to reduce the number of people handling food and be mindful of social distancing best practices.

In researching the most effective practices to reduce the risk of COVID-19 spread, Food for People adopted the following safety guidelines and began welcoming back volunteers. We ask volunteers whether they have traveled out of the county recently, fall into a high-risk category, and are willing to follow our safety guidelines.

A large percentage of local COVID-19 cases have been traced to transmission from people who have traveled outside of Humboldt County. Therefore Food for People requires those who have traveled outside of Humboldt County, hosted out of area travelers, or been exposed to a sick individual to quarantine for two weeks before volunteering.

Those in the at-risk category, including people with chronic medical conditions such as asthma, compromised immune systems, and/or those aged 65 & up, are asked to wait until it is safe to volunteer. This is especially important during fire season when the air quality is poor, and in winter when the flu is going around.

Before beginning any task, Food for People staff and volunteers wash or sanitize hands and then don clean gloves before handling food. Volunteers, staff, and program participants must wear a secure fitting face mask over their nose and mouth and practice social distancing of 6 feet, especially when in indoor areas. We also provide sanitizer, gloves, and extra masks at each distribution or packing activity.

Other steps Food for People is taking to increase safety include keeping fans on and windows open for healthy airflow. As weather allows, we conduct packing and sorting projects in outdoor areas. And of course, many of the monthly food distribution events have shifted to outdoor or drive-thru models so that volunteers can distribute food at a safe distance.

We really appreciate everyone who has stepped up and helped out during this difficult time. It has been great to work with so many community-minded folks who are committed to helping those in need and keeping everyone safe.



“I volunteer here because  
I like helping people.”

– Grant Bryant, Food for People Volunteer

### Current Volunteer Opportunities:

**Monday Morning Produce Packing:** 9:30 am or 11:30 am shift (4 people max) There is the option to do this weekly as a long term opportunity or call and sign up for a shift as your schedule allows. Eureka

**Choice Pantry:** On Tuesday, Wednesday, and Fridays, the Eureka Choice Pantry serves walk-up clients in Eureka. 10:30 am or 1:00 pm shift. Volunteers can help bag nonperishable food, or help our staff provide excellent customer service to those who come to Food for People. Yes, we carry groceries to the car while distancing when someone needs a hand!

**Substitute Drivers:** Senior Homebound Delivery Program in Arcata, Eureka, or McKinleyville. You pick up a list of 4-6 names and addresses and set groceries on the front step in this no-contact distribution for the safety of vulnerable seniors. **Monthly Senior Drive-Thru distributions:** Starting in October, the Eureka Senior Drive-thru will be at a new location in Eureka. Program Participants drive up, put their car in park, pop the trunk, and volunteers fill it with groceries. Ideal for civic groups and families.

**Monthly Pantry Week Produce packing** is usually the third Monday of the Month. Bulk produce is sorted into mixed produce bags that will be sent to outlying pantries. There is a 9:30 am or 11:30 am shift. And room for up to 5 people per shift. Ideal for civic groups and families.

**Virtual Volunteering:** If you like being on social media, please share Food for People's posts and tag them #FoodForPeople to get the word out on our current programs, where and when we will be distributing food, fundraisers, and ways folks can help. You never know when someone in your network wants to volunteer, donate, or may be in need of food.

Please call (707) 443-3166 ext. 310 or email [volunteer@foodforpeople.org](mailto:volunteer@foodforpeople.org) to learn more.

Photo by Chris Wisner, forever a part of the Food for People family

Donate online

# Let Your Life Speak

## Your Planned Gift Can Help Eliminate Hunger

By Carly Robbins, Development Director

At some point in time, we all start thinking about our legacy and what kind of lasting impact our lives will make on our community and the world we live in - What is your legacy?

This year, we are working on plans to rebuild our damaged building so that our programs and services will be equipped to serve the community for many years to come. That's why we are asking our community to consider making a lasting impact through a planned gift. It's an opportunity to fulfill one's own financial goals while providing Food for People with important, long-term support that can make a tremendous impact on the future of food security in Humboldt County.

As we work to meet the needs for food security in our community amid this pandemic and the accompanying economic downturn, the support of people like you makes all the difference.

There are many different ways you can leave a legacy through a planned gift:

### Bequest/Will

Make a simple bequest through a will designating Food for People to receive whatever portion you decide.

### Real Estate & Personal Property

Make a gift of real estate - makes you eligible for a tax deduction!

### Retained Life Estate

Donate a residence while retaining the right to live there for life and get a large tax deduction!

### Publicly Traded Securities/Stocks

Donate publicly traded securities or stocks.

### Retirement Plan & IRA Designation

Designate Food for People as a beneficiary and make a charitable gift of your retirement plan, without having your gift taxed!

### Life Insurance Beneficiary Designation

No longer need your life insurance plan? Use the funds you have already invested to ensure the future of the food bank.

### Charitable Trust

Place cash or assets in a trust that provides scheduled payments to the food bank or will eventually pass on to Food for People.

Your gift can have a powerful impact on our mission to eliminate hunger in Humboldt County. For more information on Planned Giving contact our Development Director Carly Robbins at [crobbs@foodforpeople.org](mailto:crobbs@foodforpeople.org) or (707) 445-3166 ext. 306.

You can easily amend a will or living trust to add Food for People as a beneficiary. The following is suggested language for a will or an amendment to an existing will:

"I hereby give to Food for People, Inc. the Food Bank for Humboldt County, located at 307 W. 14th St., Eureka, CA 95501 (cash amount, percentage of net estate, or description of property) to be used for its general purposes."

Your planned gift can make a lasting difference in the fight to end hunger in our community.

foodforpeople.org

7



## Food for People The Food Bank for Humboldt County

### Board of Directors

Martha Spencer, *President*  
Carol Vander Meer, *Vice President*  
Lew Litzky, *Treasurer*  
Amber Madrone, *Secretary*  
Bill Daniel  
Bruce Wayne  
Dean Hart  
Dorina Espinoza  
Jerome J. Simone  
May Patino  
Gary Bird  
Melanie Bettenhausen  
Joan Levy

### Staff

Allison Kenney, *Local Food Resources Coordinator*  
Allison Kolb, *Development & Communication Specialist*  
Anne Holcomb, *Executive Director*  
Bertha dela Cruz, *Bilingual CalFresh Outreach Specialist*  
Carly Robbins, *Development Director*  
Carrie Smith, *Child Nutrition & Senior Programs Coordinator*  
Chris Frisk, *Warehouse Specialist*  
Corey Tipton, *Bookkeeper/ Business Resources Manager*  
Deborah Waxman, *Director of Programs*  
Erin Tharp, *Choice Pantry Coordinator*  
Hailey Mohland, *Pantry Network Coordinator*  
Heidi McHugh, *Community Education & Outreach Coordinator*  
Jessica Beyer, *Mobile Produce Pantry Coordinator*  
Jose Mendez, *Operations Manager*  
Judy Langley, *Fundraising Assistant*  
Julie Ryan, *Volunteer & Direct Services Manager*  
Karen Asbury, *Sourcing & Inventory Control Manager*  
Lori Rudebock, *Finance Director*  
Matt Guthrie, *Child & Senior Programs Specialist*



*In the months since the pandemic hit America and sent shock waves through our economy, safety net programs have been working to expand access to foods for people experiencing hardship.*

# Food Bank Advocacy

## Food Safety Net Responds to COVID-19 Crisis

By Heidi McHugh, Community Education & Outreach Coordinator

The blur that was March of 2020 will be remembered as a scramble to figure out who stays home, who goes to work, and how our society can adjust to a sudden need to keep people isolated due to the COVID-19 pandemic. Many older adults and immunocompromised individuals found themselves needing to have basic needs delivered. Families with children under the age of 18 found themselves without a place for their kids to be while caregivers go to work. Many of those families found themselves also without the breakfast, lunch, afterschool snacks, and sometimes suppers the schools provides five days a week. Many lost jobs, businesses, and income. Food banks across the nation felt the panic set in as some saw a 70% increase in requests for emergency food—a surge that would be difficult to meet under normal circumstances, but even more challenging with social distancing, disrupted access to the usual food supply chains, and the needs of food bank staff for childcare and/or isolation. Thankfully, federal and state officials moved swiftly to offer relief:

- On March 26, the United States Department of Agriculture (USDA) issued a nationwide waiver of the intake interview for Supplemental Nutrition Assistance Program (SNAP—known as CalFresh in California) applicants. This streamlined access and reduced processing times for the surge of new CalFresh applicants who needed food assistance due to sudden unemployment. In May, the Humboldt County Department of Health & Human Services saw an 87% increase in CalFresh applications compared to an average month. This waiver expired in August.

- California Governor Gavin Newsom issued an Executive Order on March 17 waiving all redetermination requirements for CalFresh benefits for 90 days. On March 23, USDA approved the state's request to waive periodic reports for CalFresh. CalFresh participants who had paperwork due before June did not need to complete them and were able to continue receiving benefits.

- On March 30, USDA approved California's waiver request to issue Emergency Allotments (EA) to current CalFresh participants. The EA boosts the household's CalFresh benefit to the maximum benefit for that household size. For example, a single person who typically receives \$24 per month has been receiving the maximum of \$194 with the EA. The EA has been issued for March through September. October is pending.

- Pandemic EBT (P-EBT) was a one-time disaster response program intended to support children who lost access to free or reduced-price school meals due to pandemic-related school facility closures during the months of March through June of 2020. The program provided food benefits to students who would have received free or reduced-price school meals through the federal School Breakfast or National School Lunch Programs if not for the school facility closure. At this time, federal funding for this program has not been renewed for the 2020-21 school year.

Continued on page 9



- Under the COVID-19 Parent Meal Pick-up Waiver, schools, child care centers, family child care homes, adult daycare programs, and other approved child nutrition operators can provide grab-and-go meals to parents and guardians to take home to children and adult participants. The Nationwide Meal Times Waiver enables child nutrition program operators to adjust the time of meal service for the National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and Summer Food Service Program so that times are more convenient for families and caregivers.

- USDA has approved a Physical Presence Waiver for California's WIC programs which lifts the requirement that WIC participants and applicants physically come into the clinic to enroll or re-enroll. The waiver also defers certain requirements used to determine nutritional risk. The Remote Benefit Issuance Waiver also enables local WIC agencies to remotely issue WIC benefits on the California WIC Card. The waiver originally was granted through May 31, 2020, but USDA has extended through September.

Each of these actions made significant differences in food access for Californians during a very challenging time. Food for People's CalFresh Outreach team has been busy pushing out information about these changes and extra benefits through our programs. We want the community members we serve to be aware of all the resources available to them as we work through these challenges. So many of our program participants have commented about how the CalFresh Emergency Allotments and Pandemic-EBT have kept them from going hungry and have increased their access to healthy foods. One 78-year-old woman who was picking up produce from our Hoopa Mobile Produce Pantry said the boost from CalFresh EA meant she could go to the Willow Creek farmers' market

every week. This was particularly meaningful as she is also a recipient of Supplemental Security Income (SSI) and was not eligible for CalFresh until June of 2019.

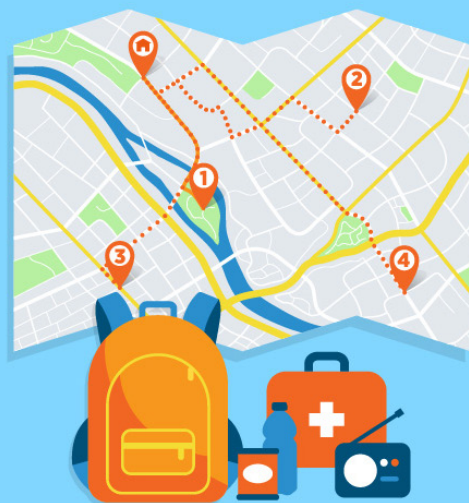
The removal of the rule that prevented SSI recipients from receiving CalFresh was made possible by decades of legislative advocacy from food banks, disability rights groups, advocates for older adults, and SSI recipients. These advocates have also been proposing many of the changes that have been implemented temporarily because of COVID-19. Many of these barriers were put in place to prevent fraud and abuse of programs but instead have created barriers that prevent eligible households from participating while increasing the administrative burden for the county agencies, schools, and community organizations that administer the programs. Providers of the Summer Food Service Program (SFSP), which provides summer meals to children age 18 and under, have hoped to remove the rule that the meal must be consumed in a congregate setting. This barrier makes the program less accessible due to transportation and time challenges. Being able to hand a child a grab-and-go meal in a flexible timeframe means more kids will have food in their bellies. WIC participants who miss the required in-office check-in appointments miss out on critical foods for their families.

The bottom line is that the temporary changes in access and reporting requirements did exactly what they were supposed to do during a time of urgent need – they have ensured that children and older adults have had easy access to the food they need to maintain good health without placing undue burden on families and caregivers. They have also helped alleviate the stress on food banks that are often called upon to fill the gap. As we applaud these temporary changes in response to the health crisis, advocates and supporters are asking that these barriers be removed permanently.

**Evacuating from your home early can mean the difference of life or death. When a wildfire or other disaster strikes, be prepared to leave in a moment's notice. Having a 5-minute plan with an escape route can get you and your family out and safe. Don't wait to be told to be evacuated, leave before fires get too close.**

**WILDFIRES AND  
OTHER DISASTERS CAN  
STRIKE ANY TIME**

**Have a Five-Minute Plan with an escape route and alternatives mapped out.**



1. Have an established meeting place
2. Pack an emergency kit with essentials like medicine, important documents, clothes, food, and water.
3. Watch for weather reports and Red Flag Warnings.
4. If you need to go, get your emergency bags packed and gather your family and pets.
5. Most important, don't wait for the evacuation order.

Visit <https://firefightersonyourside.org> for more information on creating a 5-minute plan and being prepared for disaster.



**LEARN MORE**



*Violet of Dream Quest in Willow Creek helps pick produce at the Neukom Family Farm for Food for People.*

# Child Summer Foods

## Filling the Gap for Rural Children

By Carrie Smith, Child & Senior Nutrition Programs Coordinator

In response to the unprecedented challenges presented by the COVID-19 pandemic, Food for People decided to get creative and work with local partners to reach children at risk of hunger and food insecurity in the summer months. Our friends at Eureka City Schools and the Northern Humboldt Unified School District stepped in to offer summer lunch service in McKinleville, Arcata, Eureka, and the Eel River Valley. Food for People stepped in to serve eastern community children. With funding provided by the local Funding Partnership, we supplied weekly food boxes to 100 children in the Willow Creek and Hoopa area. These boxes were supplied with rice, beans, pasta, cereal, canned meals and meats, and snacks to help parents feed their families during this difficult time. Along with the non-perishable cupboard staples, we were also able to contract with local farmers from the Willow Creek and Hoopa areas, who made weekly deliveries of locally grown organic fruits and vegetables to help round out the bags and nutrient content all while adding bright colors and flavors.

## Tribute & Memorial Contributions

You can honor a friend or family member by making a donation to Food for People.

Simply add a notation to your gift. If you include an address, we'll send a card to let that person know about the donation.

It is a great way to celebrate and/or honor the memory of someone you love.

### In Memory Of

Alice D. Hackett  
Ann King  
Arnold Souza  
Barbara Fisher  
Bill Noellert  
Carol Ann Schwartz  
Dave Etz  
David Fillmore  
Dell Diver  
Dennis Startare  
Don Zeman  
Edward Pugh  
Everett Henkle  
Father Eric Freed  
Floyd Myers  
Francis Naghdi  
Grace Marton  
Herrmann Spetzler  
Jan Nicolai  
Jeff Kessenich  
John & Charlotte Dillon  
John Lewis  
Kathy Martin  
Laurey & Jay Sullivan

Les Tollner, a kind man who always helped others  
Marlene Laidlaw  
Michael Osborne  
My daughter  
Nancy Wright Smith  
Nona Kraus  
Paul & Gwenneth Cartheres  
Randy  
Richard Furguson  
Rita Sicard  
Robert Keiber  
Robin Vaughan  
Steve mills  
William Chastain  
Our beloved Mother,  
Margaret Werren - She was a caring and energetic volunteer in Eureka for almost 40 years. She supported the Food Bank and other efforts her entire life, to age 96

### In Honor Of

Ann Walance  
Anne Holcomb  
Barbara Madej Roos  
Black Lives Matter  
Bob Morelli  
C.J. Chaidez  
Cindy Anders  
Colleen Poe -  
My amazing daughter is passionate about feeding the people of Humboldt County! Her dedication to farmers' markets and the CalFresh program combat food scarcity!  
Dorothy Rivers  
Dr. Teresa Frankovich.  
Edie Jessup  
Erika Makino  
Food for People's clients  
Freshwater Toshi & family  
Fritz  
Heidi Parker, Yogi  
Helen Bartscht

Karla Margarita Jovel  
Jennifer Sandoval & Lariss Koerner  
Julia Landweber  
Karen Rice  
Patt Lari  
Peggy Irvine  
Stephanie, Yogi from Arcata  
Stephanie Perret  
Susan Buckley  
First responders during this pandemic  
The People of Humboldt County  
The Staff and the Board  
TNKSHNY - All those who care  
Toni Raney  
Toshi  
Uzi Selcer & Cindy Anders - Fabulous goat cheese  
Vikee Boyce  
Wendy Rowan  
Your coping skills and resilience!  
All those who's kindness & generosity are so great that they can only be repaid by paying forward



Food for People is holding fun and safe one-day drive-thru and donation drives this holiday season! Cans, cash or checks!

# The Best Ways to Support

## The Future of Food Drives

By Allison Kenney, Local Food Resources Coordinator

Since March Food for People has been working constantly to evolve our food distribution practices in order to keep everyone as safe as possible. As Humboldt County responds to the COVID-19 pandemic and we learn more about this novel virus, we have continued to adapt our new ways of operating to maximize safety and efficiency.

With the holidays fast approaching, and COVID-19 seemingly not going away anytime soon, we've made the difficult decision to change our Holiday Spirit Food & Fund Drive to adapt with the times, in order to ensure safety for staff, volunteers, and clients.

Rather than the past model of providing holiday bags that get distributed throughout the county in local newspapers, ready to be filled with nonperishable goods and dropped into one of many barrels stationed throughout the county- we are encouraging folks to find other, safer ways to donate this holiday season:

**FUNDS:** By and large, monetary donations are the most useful and efficient way to support food banks, and now they are also the safest option for giving. Funds can be donated online, making it completely contactless. Food for People's staff is working harder than ever to keep up with the increased need for food assistance countywide and to implement the new safety protocols necessary for distributing food during the pandemic. Many of these new safety protocols and procedures are also more labor-intensive. Fund donations require no

sorting or extra labor! Fund donations give Food for People the flexibility to respond wherever the need is highest. Whether that's purchasing more food to meet the demand, rebuilding our 14th street facility, or simply gassing up delivery trucks - cash ensures we can best meet the demand in our community. Funds also allow us the flexibility to purchase highly needed food items for our clients, and in large wholesale quantities that allow for easy assembly of pre-made bags of food in our warehouse. Give online today at [www.foodforpeople.org](http://www.foodforpeople.org).

**FOOD:** If you are unable to donate funds (even one dollar makes a difference!), Food for People is planning to host special one-day drive-thru food drives during the holiday season. Folks will be able to drive up, drop donations into a bin, and Food for People staff will quarantine the items for a minimum of a week. After their quarantine, small groups of volunteers will sort through and box up the items for use. Look out for dates!

**TIME:** Before COVID-19 Food for People would have a single large volunteer sorting day to work through the thousands of pounds of food donations that came in through the holiday food drives. In order to abide by social distancing requirements, we will need to have multiple volunteer days with small groups of volunteers. This means we need lots of volunteers with different availabilities! If you have time to donate, consider volunteering with Food for People this holiday season! Sign up at <https://foodforpeople.org/form/volunteer-response-team>.



Volunteers Tony and Zuma pack bags of food in preparation for Food for People's Senior & Homebound distributions.

# Senior Nutrition

## The Impacts of COVID Among our Senior Population

By Carrie Smith, Child & Senior Nutrition Programs Coordinator

In a pre-pandemic world, our senior population was one of the most vulnerable when it comes to getting enough to eat. Now that the COVID-19 pandemic is upon us, and seniors are the most susceptible to the virus's effects, we are seeing very scared folks coming to us for assistance. Many are taking the stay at home guidance to heart and are fearful to even leave the house. When they do, it is up to us to ensure accessing food is as safe as possible for them.

In order to maintain the safety of our seniors, we have adapted our programs to eliminate the possibility of crowds congregating. We are pre-bagging all of our food, to limit the chance for exposure. We have switched from our "choice" style senior distributions to primarily drive-through, or we deliver the pre-bagged food to senior's doors. We also have strict guidelines requiring masks and physical distancing. Following the

emergence of the pandemic, our community stepped up, with large donations of cloth masks that we were able to give out to seniors, which has been a lifesaver for those who did not have ready access to one.

Food for People took the opportunity to work collaboratively with other local senior organizations to optimize our ability to reach more people. With the help of Area One Agency on Aging and the Humboldt Senior Resource Center, we were able to supply supplemental food bags to participants of the Meals on Wheels program. Those bags have also been used as "senior emergency bags," when seniors find themselves in situations where their food supplies will not last the month.



## Food for People

The Food Bank for Humboldt County

**Mission.** Food for People is working to eliminate hunger and improve the health and well-being of our community through access to healthy and nutritious foods, community education, and advocacy.

**Vision.** We envision a community where everyone has access to good quality, nutritious food, understands the consequences of hunger and poor nutrition, and is committed to creating a stronger, healthier Humboldt County.

**More.** For more information on Food for People and our countywide hunger relief programs or for ways you can get involved visit [www.foodforpeople.org](http://www.foodforpeople.org).