

Food Notes | The Newsletter of Food for People

SUMMER ISSUE 2022

The Food Bank for Humboldt County



Emergency Food Response is on the rise locally. More on page 7.

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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.

Food for People
The Food Bank for Humboldt County



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

The Rising Cost of Food

Notes from the ED

The topic of inflation is clearly front and center for all of us right now, impacting our decisions on what to buy at the grocery store, where we can afford to live, how to minimize travel to reduce fuel costs, and determining what necessities we can afford as other costs continue to climb. Not surprisingly, it has become especially tough for low-income households who were already trying to stretch limited income to cover the bills, with many more joining their ranks and wondering how they will keep up. Our focus here at Food for People is clearly on food access, but we can't ignore the complexity of inflationary triggers that ripple through our economy and impact what we eat for dinner.

There are a number of factors driving increased food costs, which started during the pandemic when supply chains suffered major disruptions as restaurants shut down and we all rushed to stock our shelves. Meat prices were the first to rise as crowded conditions in meatpacking plants led to high rates of Covid infection, triggering a 40% drop in national production in 2020. Production has since picked up but increased labor costs and the added cost of providing safer working conditions continue to affect the bottom line, as do sharp increases in the cost of livestock and poultry feed and the loss of millions of chickens due to avian flu.

Severe and erratic weather events triggered by climate change have also increased in frequency and intensity, resulting in drought, fires, and floods that have destroyed homes, crops, and farmland. Here in California, which produces one-third of the vegetables and two-thirds of the fruits we consume nationwide, almost 400,000 acres of farmland were left unplanted last year due to lack of water, resulting in the loss of \$1.1 billion in income and 9,000 jobs in agriculture. And it's projected that more than a million acres will be left fallow this year. According to Karen Ross, California Department of Food and Agriculture (CDFA) Secretary, rice production alone will be cut from 500,000 acres to 250,000 acres. A late freeze this spring has already damaged cherry and peach crops in California, and last year's extreme heat in the early part of the growing season caused fruit to shrivel on vines and trees before they could be harvested. USDA, which purchases fruits, vegetables, grains, and meat for the Emergency Food Assistance Program (EFAP) and ships them to food banks and schools, has also experienced canceled loads due to lack of availability and/or increased costs.

Fuel costs are another huge factor in harvesting and processing food and then transporting it from the farm fields to the grocery stores. The U.S. has typically supplemented food supplies with imported foods when there were isolated crop losses (an estimated 15% of the food we consume is imported)



but higher transportation costs across greater distances could hardly be considered a cost-effective solution. And then there is the war in Ukraine which is having a significant impact on fuel costs and the global food supply as one of the world's largest producers of wheat.

I'm certainly no economist, but given all of these factors, I don't think we can anticipate any substantial drop in food prices in the near future, as shown on the chart produced by USDA reflecting increased costs over the period of just one year. Food for People will continue to be resourceful when it comes to sourcing healthy and affordable foods for the people we serve and will draw heavily on our partnerships with the California Association of Food Banks and local and regional food producers, and the support provided by you - our community - to make it work. Our Locally Delicious Farmer Fund makes it possible for us to contract with local growers to purchase fresh produce for our programs; grants from American Ag Credit and Pedal 4 Protein (an initiative of the Presbytery of the Redwoods) help us purchase locally raised meat, eggs, and vegetarian proteins; CalFood funding allocated by the state legislature is used to purchase foods produced in California; a grant from Catch Together will provide us with

Food categories	2021-22	Predicted 2022 change
Beef and veal	+16.2%	+3.4%
Pork	+14%	+3-4%
Poultry	+12.5%	+6-7%
Fresh fruits and vegetables	+7.7%	+3-4%
Eggs	+11.4%	+2.5-3.5%
Fish and seafood	+10.4%	+3.5-4.5%
Dairy products	+5.2%	+4-5%
Fats and oils	+11.7%	+6-7%
Sugar and sweets	+7%	+3-4%
Cereals and bakery products	+7.8%	+3-4%

SOURCE U.S. Department of Agriculture

Continued on page 3

Continued from page 2

over 300 lbs. of locally caught fish; and funding through our local DHHS contract makes it possible to buy bulk quantities of staple nonperishable items and local produce. And in an ironic but happy twist of fate, the high cost of fuel has actually made it more affordable for us to source locally produced items like milk, cheese, and eggs through Alexandre Farms and Rumiano Cheese than to ship it in from vendors elsewhere.

The message I take away from all this is that we all need to be more mindful about how we source our food and support our food producers as they grapple with these challenges; far too many are throwing in the towel because it's become too risky financially to continue. There is no one single action we can take to halt rising food costs, but this seems like a great time to buy locally whenever we can and invest in the development of a more sustainable local food system. Visit our local Farmers' Markets; shop at grocery stores that offer locally sourced products; use your CalFresh to purchase locally grown fruits, vegetables and plant starts for growing your own food; and if you can plant a garden, be sure to plant a little extra to share with your friends and neighbors and the food bank. We don't have the capacity to grow or raise all the food we need here in Humboldt County but we can certainly influence a shift in that direction. Change always starts with a few simple steps.

With Gratitude,

Anne Holcomb
Anne Holcomb,
Executive Director



Food for People team member Veronica distributes food boxes at an emergency food distribution in Eureka.

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

- Andrea Eitel Bird
- Barbara Braak
- Bob & Val McKee & Rodger Burns
- Bob Burroughs 90th birthday
- Bob Roney
- Craig Hansen's birthday
- Edie Jessup
- Elena Cattaneo
- Gary Paoli
- Guides
- Harriett Watson
- The Hensell Family
- Henry Soares
- J. Steven Porter
- Jacob Warwick's birthday
- James Thompson
- Jim & Mary Renner
- Lenore Anvick
- M. Sousa
- Mikenzie
- Pam Martin, Food for

- People volunteer
- Professor John Harper
- Randy Turner
- Steve Mackey
- The Shook Family
- The Southern Humboldt Community
- Thea Gast
- Ukraine
- Ukrainian President
- Volodymyr Zelensky

In Memory Of

- Alicia
- April Conant
- Artise Rogers Habegger
- Mrs. Asa Curry
- Ben Benzonelli
- Betty Jean Brown
- Bill Saunders
- Ceva McWhorter King
- Dave Etz
- Debbie Leibensburger
- Dorothy Hamilton
- Ellie Dawkins
- Florence Hogarty
- Gene Flocchini
- Jane & Mario Brenta
- JoAnne Theimer
- Ken
- Laurey & Jay Sullivan
- Lisle Holt
- Marianne Pennekamp
- Mark Shaffer
- Martha & Ken Frantz
- Marty Modine
- Melinda Flory Groom
- Melinda Groom
- Natalia Oliveria
- Nathan Miles Shishedo
- Norma Irene Tschida
- Pat Welsh
- Rachel Tomini
- Thea Gast
- Vernon Whitney

"God Bless Homeless Veterans"

"In honor of the heroes who work at Food For People! FFP Rocks!"

"In honor of the people of Ukraine. We pray for their safety and success in defending their democracy. Thanks for all you do."



Volunteer Judy Silvers gleans apples to go to Food for People's hunger relief programs.

Volunteers Harvest Excess Produce

Judy Silvers: Gleaner, Gardener, & Giver

By Julie Ryan, Volunteer & Direct Services Manager

An energetic woman bustled into the Food for People warehouse with a jar of fresh pressed apple juice to share with staff and volunteers. She said that she and her friends rescued apples and pressed them. That's my first memory of Judy Silvers who has been a gleaning volunteer at Food for People since 2017. I asked Judy how she got into gleaning, and a wonderful story unfurled like new spring leaves. Growing up on a farm in Minnesota, Judy says she didn't think about growing food. "It was hard work and I didn't know why our dad used methods like rotating crops to replenish the soil. I just knew I wanted to graduate and get off the farm." Fast forward to Idaho in the 1970s, and Judy and friends went to glean a field after the machine had harvested the potato crop for the first time, and she was hooked. Later she was part of a Food Co-op in Oregon. Farmers would call, and "we would glean cauliflower—the little ones the machine didn't pick—and sell them at the Co-op and share them with the Co-op families."

When asked what she enjoys about gleaning with Food for People, Judy is quick to say how much she has enjoyed meeting people who welcome gleaners to their properties. "Repeat visits have made for friendships with like-minded people who don't like to see food get wasted." She also likes knowing that the Mobile Produce Pantry uses locally gleaned produce in addition to produce from local organic farms. "Gleaning helps people access a variety of fresh nutritious produce and helps teach kids to appreciate what comes off the tree." She likes that people who don't have a yard to grow apples or the ability to pick them can come to the Choice Pantry and load up on the

bounty of fall produce. "I love pears picked fresh off the tree and love pear juice and dehydrated pears in the winter – they taste like candy and remind you of summer."

Judy muses about Minnesota and says "It's funny that growing up, my siblings and I all wanted to get off the farm, but now we are all interested in growing food." She cited the 1970s classic books, *Diet for a Small Planet* by Frances Moore Lappé and *Recipes for a Small Planet* by Ellen Buchman Ewald, as inspiration for plant-based, earth-friendly eating, converting her front lawn into a garden, and installing a free produce and seedling stand. For new gardeners, Judy offers a lot of encouragement. "Try not to be disappointed if something doesn't grow the first time. The bugs and slugs might get it, but try again and grow something else." She suggests starting with Swiss chard, kale, or collard greens, because they are easy to grow on the North Coast and look pretty when interspersed in flower beds.

"The best part of gleaning and gardening is being able to share the extras and give it away. I hope I have a few more years to climb ladders." So do we, Judy, so do we.

To learn more about volunteering with our Gleaning program and other volunteer opportunities, contact Volunteer & Direct Services Manager, Julie Ryan, at 707-445-3166, extension 310.

"WE LIKE THE DELICIOUS HEALTHY FOOD, AND THAT THERE ARE NICE PEOPLE THAT HELP OTHERS OUT. THANK YOU!"

- Participant in Food for People's Backpacks for Kids Program



Donate online

When School is Out Our Nutrition Programs Serve Children

By Carrie Smith, Child & Senior Programs Coordinator

The Backpacks for Kids Program has been a whirlwind this year, and along with the school year, it will be taking a break for summer beginning in June. It's always such a joy to be part of, because of its straightforward approach: Give food directly to kids so they have food to eat over the weekend. We served a whopping 621 kids this year, spanned over the entire Humboldt County region, at 34 different school sites.

We did our best to continue to upgrade the bag, bolstering the normal food items with an array of donated food from Wildberries, one of our regular committed sponsors, or on great deals we found through our food distributors. Boxes of granola bars, extra mac and cheese, and cereal were just some of the foods we were able to incorporate. The kids seemed to really appreciate it! We sent out a survey to the kids to find out what they liked most about the foods they were getting and we got a lot of great feedback. The majority felt like it has enough food for the weekend, and most feel like there was enough to be able to share it with their family.

One student mentioned that he liked the bag of food because "We will never run out [of food] again." Another said, "It helps out when we are low on food." One youngster announced, "the food makes me stronger!" And yet another student raved "We like the delicious healthy food, and that there are nice people that help others out. Thank you!"

As the summer is fast approaching, we are gearing up for a switch to a program that was created out of the need brought on by changes due to COVID. Schools in the more populated regions of Humboldt County are providing lunches to students during the summer months now more than ever. We, at Food for People, saw a need in the more rural communities. So we created a "Children's Summer Food Box Program", which is giving students and families food in Southern Humboldt, Carlotta, Bridgeville, Loleta, Manila, Willow Creek, and Hoopa. These boxes are similar to the Backpack food bags, but they are bigger to accommodate the food needs of families during the summer months when school is out and a lot of kids are home more, and hungry! This program has proven to be a success, so we are happy to be able to provide these communities with the extra food support to alleviate some of the financial constraints they find themselves in. Each week 200 families will be given a box of shelf-stable items, and a bag of fresh, local fruits and vegetables. We love that we are able to partner with local farmers so we can give some of the students produce that was grown in their own backyard. What a special perk to be able to share Humboldt County's fresh abundance!

foodforpeople.org



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Construction of Food for People's new facility is on schedule for completion in early 2023!

On Our Way! Construction On Our Rebuild has Begun

By Carly Robbins, Development Director

There is no doubt the last few years have put us through the wringer - sewer disaster, pandemic, wildfires, and construction delays - some days it feels like we've seen it all. But things are looking up. Food for People is extremely excited to announce that the rebuild of our facility has begun! In April we held a groundbreaking to kick things off. Now, more than a month later the slab has been poured and the metal structure of the building is in the process of being assembled. If you drive by the old location at 307 W 14th Street you can see the impressive progress being made thanks to the hard work of our friends at Greenway Partners and Pacific Builders. Currently, we are on schedule to complete construction and open to the community by early 2023.

The new facility will transform and streamline Food for People's operations. Not only will our staff be all under one roof again, eliminating our current transportation and logistic issues, but the added height and storage space will also allow us to expand our services to ensure we can address the increasing food assistance needs of Humboldt County. The pandemic caused our distributions to grow by more than 33% and we are now seeing numbers rise even more. With the costs of food, gas and most other day-to-day necessities continually rising it is vital that we are able to respond to this growing need to keep our community healthy and strong. Our mission has long been centered on improving the health outcomes of our community which is why we also will be adding more cold storage to allow us to store and prioritize more fresh produce for our countywide hunger relief programs. In addition to being a hub for countywide food assistance programs, this facility will also include a larger onsite Choice Food Pantry to serve seniors, children, and families with dignity.

One of our key priorities when designing the building was to plan responsibly for the future which is why we are including

solar to help offset the cost of our refrigeration and freezer system and allow us to charge our refrigerated vehicles that serve the far reaches of the county. In addition, we are building disaster response resiliency into the new building. Not only will we have the space to store emergency foods we will have backup power to ensure that when a disaster strikes the food bank will remain operational.

We are incredibly grateful for how far we've come and what lies ahead. In order to complete this project we needed to raise \$6.1 million. Thanks to the incredible support of the community and local partners, we are well on our way with \$5.85 million collected to date! Now we are reaching out hoping to raise the remaining \$250,000 needed to get us over the finish line. You can help us rebuild a facility that will ensure every person experiencing hunger in Humboldt County can access nutritious foods in the future by making a donation at www.rebuildfoodforpeople.org or calling (707) 445-3166 extension 306.



Food for People Board Members and Executive Director Break Ground on our new facility.



More than 300 cars lined up for Food for People's emergency food distribution in April organized to help people suffering from the rising cost of food and fuel.

Emergency & Community Distributions Grow in Participation

By Robert Sataua, Emergency Food Response Coordinator

The critical need for food access that we experienced at the onset of the pandemic continues to persist, and we are calibrating for the new normal. Humboldt residents continue to seek resources to address food security, and the data suggests a climbing need for our emergency community distributions. In addition to our core programs, we've learned that supplemental drive-through distributions throughout the year are a welcome option for keeping food on folks' tables. Like many food banks across the country, we established additional drive-thru distributions during the pandemic as a safe way to distribute food on a large scale. This model has proven to be effective, and we have continued doing these types of distributions.

In January we hosted a Winter Drive-Through Food Distribution at the Bayshore Mall that was intended to help people stock up on pantry items. We used this as an opportunity to offer a variety of foods, distributing fresh produce, meat, canned goods, pantry packaged foods, and even toilet paper. In three hours, we distributed 13,000 pounds of food that served 358 households, accounting for 916 individual household member. Compared to our similar summer distribution in 2021, the number of households increased by about 100.

In April we hosted another drive-through distribution that saw similar numbers to the January event, but the lines were longer than usual, and people waited up to an hour and

a half to get through the car line. We had an overflow of cars that extended to another parking lot, and at the end of our allotted time we still had a line of cars. We learned that the need is bigger than what we planned for previously, and we could have doubled our number of volunteer, staff, and distribution hours. It's hard to know if this uptick in numbers is pandemic related, the result of the rising cost of living expenses like gas and food prices, or reduced levels of pandemic-related resources, but the result left us adjusting our Emergency Community Distributions program to meet the demand.

We plan on continuing these types of distributions throughout the year, with an emphasis on preparing for the fall, winter, and spring months. These large-scale drive-through distributions are only possible with the support of our partners, who have the passion and dedication to continue this work with us. To help us set up the logistical flow of traffic, we call on Uplift Eureka whose program's purpose is to identify community resources for those in need. In addition we've developed a great relationship with the property managers of the Bayshore Mall, who allow us to use the parking lot space for our Eureka drive-through distributions. With their efforts to make the mall a community hub where people can access resources, we feel at home with our hosts. By sharing a goal with Uplift Eureka and the Bayshore mall, we are confident that these continued partnerships will help us serve our community.

Grow a Garden with CalFresh

By Heidi McHugh, Community Education & Outreach Coordinator

Food for People's CalFresh Outreach team connects income-eligible community members with the benefits of CalFresh: a federally funded nutrition assistance program that provides money to purchase food at grocery stores and farmers' markets. In addition to helping people apply for CalFresh, we assist with reports and recertifications to maintain these benefits, and we help people understand where and how these benefits can be spent. What many do not know is that food-producing seeds, starts, plants, and trees can be purchased with CalFresh!

In Humboldt County our farmers' markets accept CalFresh benefits and offer Market Match— an innovative match benefit program available at farmers' markets in Arcata, Eureka, McKinleyville, Willow Creek, Fortuna, Garberville, Miranda, and Shelter Cove. CalFresh shoppers who swipe their EBT cards at the farmers' market manager's booth can receive bonus farmers' market dollars FREE. This is a great way for current CalFresh recipients to stretch their dollars for healthy foods at Humboldt County farmers' markets. Purchasing CalFresh eligible seeds, starts, and trees can stretch those dollars even further.

Food for People regularly provides education on using CalFresh to grow a garden. Our "Grow Your Garden with CalFresh" brochure describes how to apply for CalFresh, how to use these benefits at farmers' markets on plants and seeds that produce food, and basic tips for starting one's own garden. This brochure is available in English and Spanish. A current North Coast Grower's Association farmers' market schedule is included on the back of the brochure. As a companion to this project, our Garden Growing Cards series explains how to grow many vegetables and fruits in a Humboldt County garden, from seed or seedling. The back of each card includes information about CalFresh, and how and where to apply in Humboldt County. We offer three series of Garden Growing Cards: English, Spanish, and native foods varieties.

These resources are available at Food for People's distribution sites, farmers' markets, and can be downloaded from our website at <https://foodforpeople.org/gardening-cal-fresh-farmers-markets>. To find your local CalFresh retailers go to <https://www.fns.usda.gov/snap/retailer-locator>.

grow your garden with CalFresh **ZUCCHINI / SUMMER SQUASH**

PLANT	Start indoors and transplant after at least 2 true leaves have formed and soil reaches at least 55 degrees. Plant 1 inch deep and 2 to 3 feet apart, in direct sunlight. Zucchini loves warm weather. Careful with roots!	Grow Guide	Start seeds: Early April Transplant: When true leaves appear Average time to harvest: About 60 days
GROW	Mulch to protect shallow roots, discourage weeds and retain moisture. Water and fertilize with compost after first blooms appear.	Types:	zucchini, patty-pan, yellow squash
EAT	Harvest about 60 days after planting, or when small and tender for best flavor. Cut zucchini, rather than pulling, and store in fridge for up to 10 days. Excellent barbecued, sautéed or in just about any dish!	Grow with:	Corn, beans, radishes
		Nutrition Content:	20 calories per 1 cup, vitamins A, C, B6

Food for People The Food Bank for Humboldt County
Adapted from www.almanac.com/plant/zucchini

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- Buy fresh fruits and vegetables at local farmers' markets
- Buy seeds and plants that produce food to start your garden
- Support local farmers' markets and grocery stores

It's Easier Than Ever to Apply for CalFresh

You can apply for CalFresh from home!

- Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
- Eligibility interviews can be done over the phone.
- You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!
*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING For more information call:
Food for People @ (707) 445-3166 Q8,
Department of Health & Human Services @ 1-877-410-8809

Move To End Hunger

A Hike/Jog/Walk-a-thon celebrating food security

WEEK OF MAY 29-JUNE 4
GROUP EVENT
JUNE 4TH - 10AM-1PM

1 mile, 3 mile, & 4.5 mile courses
At the Arcata Marsh (Klopp Parking Lot)

FOR MORE INFO & REGISTRATION VISIT foodforpeople.org

Proceeds support Rebuilding Food for People, the food bank for Humboldt County

Food for People
The Food Bank for Humboldt County

& KAYAK RAFFLE!

Win a single-person kayak donated by the Speakeasy and a personal flotation device donated by Kokatat.

Every \$10 given will enter you for a chance to win!

*Move to End Hunger registration comes with one raffle entry

Our hard-working letter carriers collected more than 20,000 lbs of food during this year's Stamp Out Hunger Food Drive.

Donate online | www.foodforpeople.org



Stamping out Hunger with Your Local Letter Carriers

By Allison Kenney, Local Food Resources Coordinator

Each year on the second Saturday in May, the National Association of Letter Carriers hosts a nationwide food drive to "Stamp out Hunger," in partnership with local pantries and food banks. This year, Saturday, May 14th marked the 30th annual Letter Carriers Food Drive, after a two-year hiatus due to the pandemic. The Letter Carriers' Food Drive is the largest single-day food drive in the nation, and at the local level, all residents of Humboldt County are asked to participate by leaving donations of nonperishable food items by their mailboxes. Our hard-working local Letter Carriers Union partners closely with Food for People and our network of pantries, to coordinate the pick-up and delivery of nonperishable food donations throughout the county. Letter carriers work on the front lines in our communities and get to know the people on their routes. They often witness first-hand the struggles some of their customers face. Thanks to the hard work and heart of our local Letter Carriers, and the generosity of our community, more than 20,000 pounds of food were collected this year countywide.

This effort by the National Association of Letter Carriers, with the help of rural carriers, other postal employees, and many volunteers, has resulted in the donation and distribution of well over one million pounds of food in Humboldt since its beginning more than twenty years ago. In Humboldt County, the food collected is used to supplement food boxes for low-income families and seniors. Food for People and its network of 17 pantries serve close to 16,000 Humboldt County children, seniors, families, and individuals each month. All food collected by the food drive stays in the community in which it was donated, to help local individuals and families in need.

The food received through this annual food drive helps Food for People replenish the shelves of our local food pantries, many of which have already distributed the donations gathered over the

holidays. The food collected during the Letter Carriers Food Drive is therefore critical in our efforts to provide assistance to low-income residents during the summer months, when schoolchildren are without the meal assistance usually provided during the school year, and families are in need of help. The timing of this food drive is especially critical this year. As pandemic assistance programs come to an end, and food costs are on the rise, many people find themselves having to choose between paying the bills or putting food on the table. We work with our local letter carriers to have the blue bags distributed to mailboxes throughout the county during the week leading up to the drive to make it easier for folks to donate. All participants have to do is fill the blue bags and set them by their mailbox, and the letter carriers do the heavy lifting!

Food for People would not be able to coordinate such a large-scale effort successfully without all of the people and organizations who contribute to our efforts year after year. We would like to acknowledge and thank Coast Central Credit Union, Ming Tree Realtors, Ray's Food Place, Wildberries Marketplace, Bear River Casino and Resort, and Valley Pacific Renner Petroleum for their sponsorship of the pre-printed donation bags. We thank Murphy's Markets Cutten, John's Cigars, and Country Club Market for providing their facilities for use as remote drop sites for letter carriers. We would also like to extend a heartfelt thank you to Los Bagels, Smug's Pizza, and MOD pizza for donating food to feed our hardworking volunteers, letter carriers, and staff, as well as Rainbow Storage, Mad River Radio, KMUD, Eureka Broadcasting and KHUM for their help in promoting the event.



Our countywide Food Pantry Network includes 17 food pantries and 3 congregate meal sites. In McKinleyville, the food pantry is housed and operated by the McKinleyville Family Resource Center.

McKinleyville Food Pantry

New Home & Collaboration

By Mikayla Godman, Pantry Network Coordinator

Food for People's Pantry Network consists of 17 pantries and 3 congregate meal programs throughout Humboldt County, whom we provide with food and technical assistance. Many of our pantries are partnered up with churches, nonprofits, and resource centers to provide food in their local communities. One of our pantry partners is the McKinleyville Family Resource Center, which houses the food pantry for their area. After three years of hard work, the McKinleyville Family Resource Center has started serving clients at their new location at 1615 Heartwood Drive, at The Center at McKinleyville. This state of the art facility covers 13,000 square feet in the heart of McKinleyville and is close to public transportation, for ease of access. Their new offices have grown their ability to serve their community to a tremendous degree. In addition to hosting their brand new pantry, The Center includes community areas, meeting rooms, classrooms, a demonstration kitchen, and a playground!

The McKinleyville Family Resource Center is leading a multi-organizational partnership that makes the center a one-stop shop for all clients' social services needs. The Center at McKinleyville is a collaboration between the McKinleyville Family Resource Center, the Humboldt County Department of Health & Human Resources, Open Door Community Health Centers, North Coast Regional Child Support Services, Trinidad Rancheria Tribal Social Services, and Cal Poly Humboldt Department of Social Work. These organizations have joined forces in order to be more effective, more equitable, and to improve access to services. Working in close proximity will also improve coordination, provide opportunities for cross-organizational training, and inspire innovative solutions to challenges.

This collaboration has grown in order to accomplish five main goals: improve health and well-being, connect the community,

encourage safe and nurturing families, promote economic stability and success, and to build collaborative systems that are both innovative and effective. The pantry works with Food for People and local organizations in order to provide healthy food for people who need a little extra help throughout the month. Meanwhile, the Center also provides a place where people can come together for free or low cost community activities, learn about opportunities for civic engagement, and provide input on ways to improve services at the Center. This community engagement is exemplified by the fact that the pantry program alone attracts roughly 2,000 hours of volunteer time per year.

Encouraging healthy families is the cornerstone of the mission of The Center. Families, whether they are connected by biological ties or not, are the framework of healthy societies. By providing access to support and services, The Center aims to ensure that families are able to achieve the foundational necessities of food, shelter, and stability. Once these basic needs are met, people are then free to pursue economic development opportunities and become empowered to reach self-sufficiency.

The opening of The Center at McKinleyville represents the culmination of several years of work and the collaboration of many touchstone organizations that provide valuable services to the community. By bringing everything together, hopefully it will be easier than ever for people and families to get all the help they need to be supported and feel connected to their community. The Center at McKinleyville celebrated its grand opening on May 20th, and is open for action, so check it out and see what is available!



The Farmers Fund allows us to contract with farmers early in the season to provide start-up funds for crops to be used in our programs throughout the summer.

Locally Delicious Farmers Fund

Contracts with Local Farmers Help Food Bank Clients

By Allison Kenney, Local Food Resources Coordinator

This year's fundraising efforts for the "Food for People Farmer Fund", a collaboration between Locally Delicious and Food for People, were once again a success. This unique partnership aims to help local family farmers and provide those who use our services with high quality, locally grown produce. The farmers receive an economic stimulus up front through their contract with Food for People, at the beginning of the season when input costs are especially high and profits are generally low. Food for People is then able to provide locally grown, high-quality food for our clients. With the rising cost of food, gasoline, and just about everything else, the Locally Delicious contracts we offer to our local farmers are especially helpful this year.

Food for People tries to balance the diversity of contracts from long-time, established farmers with whom we've worked with for several years, with small, up-and-coming farmers who are just beginning to spread their roots in the Humboldt agricultural scene and can use the funds to help expand their level of production. The fund is well known throughout the farming community and encourages and supports local, small-scale food production. The only criterion necessary to be considered for the Locally Delicious Fund is that the farm operates under organic practices, to support the enrichment of our region and soils.

Our Senior and Homebound programs use the produce purchased through our Locally Delicious contracts and serve one of the largest, most vulnerable populations. In

turn, recipients have access to fresh, nutritious and sustainably grown produce that they may otherwise be unable to afford. This year we will also continue to use Locally Delicious funds to connect farmers in outlying areas of the county with our satellite pantry locations and children's summer food box programs, to facilitate direct deliveries of fresh produce to those sites. These partnerships allow our remote pantries and programs to offer clients produce grown right in their communities, while celebrating eating seasonally and supporting the nutritional, economic, and environmental benefits. When we link our remote, rural program sites directly with nearby farms, it helps farmers cut back on transportation costs too, and makes for great, localized community connections.

Support for this year's Farmer Fund comes from many partners in the community such as the McLean Foundation, Locally Delicious, Redwood Capital Bank as well as many individual contributions from generous community members. We are incredibly grateful for the support of our community. Since its inception, nearly \$195,000.00 has been raised for the Farmer Fund, and more than 134,000 pounds of produce have been purchased for Food for People's programs! We want to thank Locally Delicious and the Heirloom Tomatoes (the fabulous folks who've run it) for their ongoing commitment to local food advocacy and support for this program, as well as the many other partners and donors who make this possible.



Our Free Produce Markets will offer fresh fruits, veggies, & other cooking staples at 4 locations this summer.

The Newsletter of Food for People | the Food Bank for Humboldt County

The Summer's Bounty

Free Produce Markets Return

Robert Sataua, Emergency Food Response Coordinator

With summer around the corner, Food for People's Free Produce Markets are set to return in June. These tailgate distributions are a result of our partnership with California Emergency FoodLink, which works with farmers to provide food banks across the state with fresh fruits and vegetables at the peak of California's harvest season. This year we will be setting up across the county, just as we have in the past, to ensure this resource is available to Humboldt County residents. In Southern Humboldt we will partner with the Garberville Pantry (at the Presbyterian Church), the First Baptist Church in Redway, and the Southern Humboldt Family Resource Center. These partners offer a location and volunteers that are essential to our operations. In Fortuna we will continue to distribute at the Fortuna Adventist Community Services parking lot, and have a dedicated group of community volunteers that have worked at this distribution for the past several years. In Eureka we will return to the Bayshore Mall and work with Uplift Eureka and additional volunteers to execute the largest distribution of this kind that we do. We are fortunate to have such crucial partnerships that allow us to deliver an amazing resource to our area. Times and dates will be posted on our website, if you are interested in accessing this resource or are considering volunteering.

Thank you to our Sponsors!



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 county-wide hunger relief programs or for ways you can get involved visit www.foodforpeople.org.