

Food Notes | The Newsletter of Food for People

FALL ISSUE 2021

The Food Bank for
Humboldt County



Food for People is working to provide food to people affected by the current wildfires. Read more on pg. 11

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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

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2 Building Sustainable Food Programs that are Responsive to Climate Change & Natural Disasters

Notes from the Executive Director

The politics and practicalities of providing food assistance for food-insecure households have always been complex, but never more so than now. Climate change and the resulting droughts, higher than normal temperatures, and floods have impacted crops and production capabilities in all corners of the country and will likely lead to shortages and higher food costs in the coming year (and beyond). Massive wildfires, which have burned agricultural land as well as forests and homes, have disrupted transportation routes and created additional supply chain problems, which had already forced many suppliers to change their business models during the pandemic when schools and restaurants closed. We're also beginning to see disruptions in the flow of USDA commodity foods. USDA purchases foods for schools and food banks through large contracts with mega-producers (big Ag) with the capacity to provide a high volume of product, and if there are major crop failures or problems with meat production, it reduces the quantity and variety of foods available to us.

Food for People is fortunate to be able to source food from multiple sources that include USDA, Feeding America (through Redwood Empire Food Bank in Santa Rosa), local donations, and foods purchased with grant funds. And while it's great that we're not reliant on just one source, the supply chain and/or transportation issues that can occur at any point along the way can significantly disrupt our access as well. The bottom line is that we will all feel the impacts of climate change on our food systems in a variety of ways.

Humboldt County's rural location adds yet another layer of difficulty, making it even more challenging to access the food we need for our schools, restaurants, food producers, and nonprofit hunger relief organizations. One perfect example is that with 299 closed for extended periods of time recently due to fires, the shelves have been bare at one local business we know of (and often purchase from) that supplies restaurants, food trucks, nonprofits, and other food producers. This has created problems for all of us, and especially for business owners struggling to keep their doors open with reports of bad Yelp reviews when customers can't order some of their favorite dishes.

Another complicating factor was thrown into the mix this past year when Humboldt Bay Packers and ProPacific closed their doors, resulting in the loss of two large food and fresh produce purveyors that had serviced local businesses and schools. In an attempt to fill the gap, several school districts started working with another company from outside our area but the company has indicated they don't want to work with the smaller school districts and there are concerns they will stop serving Humboldt altogether because we don't have enough purchasing power to make it worth their while to deliver here. And since HBP and ProPacific rented refrigeration space to some local producers, it also impacts our access to locally produced foods. This includes the North Coast Growers' Association, which needed a place to store produce intended for its Harvest Boxes, and several local ranchers who had to scramble to find a place to store their frozen meats.

Refrigeration resources were already extremely limited prior to these closures (FoodWorks in Arcata is great but almost always full) but now there is no emergency backup for a business if their own refrigeration fails and no place to store additional supplies that might be needed in the event of a natural disaster.

These are all complex issues that affect us all but that no one of us can solve alone. That's why Food for People has been involved with the Humboldt Food Policy Council (HFPC) since its inception. Working with a diverse array of community partners, we have participated in researching and discussing many of these challenges over the past couple of years, with the long-range goal of building a more sustainable, localized food system that meets our collective needs. Our sense of urgency has definitely increased this past year amidst so many unforeseen challenges that seem to be hitting us all at once. As part of this process, HFPC has identified some key areas of focus, which include:

- Increased support for our local farmers and ranchers so that they can produce more food for local consumption;
- The need for a large capacity cold storage facility that can provide both frozen and refrigerated storage that can be used by local producers, including the fishing community, to store their products for sale locally or outside Humboldt.
- Refrigerated and dry food storage "hubs" located strategically throughout Humboldt County that can be used by local producers as aggregation centers to support their business operations and used in times of disaster to stage food supplies to meet local needs;
- Continued advocacy with USDA to create a more inclusive funding model that provides opportunities for local/regional producers, instead of focusing on big Ag, to provide food for schools and food banks with a significantly reduced carbon footprint;
- Increased focus on disaster preparedness and resiliency in our food system.

To learn more about these efforts and how you can get involved, you can contact the HFPC Coordinator, May Patiño at humboldtffc@gmail.com or visit their webpage. The HFPC holds virtual bi-monthly Business Meetings, open to all to attend. At these meetings, you can learn about new or pressing food system initiatives and opportunities, ask questions, share experiences, and hear updates about the work happening in various HFPC working groups, which currently include the Policy, Food Hub, and Emergency Food System Response Committees.

With gratitude to all,

Anne Holcomb
Anne Holcomb,
Executive Director



Summer Lunch Better Than Ever

By Carrie Smith, Child & Senior Programs Coordinator

In years past, the Summer Lunch Program was very complicated, with a lot of moving parts to coordinate. For more than 20 years, we partnered with an array of organizations, local nonprofits, and businesses that serve youth to provide free, weekday lunches to low-income children during the summer months when schools are closed. By working with sites where children already gather in the summer, we are able to maximize the number of children we can reach. In the past, Humboldt Senior Resource Center prepared healthy lunches each day. We hired a driver to deliver to our closer sites, and then Humboldt Transit Authority and UPS offered space on their buses and vans daily to transport coolers full of lunches to outlying sites, which were located up to 120 miles apart.

When the pandemic hit, we had to rethink how we could best support children throughout Humboldt County. Thankfully, partners stepped up to the plate to continue supplying fresh lunches to families. Eureka City Schools covered the kids in the Eureka area and also supplied lunches to outlying areas such as Rio Dell, Fortuna, and McKinleyville. Arcata City schools made food accessible to Arcata children. But we weren't sure how we would pull off getting fresh meals out to other communities that didn't have any backup resources for the low-income kids in the community.

This is why we pivoted to offer the Summer Food Box Program. This is a program very much like the Backpacks for Kids Program, but with more food to cover the needs of the family for the entire week. Thanks to the support of generous funders, we are able to supply food bags full of cereal, milk, and multiple canned meal/veggie/fruit items. We also supply favorites such as mac and cheese, rice, pasta,

Carrie Smith delivers boxes of food for our Children's Summer Food Box program



"This summer's lunch program has been fantastic - the best ever. Local families are super appreciative of the quality food and incredible fresh produce. Food for People has gone above and beyond."



Jacob & Tamera of Dream Quest in Willow Creek

and snack food items. With the help of Locally Delicious and their Food for People Farmer Fund, we were also able to supply an abundance of locally grown produce to go along with the boxes. The local, organic fruits and vegetables were gorgeous! We then delivered these food boxes to Hoopa, Willow Creek, Manila, Loleta, and Redway weekly.

Trish Oakes, Director of Dream Quest Willow Creek Youth Partnership, helped us serve families in her region. "This summer's lunch program has been fantastic - the best ever. Local families are super appreciative of the quality food and incredible fresh produce. Food for People has gone above and beyond, including delivering weekly deliveries here to Willow Creek. Oftentimes the distance between our community and the coast is a barrier for families to receive support."

Parents have also really loved this new version of Summer Lunch. One mom reported that it was "much easier to pick up the bag of groceries, that had multiple meals for the kids, and prepare food at home."

Give in the name of a loved one

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 Honor Of

- Ajax
- Annalee Veach
- Barbara Braak
- Barbara Katz
- Charles Malin
- Colleen and all the farmers market workers who run the CalFresh program!
- Dave Creech
- Emily Trutt
- Gail Gai
- Gary D. Paoli
- Ginny Kelly
- James Thompson
- Jeff Pauli
- Jenn Hood
- Jill Ayling Maninger
- Jim Swift
- John Masterson
- Liz Killian
- Lori Vogt Maggie
- Makenzie Henk
- Mr. Humboldt
- My Savior Jesus Christ
- Neal & Barbara Carnam's Birthdays
- Noah
- Nora Wynne

In Memory Of

- Barbara Richards
- Charles Wallace
- Chellis Jensen
- Dave Leland Weidling
- Donna Richardson
- Dorothy Hamilton
- Elma Burns
- Eric Arthur Raya
- Eugene Flocchini
- Gary D. Paoli
- Janice Gray
- Jason Smith
- Jim Hunt
- Johnny Calkins
- Kathryn & Tom Knight
- Kelley L. Kyle
- Laurey & Jay Sullivan
- Liz Hamilton
- Mike Robershotte
- Miles Everett
- Norma Howle
- Our deceased family members
- Seymour Frankel
- Tene Kremling
- Vernon Whitney
- Walter Sweet
- Wes Anderson

In honor of Anne Holcomb - 20 great years!!

In honor of Anne Holcomb and all FFP Staff. Thank you.

COOKING WITH COLBY Savory Cobbler Recipe

By Colby D'Onofrio, CalFresh Nutrition Education Coordinator

Late summer and early fall are wonderful times at the food bank, as we are still reaping the bounty of long sunlit days and summer harvest. As the days become shorter and the temperatures start to cool, I find myself turning to comfort foods, but with such an abundance of beautiful produce, it's hard to jump right into the bean stews and cozy mac & cheese recipes. This dish is a wonderful mix of comfort and savory produce that is bursting with flavor and is a great way for people accessing our programs to use the variety of fresh produce available. It uses zucchini and tomatoes-- both summer veggies that are still growing and thriving in early fall, topped with delicious biscuits to make a savory cobbler.

The zucchini and tomatoes can be swapped for whatever vegetables are available throughout the year-- just be sure to adjust the cooking times (more delicate vegetables like tomatoes, zucchini, and green beans have a far shorter cook time than heartier produce like sweet potatoes, beets, and winter squash). Although the fresh herbs are optional, they add a lot of flavor, and you can use whatever herbs (fresh or dried) that are on hand.

About the recipe: this recipe comes from a cookbook by Leanne Brown called Good and Cheap: Eat Well on \$4/Day. I love this book because all of the recipes are designed for people buying groceries with CalFresh/SNAP benefits, which allots about \$4 per day per person. The recipes are delicious, healthful, and full of variety, and she has some great tips for getting the most out of CalFresh benefits. If you or someone you know uses CalFresh and would like a copy of this cookbook, reach out to Colby D'Onofrio, our Nutrition Education Coordinator, at cdonofrio@foodforpeople.org or (707) 445-3166 ex 305. We are always here to answer questions about CalFresh and help people get signed up.



Colby helps distribute corn during our Redway Free Produce Market

Savory Cobbler Recipe

Serves: 4

Cost per serving: \$2

Total Cost: \$8

Filling

- 3-4 medium zucchini or summer squash, cut into bite-sized pieces
- 3-4 large tomatoes (canned or fresh), chopped into bite-sized pieces
- 3 cloves garlic, finely chopped
- 4 scallions, finely chopped
- 1 lemon, zested
- 1/4 cup fresh basil or herbs of choice (optional)
- 1 tbsp olive oil
- Salt and pepper

Topping

- 1 1/2 cups all-purpose or whole wheat flour
- 1/2 cup cornmeal
- 1 tbsp baking powder
- 1/2 tsp salt
- 1 tsp black pepper
- 1 tsp smoked paprika
- 1/2 cup sharp cheddar, grated
- 1/2 cup butter
- 1 cup milk

Instructions

Put the butter for the topping in the freezer for 30 minutes.

Preheat oven to 425°F.

Lightly oil an 8"×10" baking dish (or any baking dish that will fit the mixture) and add in the zucchini, tomatoes, garlic, scallions, lemon zest, and basil (or herb of choice). Pour in olive oil, salt, and pepper and mix well. Bake vegetables for 25 minutes while you prepare the topping.

For the topping, add the flour, cornmeal, baking powder, salt, pepper, paprika, and cheese to a bowl and mix.

Once the butter is frozen, use a cheese grater to flake the butter into the flour mixture. Gently massage everything together until it is crumbly but still clumpy. Add the milk and quickly bring the dough together. Don't knead the dough, lumpiness is fine any overworking it will result in a tough, less flaky topping. Put the dough in the fridge until the vegetables come out of the oven.

Once the vegetables have cooked for 25 minutes in the oven, quickly top with clumps of the biscuit dough. The vegetables should still be visible in some areas.

Bake for 20-25 minutes or until the vegetables are bubbly and the topping is lightly browned. Top with more cheddar and chopped herbs, and enjoy!



Nutrition Facts

4 servings per container	
Serving size	
Amount Per Serving	
Calories	620
	% Daily Value*
Total Fat 35g	45%
Saturated Fat 19g	95%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 790mg	34%
Total Carbohydrate 63g	23%
Dietary Fiber 7g	25%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 18g	36%
Vitamin D 5mcg	25%
Calcium 559mg	45%
Iron 4.5mg	25%
Potassium 1316mg	30%
Vitamin A	80%
Vitamin C	45%
Vitamin B6	20%
Vitamin B12	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Jessy, Child & Senior Programs Specialist, prepares for a distribution in Food for People's temporary leased warehouse space

Breaking Ground

A New Approach to Rebuilding Food for People

By Carly Robbins, Development Director

What a time we live in! Now, more than a year past the initial sewage crisis that struck Food for People mere weeks before COVID-19 found its way to our region, we are still working to rebuild and create a food bank facility that will allow us to meet the evolving needs for food assistance in Humboldt County into the future. As we look ahead to the coming year there is immense excitement as we prepare to break ground on the new food bank facility. However, there is also plenty of concern over the impacts national and local events have had on our project.

We are happy to share that we now have comprehensive plans that will result in a food bank facility that takes advantage of every square inch to increase storage capacity. The new facility will be 14,187 sq/ft, with:

- 3,823 dedicated to warehouse storage for our countywide food programs improving disaster resiliency for our region
- 2,406 sq/ft dedicated to direct “choice style” distribution and allowing people to connect with services to address the root causes of hunger and poverty
- 1,426 sq/ft dedicated to refrigerated space to allow us to expand healthy food offerings
- And a nutritional illustration garden that will give a fun educational space for our Children’s Summer Lunch Program, improving a healthy mindset for local kids at the same time as addressing their immediate food needs.

We cannot express how excited we are to see these plans come to fruition. But getting here has not been without its complications. The COVID-19 pandemic has upended commercial construction projects, triggering skyrocketing costs and slowing progress nationwide. You may recall from our previous newsletter that the international shortages of key construction supplies like steel and lumber have had major impacts on Food for People’s efforts to begin construction. As we finally approach the time to break ground we must also grapple with the real-world impacts the pandemic and supply chain issues have had on our project. We have seen our construction budget increased by nearly 45% compared to estimates from just one year ago. However, things are not without their silver linings. Thanks to the generous support of lead donors and community members, Food for People has already raised 85% of the funds needed to rebuild. We would like to express our heartfelt gratitude to everyone who has contributed to our Capital Campaign. If you have questions or would like to help support this effort you can donate today at www.rebuildfoodforpeople.org or by contacting Carly Robbins at (707)445-3166 ext. 306 or crobbs@foodforpeople.org.



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Volunteer Spotlight: Kendra!

By Julie Ryan, Volunteer & Direct Services Manager

When you first meet Kendra, you get an immediate sense of a down-to-earth person who is grounded, caring, and ready to help. I took some time to interview Kendra and ask her about volunteering at Food for People.

Why Food for People? “I always knew Food for People was an awesome organization. Last year I had a friend visiting from Egypt. She almost applied to volunteer at Food for People, and I saw there was a need for volunteers. I was working from home and teaching online due to the COVID-19 lockdown and needed a reason-- a really good purpose-- to leave the house. And I thought, ‘Everyone deserves food’. I was feeling useless and stir crazy. I feel safe coming here during the pandemic. You guys are really safe. I like that Food for People has a consistent COVID-19 mask policy.



"I'm interested in the idea that every person on the planet deserves food and it's not conditional. I like that every single staff person is committed to that."

Kendra at our Hoopa Distribution

I'm interested in the idea that every person on the planet deserves food and it's not conditional. I like that every single staff person is committed to that and committed to making sure that everyone knows we are a resource and that no one in the community goes hungry. The real heart of Food for People is the commitment to that ideal.

What do you teach? “I have been teaching American Sign Language (ASL) at College of the Redwoods since 2018 and also work as a freelance interpreter in the community for 4 years now. I attended Academy of the Redwoods on the College of the Redwoods Campus, so it's great to be working at the place where I started learning sign language. I feel so happy to be there because of the great faculty and beautiful natural setting. When I meet other people who sign, I wonder where they are from. The deaf community is so small in Humboldt. Kendra explained that “deaf” is the diagnosis and “Deaf” is the culture and cultural identity of people who identify with Deaf culture. Humboldt is huge and people are spread out, so when I was able to sign with a deaf Food for People customer in Hoopa, it was an immediate connection.

You have a connection to the Hoopa Community? I taught at Hoopa College of the Redwoods instructional site in 2019, and it was the first time a language was offered on that campus. I got to know a lot of people in the community. I developed a deeper connection with students there and still hear from some of them. I liked teaching in Hoopa because my students were so excited about it that they were sharing it with family members and friends. I have wanted to return to reconnect with students I met two years ago, so I jumped on the opportunity to volunteer with the Mobile Produce Pantry in Hoopa. I think the Mobile Produce Pantry is amazing! It's so cool that Food for People does outreach to so many areas of the county. I like seeing the other organizations with tables set up and learning what they do.

Language connects people. Food connects people. Those are the two most basic human needs, and they connect people. Language gives people a commonality. Deaf people are used to interacting with people who don't sign. The look of relief when they can sign is ubiquitous to anyone who has struggled with a language barrier and tried to figure out how to facilitate communication.

Why do you keep volunteering? It's awesome. I like to do a lot of different things. I love the Choice Pantry, working in the warehouse, gleaning, and going to Hoopa. There are a variety of tangible ways to support the community. I like to meet the people receiving the food and see the behind-the-scenes at the warehouse. It's cool to see all the moving parts of the organization. Food for People works with other organizations and gives people an opportunity to do something cool. We can glean local farms and properties and make sure local produce doesn't go to waste and encourage collaboration in the community. Food for People acts as a conduit for awesomeness to flow through. Food brings people together and when things are polarized, breaks down those differences, and helps us see each other as people.

My parting thoughts about volunteering: I have enough, and instead of feeling guilty or overwhelmed by the world, volunteering at a food bank helps dissolve biases about other people. When we have a real-world experience of people, we forget that we're more the same than different. Just do it, because volunteers are always needed, and an hour or two of your time contributes to the whole effort.



Backpacks for Kids

Filling the Weekend Hunger Gap

By Carrie Smith, Child & Senior Programs

There were a lot of questions going into last year's Backpacks for Kids Program for school year 2020-2021. While it has always successfully bridged the weekend hunger gap for school children, we were unsure how it would play out with most schools not meeting in person. Historically, children would take home their bag of food from school on Fridays. Thankfully, with dedicated teachers and school administrators, as well as a group of super volunteers and supporters, the program went on without a hitch. We ended up feeding more than 500 children at 33 schools throughout Humboldt County.

As we enter this upcoming school year, it feels like it will be a little more manageable now that the children will be attending class in person. We are optimistic that the 2021-22 school year will be successful in bringing food to kids so that they have something to eat over the weekend.

Participating children receive a bag of kid-friendly, easy to prepare food, packed with enough food for breakfast, lunch, and dinner for two days. Foods include milk, whole wheat bread, fruit, vegetables, peanut butter, tuna, canned soups, canned beans, macaroni and cheese, oatmeal, granola bars, 100% fruit juice, and other items. \$300 covers the cost for one child for the entire school year. Providing healthy food to children helps them to grow strong bones, aids their ability to focus and behave appropriately in the classroom, increases their resistance to illness, and helps prevent future diet-related health problems. Many parents have expressed gratitude for this food each week, as there is a lot of pressure on families right now. In Humboldt County, more than 50% of children and youth are eligible for free or reduced-price lunch at school, and many live at or below the poverty line.

THANK YOU HUMBOLDT COUNTY!

Your support has raised more than \$25,000 for

Backpacks for Kids

for Eureka School Children

The Backpacks for Kids Program provides a bag full of nutritious food for low-income children on the weekends during the school year.



Squares Represent:

\$600

\$300 sponsors a child for a full year!

\$100

George Petersen Insurance Agency		Rotary Club of Eureka		Redwood Capital Bank		Pauli-Shaw Insurance Agency	
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Richard & Robin Marks		Rich & Carol Holland		Cavaletto Vineyard Estate		Ciara's Irish Shop	
Anonymous							
United Bikers of Northern California				Wildberries Marketplace			
Craig & Lisa Hansen							
Cypress Grove Cheese							
Safeway							

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



Advocacy Corner

As COVID Surges, Resources to Reduce Poverty Increase in CA

By Heidi McHugh, Community Education & Outreach Coordinator

Unfortunately, cases of COVID-19 are on the rise again, and so is continued uncertainty about when we can return to “normal.” Decisions about returning to work and school put too many in the position of having to choose between putting food on the table or facing an increased risk of exposure to COVID-19. Data released in June from the U.S. Census Bureau Household Pulse Survey and the U.S. Bureau of Labor Statistics Local Area Unemployment Statistics show that 11% of Californians are suffering from a threefold increase in hunger from pre-pandemic levels. The call to action has been heard by federal and state legislators, who have responded through budgetary action, new legislation, and the expansion of programs that have proven to reduce poverty.

Signed by Governor Newsom in July, California’s 2021 Budget Act includes the following investments in the health of Californians:

- Emergency Food: \$110 million for food banks to continue COVID-19 response, and \$8 million for food banks to purchase food produced in California.
- \$182 million investment in capacity to ensure food banks can meet the need and remain operational during disasters. This can be used to purchase items critical to operations, such as refrigerated trucks.
- \$30 million expansion of the successful Diaper Assistance Program.
- \$2 million for a pilot program to distribute menstrual products through food banks.
- Permanent sales tax exemption for diapers and menstrual supplies.
- More than \$12 billion to fight homelessness and build affordable housing.
- Expansion of the California Food Assistance Program, which provides food for all Californians, regardless of immigration status.
- Restoration of State Supplementary Payment (SSP) grants to pre-Great Recession levels – by 2023. SSP is the state program that supplements the federal Supplemental Security Income (SSI) program. We renew our call to end poverty for Supplemental Security Income (SSI) recipients, raising grants to at least 100% of the current federal poverty level. SSI recipients represent up to 45% of the community members served through Food for People’s programs.
- School meals for all! First-in-the-nation legislation ensures access to free school breakfast and lunch for all K-12 students, supports healthy California grown foods, and invests in school nutrition workforce and kitchens.

The inclusion of school meals for all is a major advocacy win! This investment means thousands of schools can serve free breakfast and lunch; connecting millions of children with nutritious meals while leveraging more than \$1 billion in federal funding. When all children eat for free, stigma and shaming for students who need to access free meals is reduced, administrative burdens for the schools are eased, and school nutrition budgets are stabilized. While all students in California will be able to access free meals, this is not true for all states. The Biden Administration has proposed bringing free meals to all students in more schools in lower-income communities, through an expansion of the Community Eligibility Provision in the National School Lunch Program.

Last summer Pandemic EBT (P-EBT) was launched in response to the economic burden placed upon parents feeding children at home due to pandemic-related hybrid or distance learning. California issued nearly \$1.4 billion in P-EBT benefits to nearly 4 million kids. Benefits were loaded onto cards, similar to a debit card, and could be used to purchase food from grocery stores and farmers’ markets. A second round of the program, P-EBT 2.0, was approved in June of 2021. The approved plan covers the period of October 2020 through May 2021. There is no application for P-EBT 2.0. Eligible children receive new P-EBT cards automatically by mail. Receiving P-EBT will not hurt a child’s immigration status or the immigration status of their family members. Children under the age of 6 are eligible for P-EBT 2.0 if they were receiving CalFresh benefits during the approved plan timeframe. Mailing of P-EBT cards for children under 6 began in July. Cards for school-aged children will be mailed September through November. More information is available at California’s new P-EBT website: <https://capandemic-ebt.org/>. If you need help with P-EBT 2.0, call the P-EBT Helpline at (877) 328-9677.

The temporary Child Tax Credit (CTC) expansion, which is now in place, is estimated to cut child poverty by more than 40 percent! The American Rescue Plan increases the CTC available to families. The new expanded CTC will be \$3,600 per year per child ages 0-5 and \$3,000 per year for children ages 6-17. Families started getting their monthly payments in July, either by direct deposit or mail, and they will continue through December 2021. An estimated 90 percent of children in the United States will automatically get the CTC. Getting the CTC will not change your eligibility for programs like Medicaid, the Supplemental Nutrition Assistance Program (SNAP), or Supplemental Security Income (SSI). Advocates encourage lawmakers to make these expansions to the CTC permanent, or to extend them as President Biden has proposed in the American Families Plan. Extending the program will be a step towards permanently reducing poverty.

Locally Delicious

Bringing Locally Grown Produce to the People

By Allison Kenney,

Local Food Resources Coordinator

Humboldt County is home to a uniquely dynamic and relatively vast organic farming community and local food scene. We are lucky to have a dedicated group of advocates who believe that healthy, nutritious food should be accessible to all, and they are actively engaged in bridging the gap between food insecurity and our region's abundant food resources. Locally Delicious is a nonprofit that was spearheaded by a group of Humboldt women, known as the Heirloom Tomatoes, and it continues on to this day under the leadership of a group of people who are passionate about improving our local food system so that it is strong and sustainable.

The “3 Es” are used as a framework for the organization's objectives, standing for Economy, Equity, and Environment. The group believes that these elements are the three main pillars of a healthy food system.

In 2010 the official “Food for People Farmer Fund” was born with the “3 Es” as the framework for its creation. The fund is a unique collaboration between Locally Delicious, Food for People, local farmers, and the community we serve. Farmers receive funding through a contract with Food for People at the beginning of the growing season, when input costs are high and profits are generally low. During harvest time, Food for People receives the contracted amount of produce and is then able to provide fresh, healthy food for our food bank programs.

The fund is well known throughout the farming community, especially as an opportunity for newer farmers. It encourages and supports local, small-scale food production. Food for People tries to balance the variety of contracts from long-time, established farmers and small, up-and-coming farmers, who are just beginning to get their foothold in the Humboldt agricultural scene and can use the funds to help expand their level of production.

Historically the produce contracted through the Farmer Fund has been used almost exclusively in our Senior and Homebound programs – which serve one of the largest, most vulnerable populations. However, in response to COVID-19, local organizations and many of our fellow community members have banded together to generously increase the funds available for

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The Locally Delicious Farmers Fund allows Food for People to buy fresh produce directly from local farmers

the Farmer Fund for the past two growing seasons. Thanks to this increase in donations, we've been able to find creative ways to spend the extra funds during these trying times.

This year we've focused on expanding local produce purchasing for our Summer Lunch program, which offers nonperishable kid-friendly groceries and fresh produce to children when school is out for the summer months. Summer is a time of added expenses for struggling families that have to provide their children with lunches that are otherwise covered during the school year. Our Summer Lunch program aims to fill that void, and by offering locally grown produce in addition to other groceries, we ensure that the children have access to high-quality, nutrient-dense fruits and vegetables. Several of our Summer Lunch sites- Manila, Redway, Loleta, and Willow Creek are receiving locally grown produce.

Since its inception, Locally Delicious has raised more than \$100,000 for the Farmer Fund, and more than 120,000 pounds of produce has been purchased for Food for People's programs. We want to thank Locally Delicious for another incredibly successful fundraising year. This year more than \$30,000 was raised through many generous community partners including Humboldt Area Foundation, The McLean Foundation, Coast Central Credit Union, Redwood Capital Bank, St. Joseph Hospital Community Benefit Department, and many other generous individuals. We are so grateful for the ongoing commitment and support for this program and the many partners and donors who make it possible.



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.

Responding to Crisis

By Robert Sataua, Emergency Response Coordinator

While the pandemic has allowed us to rethink our services during times of crisis, it is not the only contributing factor to our renewed perspective of emergencies. The 2020 wildfire season was another stark reminder of how Californians are susceptible to natural disasters of great magnitude. As we witness the effects of global warming and the consequences of fires in Northern California, in addition to a global pandemic, emergency planning has been at the forefront of many discussions locally and at Food for People. As a result of these discussions, I joined Food for People as the Emergency Food Response Coordinator, to support our organization's mission with an emphasis on community emergency preparedness.

Government agencies use predetermined guidelines and thresholds to officially declare a state of emergency, but how does our community quantify emergencies? Does the percentage of Humboldt County households unable to afford everyday essentials constitute an emergency? What about the housing crisis or the number of people without health insurance? Are these considered emergencies? In my opinion, our organization has been doing emergency food response since its inception. My position was created to support our current programs and also to develop our ability to respond to "Emergencies" with a capital E. Here is what we've been up to.

Every summer Food for People coordinates a Free Produce Market that allows people to enjoy the bounty of California's agricultural industry by offering seasonal fruits and vegetables at no cost. These markets serve Southern Humboldt, the Eel River Valley, and the north Humboldt Bay areas. There has been a great response from these communities and excitement for the variety of produce we are offering. Each distribution site has its own storied history of grassroots community organizing that has sustained this program for years. This program would not be possible without the support of our community partners in Garberville, Redway, Fortuna, and Eureka. I am happy to take the lead on these distributions and work with all the volunteers that have made this program successful in years past.

Even with distributions around the county, we understand that we are not reaching everyone in need of our services. I have

been tasked with identifying communities where food sources are limited and determining what gaps in service we might be able to address. Although generally seen as an urban issue, food deserts are not uncommon in rural California. Coincidentally, some of these food deserts are in areas where farming is important to the local economy. One new partnership I've helped establish is with the Wiyot Tribe at their Table Bluff Reservation, where we have established new monthly food distributions. Our partnership extends beyond the tribal territory, as the Tribe is welcoming the larger Table Bluff community to benefit from the resource.

With increasing rates of positive COVID-19 cases and the optimal fire conditions this year, we are working to leverage our ability to respond to emergencies by doing what we do best: feeding under-resourced communities. We are working alongside the Office of Emergency Services, the Coalition of Organizations Active in Disaster (COAD), Humboldt Food Policy Council, and other community partners to respond to a variety of types of emergencies. One of the shared strategies is to cultivate existing and new networks to identify resources and shared objectives. Our local COAD is relaunching this year due to increased community efforts for natural disaster preparedness. In the meantime, fire season is upon us and increasingly encroaching on our County line. One of my latest projects has been to prepare emergency food boxes for the purpose of serving victims of wildfires. We have seen this over the last several years and unfortunately expect to see this again. As evacuees take refuge in Humboldt, and areas threatened by fire experience evacuations and/or power outages, we are prepared to offer a variety of foods that can help sustain them.

In my new position, worst-case-scenario thinking is common and can sometimes be overwhelming. Emergency response is nuanced and allows us to think about the variety of unique needs of our diverse county, as there is no single solution to emergency response. It's a privilege to work alongside such dedicated individuals who are addressing food policy and emergency preparedness. If you want to partner with us, learn more about what we are doing, or are in need of our resources feel free to reach out via email: rsataua@foodforpeople.org.



Together, we are helping those affected by the wildfires

By Allison Kolb, Development & Communications Assistant

"Sometimes it takes a village, and sometimes it takes a lot more."
-Wildberries Marketplace

To help fire evacuees and the evacuation center in Willow Creek, Wildberries Marketplace dropped off a donation of snacks and sandwich fixings with us to take to Willow Creek to add to our food boxes for the Red Cross Shelter. We are supporting this effort through our partnership with Pay It Forward Humboldt.

Through our countywide network of pantries, we are working to support evacuees wherever they might be by distributing pre-assembled boxes of nonperishable foods and supplies. PG&E will be contributing to our efforts to provide food boxes to households affected by Public Safety Power Shutoff events and wildfires. The goal of this particular partnership is to help replenish foods that have spoiled due to these events.

We are also working with the Trinity County Food Bank to serve households in the western part of their service area that have been impacted and cut off from each other due to fire-related road closures.

Our hearts go out to everyone affected by the wildfires and evacuations. We want you to know that we are here for you. As first responders, we are responsible for obtaining and directing food resources countywide during natural disasters through our Emergency Food and Disaster Program. We are grateful to be a part of a community coming together to support each other in hard times.

Because your support makes it all possible we would like to share a moving message from our friends who helped us serve areas impacted by the fires:



Top Right: Bobbi from North East Humboldt receiving bags of food.

Bottom Left: Vince from Wildberries Marketplace dropping off their donation to Jose, our Ops. Manager.

Middle: Robert, our Emergency Response Coordinator working with Pay It Forward Humboldt to bring Disaster Boxes to fire evacuees.

Bottom Right: Our staff, Jess and Karina, working with volunteers, Jessica Hanscom and Cathy Leavens, who picked up, sorted, and delivered food to all of the families on the Salmon River.

"Thank you so much for the donation to our fire impacted communities! We made and delivered about 60 boxes/bags with the produce and goods you provided. We tried to identify our most needy: fire impacted and/or food insecure and made sure they received bigger and more diverse boxes of food. Sixty households benefited from at the least, fresh produce, eggs, and cheeses."





Left: Graham gleans cabbage from Green Spiral Farm.
Right: Gleaning volunteer Judy harvests apples for Food for People.

The Gleaning Movement

Reducing Waste and Increasing Access to Healthy Food!

By Allison Kenney, Local Food Resources Coordinator

Summer gleaning is currently underway! Gleaning is a worldwide food recovery movement dating back to biblical times and involving the collection of crops left in a farmer's field after harvest, or excess produce that has already been harvested and is not saleable or needed for commercial purposes. We work with a variety of local farms, backyard gardens, and home orchards to collect donations for our many different programs. Gleaning helps reduce food waste while increasing community access to fresh fruits and vegetables. Through our gleaning program, nutrient-dense foods are made readily accessible for those who might not normally be able to afford the locally grown fruits and vegetables that many people consider a luxury.

Between on-farm field harvests, surplus produce pickups and drop-offs, and donations collected at local farmers' markets, we have been blessed with a plethora of local produce and variety again this season. Deep Seeded Community Farm has been offering extra produce weekly for our staff to pick up and bring back for distribution. Green Spiral Farm has welcomed us out to their fields to harvest hundreds of pounds of beautiful cauliflower.

Local gardeners have also been busy this season, growing, harvesting, and delivering produce straight to our doors. Many of our "Plant a Row for the Hungry" initiative donors come in regularly to drop off donations from their garden harvests. In addition to plums, apples, and pears from local fruit trees, we've also received items like figs, summer squash, tomatoes, onions, strawberries, blueberries, potatoes, kale, chard, lettuce, peppers, broccoli, peaches, and more! We appreciate the thoughtfulness and generosity of our local gardeners who plant a little extra to help our friends and neighbors in need.

Food for People relies on the broader community to support our hunger relief efforts. Produce donations can be dropped off at 716 W. Cedar St. in Eureka from 10:00 a.m. to 3:00 p.m. Monday through Wednesday. Gleaning requests can be made by calling our Local Food Resources Coordinator Allison Kenney at 707-445-3166 ext. 312 or emailing gleaning@foodforpeople.org. A huge thank you goes out to all of our local farmers, ranchers, and gardeners, who work so hard to grow food to keep our communities healthy and strong, and who keep a place in their hearts for us and those we serve through the food bank.

Thank you to our Silver & Gold Sponsors!

