

Food Notes | The Newsletter of Food for People

WINTER ISSUE 2022

The Food Bank for
Humboldt County



This summer @flowersforpeoplehumboldt donated buckets of gorgeous local flowers to be delivered along with bags of food to seniors and homebound individuals.

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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

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Honoring the Legacy of Suzanne Simpson, Locally Delicious, and the Farmer Fund Notes from the ED

When I first sat down to write my piece for this newsletter, I was pondering the recent death of Suzanne Simpson and the loss of this incredibly vibrant person who was an accomplished artist and filmmaker, impassioned activist, and creative thinker. Suzanne and her husband Lew Litzky, life partners for 41 years, became dear friends over the years as our paths crossed around a variety of food-related endeavors. Suzanne was involved with a group of like-minded women who formed **Locally Delicious**, and Lew, a retired CPA, joined Food for People's Board in 2011 and still serves as our Treasurer. I will always be grateful for the many opportunities we had to work and laugh together and for all the gifts they have shared with our community. With that in mind, I'd like to take a moment to honor the legacy that Suzanne and the amazing women who formed **Locally Delicious** have created for us all.



Heirloom Tomato Ann Anderson (left) presents a book to Suzanne (right) at Locally Delicious' 10-year anniversary celebration.

One of the realities that has guided both my personal and professional life over the years is how so many of us find our path thanks to the inspiration of everyday heroes who add purpose to our lives and open us up to new ways of thinking about how to make our community a better place. That is what prompted me to take this opportunity to highlight the work of the visionary women who founded **Locally Delicious** in 2008. The recent passing of founding member Suzanne Simpson, and the transitions the group has experienced this past year prompted this reflection on their accomplishments, which I am honored to share with you.

When they first got together, members Ann Anderson, Carol Mone, Pat Bitton, Ann King, Martha Haynes, Lauren Cohn-Sarabia, Edie Jessup and Suzanne Simpson referred to themselves as the "Heirloom Tomatoes," joking that it seemed appropriate given that they were too old now to be considered "hot tomatoes." In the background was their treasurer, Lew Litzky, who provided support for the entire time. Together, they joined forces to author two books: **Locally Delicious: Recipes and Resources for Eating on the North Coast** and **Lunch Box Envy: An Adventure in Healthy Eating for Kids and Families**. **Locally Delicious** - through Tomatoes Suzanne Simpson, Lauren Cohn-Sarabia, and HSU - produced the film, **Locally Grown: America's Food Revolution**. They also created **The Local Food Guide** to highlight the accomplishments of our local food producers and the grocery stores and restaurants that make it a priority to locally source as much of their food as possible. As authors and activists, their focus has been on encouraging us to obtain a larger percentage of our food locally, to help keep agricultural land in production and promote the development of a sustainable regional food economy. And they wanted access to healthy, locally grown food to be available to people of all ages and income levels. Over time this philosophy evolved into what they referred to as the "Three E's": Environment, Economy, and Equity.

In the course of the research for their books, they got to know many of the key players within the Humboldt County farming and food community, and as members of the Humboldt Food Policy Council, they worked to shape policies that supported

local agriculture while increasing access for households with low incomes. They never passed up an opportunity to engage policymakers and the broader community in their efforts and decided to invest the proceeds from their books into projects that promoted the "Three-Es." And that is how the Food for People Farmer Fund got started. As you will read in the following article written by Allison Kenney, our Local Food Resources Coordinator, the Farmer Fund has made it possible for us to contract with local farmers at the beginning of the growing season to grow crops specifically for the food bank, making fresh, local and mostly organic produce available to those served by our Senior and Child Nutrition programs.

The **Farmer Fund** has enjoyed increasing success since its launch here in Humboldt County in 2009 and has generated lots of interest within both farming and food bank communities in other corners of our state. We happily share the details with anyone interested in launching a similar effort, because it's a model that can easily be replicated and adapted. But as the program has evolved, the ladies of **Locally Delicious** have had to acknowledge that life changes, which seem to accelerate with age, have meant the loss of founding members Ann King and Suzanne Simpson, and prompted others to step away to deal with competing interests and family concerns in recent years. In light of these realities, the decision has been made to dissolve **Locally Delicious'** nonprofit status. But since the Farmer Fund has been such a resounding success, both Food for People and the remaining Heirloom Tomatoes have come up with a plan to ensure that despite these transitions, the Food for People Farmer Fund will continue!

Donations to the Farmer Fund can still be made to Food for People and will help us sustain this innovative program so that we can continue to support our local farmers, especially newer farmers who struggle with cash flow at the beginning of the season, while providing the nutrient-dense, fresh local produce that is so deeply appreciated by the people we serve. Just include a note to tell us

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that you want to designate your donation to the Farmer Fund.

And we are very pleased to announce that the North Coast Growers' Association (NCGA) is stepping up to help with these efforts. They also practice the "Three-E's" in their extensive work promoting the local food system and local food producers, and by offering the Market Match program, which provides matching funds when shoppers use their CalFresh benefits at Farmers' Markets. They are committed to helping us secure additional grant funds and donations to keep the Farmer Fund viable now and into the future.

I would like to close with a heartfelt THANK YOU to the Heirloom Tomatoes for their many contributions to our local food system over the years. Your vision has inspired so many of us along the way, and the impact of your work will continue to be felt for a long time to come.

With gratitude.

Anne Holcomb Anne Holcomb, Executive Director



The Heirloom Tomatoes

Locally Delicious Creating a Sustainable Food System

By Allison Kenney, Local Food Resources Coordinator

Food for People is grateful to have partnered with Locally Delicious yet again for the thirteenth year of the Farmer Fund. Since 2008, Locally Delicious, a nonprofit group that advocates for and supports the re-localization of the California North Coast food system, has generously contributed to and managed fundraising efforts for the Farmer Fund, which Food for People uses to purchase nutrient-dense, organic produce from a variety of local farms to be used for our Senior, Homebound, and Children's Summer Food programs. This year, in addition to the \$5,000 provided by Locally Delicious, several dedicated community partner organizations and generous individual donors also contributed to the fund, which helped this year's fundraising efforts collect more than \$18,000. We'd like to thank everyone in the community who has helped grow this fund to its current level! After thirteen successful years, Locally Delicious has announced retirement from running the nonprofit and fundraising for the Food for People Farmer Fund, but we are committed to ensuring the fund lives on!

In the 2022 season of the project, Food for People utilized the Farmer Fund to contract with nine local farms to grow produce specifically for our Senior, Homebound, and Children's Summer Food programs. Many of the members of our Senior and Homebound programs live on fixed-incomes, and with the high cost of living, often have to skip purchasing fresh fruits and vegetables. It's a big concern while some folks also live with chronic health conditions that benefit from the nutrients that fresh produce can provide.

When school is out for summer, families that are struggling to make ends meet have the added expense of providing lunches for their children, who would otherwise be covered by the school lunch program during the school year. Our Children's Summer Food program helps to fill that void by offering locally grown produce, in addition to kid-friendly nonperishable foods for families. Access to nutrient-dense fruits and vegetables are important for supporting healthy growth and development for children.

At the beginning of the growing season, we provided local farms with grants totaling \$11,250, leaving a portion of the

fund to purchase additional local produce throughout the season. This program benefits local farmers by providing them with finances at the beginning of the season, when input costs are typically high and income is low. According to Aubrey from Fair Curve Farm: "Receiving contracted Locally Delicious funds early in the year, when our expenses are the highest, has been extremely helpful over the years as we've grown our business. As young, beginning farmers, financial support is highly appreciated and valued, especially when it is distributed in a way that acknowledges annual cash flow. Over the last couple years, as we've become more confident growers, we've opted to contract at the highest value available, giving us a big, financial jumpstart to the season. We have always been very grateful for the opportunity to participate in the program, and very much wish to see it continue."

This year's contracts have brought in more than 5,800 pounds of produce so far. Varieties include local beets, broccoli, cauliflower, salad turnips, cabbage, peppers, cucumbers, leeks, winter squash, summer squash, melons, peaches, eggplant, cherry tomatoes, heirloom tomatoes, corn, lettuce, and radishes. Through this partnership, we ensure that Humboldt County's seniors and children receive the full nutritional benefit of the incredible variety our vibrant farming community has to offer. (We support several of our other food bank programs with locally grown produce as well, via Gleaning program donations and a contract that helps us include locally-grown produce in our Mobile Produce Pantry's offerings.)

Please join us in supporting this amazing program so that we can continue to connect our clients to an abundance of high-quality local produce. We would like to thank Locally Delicious for thirteen years of continued support and enthusiasm for this program, as well as all of the contributors to the Food for People Farmer Fund who truly make this program possible. If you would like to support the fund, you can send a donation with a note that it is for the "Farmers Fund" or give online at www.foodforpeople.org and designate your gift to the "Locally Delicious Farmers Fund". For questions, please contact our Development Director, Carly Robbins, at donate@foodforpeople.org or (707) 445-3166 extension 306.



Holiday Spirit Food & Fund Drive

By Allison Kenney, Local Food Resources Coordinator

The holiday season is quickly approaching, and Food for People is gearing up to host our 30th annual Holiday Spirit Food & Fund Drive! Spanning the months of November and December, the Holiday Spirit Food & Fund Drive is our largest and most comprehensive food and fund drive effort of the year. Many local businesses, organizations, and community groups participate in various fundraisers, food drives, and special events each season. These combined efforts brought in more than 35,000 pounds of food and nearly \$39,000 last holiday season!

2022 has been a difficult year for many. During the holiday season, we are reminded to reflect on and appreciate what we have. For many of the families we serve, the additional pressure to provide a special meal or buy gifts during the holiday season can be particularly difficult when resources are already stretched thin due to low or fixed income. We encourage you to participate in our food and fund drive efforts, to share in the holiday spirit and help make this time of year a little easier on families that are struggling to put food on the table. We can't do it without the generous support of our community!

While Food for People is under construction on an upgraded food bank facility, we continue to distribute food through the use of temporary leased spaces since the loss of our main facility on 14th St. Read more about our rebuild efforts on page 6. We have temporarily adapted to operating within a limited amount of space. Given these challenges, funds are the most useful and efficient way to support us. They can be donated with one click online, making it simple and requiring no sorting, extra labor, or storage space! Monetary donations also allow us the flexibility to purchase highly requested items for our clients, such as milk, eggs, and cheese, which we do not bring in through food drives, for food safety purposes. We realize not everyone wants to donate funds, and that's perfectly fine! There are plenty of ways to donate food to support our hunger relief programs.

Join the Holiday Spirit Food & Fund Drive!

Drop Sites

Food for People makes it easy to donate! We partner closely with our countywide pantry network to ensure that donations made in a particular community stay in that community to help local residents.

Donation Drop Sites in the Community: Identified by the Food for People logo, donation barrels and boxes can be found at various grocery stores, businesses, and other organizations, making it convenient to drop off nonperishable items anytime. Community drop sites can be found at::

- North Coast Co-Op: 25 4th St, Eureka & 811 I St, Arcata
- Eureka Natural Foods: 1450 Broadway St. Eureka
- Murphy's Market: 4020 Walnut Dr, Eureka (Cutten); 100 Westwood Ct, Arcata; 785 Bayside Rd, Arcata (Sunny Brae); 1451 Glendale Dr, McKinleyville;
- Safeway: 2555 Harris St, Eureka & 600 F St, Arcata
- Wildberries Market Place: 747 13th St, Arcata
- Ferndale Post Office: 536 Main St
- Ferndale Community Church: 712 Main St
- Ray's Food Place Arcata: 5000 Valley W Blvd
- Rio Dell Post Office: 315 Wildwood Ave
- C&C Market, Rio Dell: 1328 Eeloa Ave
- Donations can also be dropped off between 9am-4pm, Monday through Friday at Food for People's warehouse at 716 Cedar St. in Eureka.

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The Cowboy Canned Food Convoy will once again kick off our holiday season on Nov 19th.

Donate online

foodforpeople.org

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Community Involvement:

Cowboy Canned Food Convoy:

The Redwood Unit of the Backcountry Horsemen of California will kick off our holiday season with their annual Cowboy Canned Food Convoy. Join us on Saturday, November 19th as horses and their riders parade through Old Town Eureka with saddlebags full of nonperishable food to be donated to the food bank, exciting on-lookers and passers-by and spreading holiday cheer.

Join the Hunger Fighter Challenge!

A collaborative effort to collect food and funds from November 1st through December 31st. Our Hunger Fighter teams include businesses, schools, civic organizations and community groups, all with their own unique approach to raising food and funds. Everyone is welcome to form a team, and Food for People can provide materials to ensure your team's success! Learn more and register your team online: www.foodforpeople.org/hunger-fighter-challenge

KHUM: On-Air Food & Fund Drive:

For more than 20 years, Food for People has partnered with KHUM radio for an on-air food and fund drive. For several days we broadcast live from different stores throughout the county, using this unique on-air opportunity to spread awareness and share information on the work of Food for People and our programs. KHUM DJs have been long-time advocates for our work and do a great job of motivating and encouraging listeners to donate, with challenges and matches. Consider calling in and making a donation during our KHUM week. Thanks to our KHUM friends for their dedication and ongoing support!

Senator Mike McGuire's Humboldt Holiday Food Drive Showdown: A drive-up and donate event on December 8th from 3-6 pm at Safeway in Eureka. Senator Mike McGuire and his team will be on hand collecting donations from student teams from Eureka High School, Arcata High School, McKinleyville High School, Fortuna High School, Ferndale High School, St. Bernard's Academy, as well as additional partnering schools and generous community donors.

These are just a few examples of ways to engage with the 30th annual Holiday Spirit Food & Fund Drive. Many organizations and groups host smaller independent food drives or events during the holidays and we have great ideas and resources available to make the most of your efforts. To start a holiday food drive please contact our Local Food Resources Coordinator Allison Kenney at (707)445-3166 extension 312 or FoodDrives@foodforpeople.org. To start a virtual food drive or make a financial contribution contact our Development Director Carly Robbins at donate@foodforpeople.org or (707)445-3166 extension 306.



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The construction of Food for People's new facility is nearing completion!

Taking Shape

Food for People's New Building Nears Completion

By Carly Robbins, Development Director

Some days it feels like a long road to where Food for People has come as an organization. For those following along, the past couple years have been a whirlwind, as we have adapted to the challenges of the pandemic and increasing local food insecurity, all while actively working to rebuild our main facility following the sewer disaster of 2020. But my, oh my, how far we've come!

Starting new construction in the middle of a pandemic is not for the faint of heart. For our team, it often felt like every month there were new price hikes or supply chain shortages causing a bump in the road. It took an extra six months waiting for the steel frame alone. But fast-forward to today and it all feels worth the wait and hard work. If you have driven past the location at the corner of 14th and Summer Streets in Eureka, you will see a whole new, impressive site taking shape. The steel building stands nearly 50 feet tall with three roll up doors, 1,500 square feet of refrigeration and freezer units, and the framing for staff offices and what will soon become an inviting public space to hold our Eureka Choice Pantry (one of 18 food pantries in our countywide network).

While difficult at times, the struggles of the last few years taught us many lessons, especially about what it takes to be a food bank responding to local and national disasters. We were fortunate to be able to take these lessons into consideration while designing our building, to ensure the new facility will allow us to expand services and effectively provide disaster response foods when needed, be it a pandemic, wildfire, winter storm, or other emergencies. The added height of the building gives us more warehouse storage space, which will enable us to better support and enhance our network of countywide food pantries, pop-up distributions, and diverse hunger relief

programs. Nearly 3,000 square feet will be dedicated to client services, including a grocery store style pantry that prioritizes dignity and choice when accessing foods. We have also built-in space for partner organizations to connect people coming in for food with an array of community support services that promote stability and lead to a better quality of life. We will expand our job training opportunities, to improve employment prospects for people experiencing adversity, by providing work skills in warehouse operations, front desk reception, customer service, and more. Our 1,500 square feet of cold and freezer storage have significant height, with vertical pallet racks that help us prioritize healthy foods and reduce food waste in our area.

When all is said and done and the last nail is in place, it will be an impressive hunger relief facility that will help Food for People address increasing food insecurity in our area and respond when disasters strike Humboldt County for many years to come. The current construction schedule hopefully has us moving into the new facility in early 2023. In order to complete this project, we need to raise \$6.1 million. Thankfully we have already received strong support from the community and local partners, collecting \$6.05 million to date! One of our primary hopes now is to raise the remaining \$50,000 needed to finish the project, so that we will not have to take on debt to complete it, especially with the increasingly high loan interest rates. If you would like to help us close this gap and realize our goal, you can send a donation to us earmarked for the rebuild, or contact Carly Robbins, Development Director, at (707) 445-3166 extension 306 or donate@foodforpeople.org. You can also give online at www.foodforpeople.org and designate that your gift go to the "Capital Campaign to Rebuild Food for People."



Backpacks for Kids

Site spotlight: Peninsula Union

By Carrie Smith, Child & Senior Programs Coordinator

“there are no stores anywhere within walking or biking distance. This combined with transportation challenges is a huge hurdle”

When each new school year begins, our team at Food for People looks forward to kicking off a new season of our Backpacks for Kids weekend hunger relief program for schoolchildren. At the end of each week of school, students in the program receive a bag filled with enough food for two breakfasts, two lunches, two dinners, and snacks for the weekend. The packing and delivery of the food is accomplished with the help of dedicated community volunteers from groups like Rotary, Soroptimist, Kiwanis, and local Family Resource Centers. The goal of these efforts is to ensure that children at risk of hunger and food insecurity in our community have the food they need to come back healthy and ready to learn every Monday.

One of our longtime participating sites is Peninsula Union Elementary School in Samoa. The families and children in the school's community face particular barriers to accessing healthy foods.

To learn more about how the Backpacks for Kids Program impacts the children in this area, we reached out to Vince Yorton, the Community School and ELOP (Expanded Learning Opportunities Program) Manager for Peninsula Union. Vince shared that he identifies students to participate in the program in a couple different ways. “One is via the relationships we've built, so we learn about families in need or they approach us. We also use data from family needs surveys and/or our process for identifying students experiencing housing instability.” He shared that the students he works with “vary on demographics like race, gender and ages. Many [families] have more than one child in the household—some who also attend our school, some who are too young or old to attend. A common denominator is lower incomes compared to the amount of people in the household.”

Vince explained that many of the students they serve “have parents that are separated and have moved a lot in their short lives. It seems like they have at least one adult in their lives who cares deeply for them (in addition to the people in the school :)” He also described multiple barriers to food access for families in the area saying, “for starters there are no stores anywhere within walking or biking distance. This combined with transportation challenges is a huge hurdle. And in current times, the cost of good food has become a barrier.”

Even though there are significant obstacles for some of the families of Peninsula Union, there are also many people working to make sure they are taken care of. Vince adds that, “The students in our program generally seem to be in good spirits and have healthy friend group(s). I'm confident that, between our school-provided food and Backpacks for Kids, it's helping them to not feel the impacts of food insecurity as much during the school year.” He described the reception of the Backpacks for Kids food by students as good, if a little reserved. “Many of the children are fairly young, so it just feels normal to them. I can tell the older kids are appreciative in their own quiet way. As they get older, we also try to keep a low profile on the dispersal, to avoid any stigma or labeling that might come from other kids. The adults I interact with are deeply grateful. [The students] say how much they appreciate it in one-on-one conversations”

When asked if he has seen any changes in the children participating in the Backpacks for Kids Program, Vince shared that, “Anecdotally, they are not complaining of being hungry when they get to school or after the weekend. I think not hearing that is a good sign that what we are doing is working and having an impact.”

It has long been demonstrated that there is a link between children having good nutrition/food security and their ability to flourish in the classroom. Unlike many of our participating Backpacks for Kids sites, there is not consistent funding for Peninsula Union, but thanks to numerous donations from the United Bikers of Northern California, we have been able to bring the program to these students. If you would like to donate to the Backpacks for Kids Program at Peninsula or another site, please send in your donation with a note that it is for the Backpacks for Kids Program, or make a gift online at www.foodforpeople.org and designate your gift to the program. For questions about the Backpacks for Kids Program, please contact our Child & Senior Programs Coordinator, Carrie Smith, at csmith@foodforpeople.org or (707)445-3166 extension 309.

Bringing Food to Rural Areas

Mobile Produce Pantry

By Catherine Rippetoe, Communications & Events Coordinator

Food for People has long recognized that the diverse communities in our countywide service area face very different barriers from each other when it comes to accessing healthy foods. That is why we operate several pop-up style distributions in communities that need help with a bit more food access, be it a lack of grocery store, lack of regular access to other types of food resources, or high rates of food insecurity. Our Mobile Produce Pantry travels to ten different communities in Humboldt County on a monthly schedule in areas ranging from Orick, Orleans and Weitchpec in the North to Redway in the south, and many places in-between.

To learn more about these distributions and the people they serve, I tagged along with our Mobile Produce Pantry Coordinator Christopher G. Firor, who shared “I go out of my way when I’m packing to do everything I can for the truck to be packed full. I want to always be able to give something to people who come to me looking for food... High quality produce is the goal - and ideally enough to last for a little while. It isn’t the same as visiting a pantry, but we do our best to provide for the folks that come to these distributions.”

When it comes to creating an inviting distribution, Christopher explained “For me, the first priority is safety. Creating a space where people don’t have to worry about cars hitting them while they’re waiting in line or bringing our cart back. What keeps things running smoothly is the organization done beforehand. We try our best to make the experience as expedited as possible. If people are willing to spend their time and gas money to be there, we want to make it worth it. The goal is for people to be able to get in and out safely, respect everyone’s time, provide courteous service, and make sure everyone gets a sizeable amount of fresh produce.”

We also have key outreach staff who travel to these distributions, supporting the operation, signing folks in, and offering assistance with applying and recertifying for CalFresh. Our Nutrition Education Coordinator, Magnolia, shares recipes spotlighting the day’s produce, answers many questions about how to prepare different foods, and gathers fantastic stories about how our program participants like to cook with the produce we share with them. She also creates online videos to demonstrate how to make featured recipes and shares ideas for how to stretch our foods even farther. (Check them out on our Instagram, Facebook, and website!)

Heidi McHugh, our CalFresh Outreach & Policy Advocacy Coordinator said, “The Mobile Produce Pantry connects our CalFresh Outreach team to thousands of people throughout Humboldt County who may not know about programs like CalFresh, or have misperceptions about these programs. Because we are out at these sites monthly, we’ve all become familiar with each other, which makes for easy conversation about topics that some people feel uneasy about. It’s hard to ask for help, but we know firsthand that just about everyone can use a little help right now.”

Our partners at the Humboldt County Department of Health & Human Services (DHHS) are key to the success and value of these distributions. In addition to supporting this program with funding through a CalFresh Outreach contract, DHHS Mobile Outreach staff travel alongside our Mobile Produce Pantry, offering a variety of County services close to where folks live. People can visit one of our Mobile Produce Pantry sites for fresh produce and make valuable connections to other programs and services all in one stop. Providing healthy foods to our food bank community fills our hearts with joy. “I’m proud that at the end of the day, families have a meal that’s been provided by our hard-working team at Food for People. It’s one less thing for people to worry about - they have access to healthy, nutritious food,” says Christopher. To learn more or find a Mobile Produce Pantry near you, visit www.foodforpeople.org/programs/mobile-produce-pantry.



The Mobile Produce Pantry set up in Hoopa and ready for distribution by Christopher G. Firor.

Tuesday Volunteer Crew! Left: A group from Making Headway sorts onions. Right: Robin and Anne show off a load of cheese.

Donate online | www.foodforpeople.org

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Volunteer Spotlight Tuesday Produce Sorting Crew

By Julie Ryan, Volunteer & Direct Services Manager

Every volunteer task at Food for People supports the mission to distribute fresh, nutritious food throughout Humboldt County. On Tuesdays, a dedicated volunteer group comes to our warehouse to sort and crate pallets of fruits, vegetables, and donated food. The task is simple and occasionally dirty when there are veggies that need to be sorted out for compost. I met with volunteers Anne Saplin, Barbara Kaplan, Robin Wilson, Tim Harkins, and the Making Headway crew to find out what keeps them coming back to volunteer week after week.

Anne shared that she comes because she wants to help, she enjoys the team, and there is a meditative quality to sorting, “We get along well... and there’s a lot of humor that makes the time pass.” Robin says he likes the warehouse because it is behind the scenes and “It is a unique experience to hang out with a well-intentioned group of folks.” Barbara noted that she feels fortunate to be in a position where she is able to volunteer and, like Anne, likes the rhythm of the work as well as the chatting. Barbara always has great recommendations for new TV shows. Robin jokes, “I come for the TV recommendations.” In addition to cooking and TV shows, there are a lot of animal lovers. During the interview, Robin shows us a picture of his dog, Lala, in her backpacking gear, Barbara tells us a story about her dog Lucy, and Anne reminds us she needs to leave early to take her rescue dog Kayla to the vet.

Tim Harkins, who often bikes to the warehouse, says he enjoys the company and is impressed that the often eclectic team finds common ground by talking about food. “We talk a lot about how we enjoy preparing what we are sorting and we share recipes.” The team often laughs about not liking mushy, boiled Brussels sprouts as kids, but really liking them sautéed as adults. Anne recalls a memory of making campfire stew at Girl Scout Camp and being disappointed when her mom wouldn’t make it for a dinner party. Robin tells a story about backpacking and learning the hard way that brown rice takes too long to cook and uses too much fuel. We respond with knowing laughs.

“The produce you see in the store is so perfect, and at Food for People, the produce is also good quality, yet you see carrots

with legs and heart-shaped potatoes,” Tim chuckles, “which inspires parody songs like ‘Eye of the Tater’” (Eye of the Tiger from Rocky).

Another group of volunteers that give time regularly on Tuesdays at Food for People are the folks from Making Headway. Their organization’s vision is to assist all persons with brain injuries to be able to live and participate in their community. Making Headway Program participants show up with positive energy and they had the following thoughts to share: “I like to be a part of something bigger than myself. I love the fact that I’m doing the right thing simply because it’s the right thing.” “I love helping people who need help with having a meal to eat.” “It makes me feel good that I am helping out people who need help.” “I feel better knowing that I am helping to clean up food.” “It gives me a sense of happiness and humbleness to be a part of a special organization that helps the community that I live in. Volunteering here makes me feel more well-rounded as a person.”

Volunteering at Food for People brings people together with a sense of purpose, and food is a common theme in everyone’s lives that connects us to each other through shared stories, recipes, and even songs. If you are interested in volunteering with Food for People please contact our Volunteer & Direct Services Manager, Julie Ryan, at 707-445-3166, extension 310 or email volunteer@foodforpeople.org



Barb and Tim enjoy their time in the warehouse between sorting projects.



Food for People's CalFresh Outreach & Policy Advocate Coordinator Heidi (right) presents at a panel during the California Associations of Food Banks biannual conference.

Farm Bill Reauthorization

Offers Opportunity to Address Student Hunger

By Heidi McHugh, CalFresh Outreach & Policy Advocacy Coordinator

Many college students today face barriers to their success – about 1 in 3 college students live below the poverty line, and still more students face food insecurity. Findings in recent reports from the University of California Cooperative Extension, California State University, and the National Institutes of Health reveal that undergraduate students across the three higher education segments experience food insecurity. Before the pandemic, 44% of University of California Students were experiencing food insecurity, as were 42% of California State University students, and half of California community college students. This is approaching nearly 2 million Californians struggling to eat! Food insecurity is associated with poor mental and physical health, poor education outcomes like lower GPA, difficulty concentrating in class, and even withdrawing from school.

The Supplemental Nutrition Assistance Program (SNAP), known as CalFresh in California, is one of the most effective and flexible remedies to hunger, but college students in particular face unnecessary barriers to accessing SNAP. Rules created by Congress in the 1970s essentially make college students between the ages of 18 and 49 who attend college more than half time ineligible for SNAP unless they meet the criteria for a set of exemptions to the rule. The most commonly used exemption is the work requirement of 20 hours per week. Meeting this exemption to simply access food is a huge barrier; it is difficult to maintain the required hours due to a lack of available hours and juggling school schedules. Another commonly used exemption is participation in the Federal Work Study Program (FWS). Since the 1970s, FWS has experienced repeated funding cuts and has not kept up with increasing costs of higher education. The Brookings Institution reports that the FWS award in the 1970s covered 90% of tuition and fees. Today an FWS award covers 16% of tuition and fees, and there are fewer slots available for FWS-eligible students to participate.

In anticipation of the upcoming Farm Bill reauthorization, the Hope Center for College, Community, and Justice at Temple University has circulated a sign-on letter amongst national advocates and organizations that address food insecurity.

The letter is addressed specifically to the Secretaries of Agriculture (USDA) and Education, but the recommended policy changes can be fulfilled through congressional action via the Farm Bill, budgetary process, or appropriations. Recommended policy adjustments that will reduce hunger among college students include:

- **End the out-of-date SNAP work requirement** for college students during the upcoming Farm Bill reauthorization. The work requirement is an eligibility barrier that forces students with low incomes to turn their attention away from their coursework and puts their ability to complete a degree or credential at risk.
- **Maintain pandemic-era SNAP flexibilities** alongside existing exemptions for students until Congress can reauthorize the Farm Bill. These include, but are not limited to, sustaining exemptions to the work requirement for students with a \$0 Expected Family Contribution or who are eligible for federal or state work study, as well as removing the mandatory interview requirement that has caused many eligible students to go hungry while they balance numerous academic, work, and family obligations.
- **Make federal emergency aid grant funding permanent.** More than three in five students who received nearly \$40 billion in federal emergency aid grants during the pandemic say they used these funds to purchase food. Congress should help maintain this critical source of support for students by continuing the flexibilities for and investing in Supplemental Educational Opportunity Grants and exempting all emergency grants from estimated financial aid and other Title IV limitations.

If you are interested in learning more about advocacy issues related to hunger and poverty, sign up for our Hunger Action E-Newsletter! To be added to the list, fill out the form on our website at <https://foodforpeople.org/hunger-action-e-news>.



Heathly Cooking on a Budget Vegetable Scrap Broth Recipe

By Magnolia Bowman, CalFresh Nutrition Education Coordinator

As the temperature drops, many of us will begin eating more foods that warm us from the inside out. Plenty of fall recipes call for broth, and store-bought broth can be underwhelming and overpriced. This version of homemade broth may become your new household staple! Not only is this broth delicious, but it reduces food waste, stretches your budget, adds layers of flavor into recipes, and is virtually free. All you need is vegetable scraps and water.

At Food for People, we distribute an abundance of fresh produce throughout our programs. This recipe is a fantastic way to use the odds and ends that are left over from cooking and stretch them further into your next meal.

As you prepare your onions, garlic, celery, mushrooms, carrots, and other vegetables, set your scraps aside and store them in an airtight container in the freezer. Over time, that container will fill up with an array of ingredients to make a flavorful and nutritious broth.

Flavorful scraps to use:

- Onion ends & skins
- Celery base
- Thyme, rosemary, or any herb stems
- Zucchini ends & peels
- Ginger peels
- Garlic peels
- Bok Choy base
- Woody ends of asparagus
- Mushroom stems
- Leek ends/tops
- Broccoli stems
- Kale, chard, or collard green stems
- Bell pepper scraps
- Carrot tops/peels
- Green onion ends
- Corn cobs
- Parsley or cilantro ends

To make this recipe, simply pour the vegetable scraps into a pot, cover with water and simmer the contents on the stove for a couple of hours. Strain out the cooked vegetables from the liquid and pour the finished broth into containers for future use. This broth will keep in the fridge for about one week or in the freezer for a few months.

Not only can you use this broth for making soups and stews, but you can use it as a flavorful replacement for water while cooking grains, beans, or steaming vegetables and dumplings. You can even use this broth as a base for homemade sauces and gravies. The possibilities are endless!

- Tips:**
- Only use vegetables you would think of being tasty when cooked. Refrain from using lettuce, cucumbers, and other vegetables that you would only eat raw.
 - If you're planning to use the broth for multiple recipes, season the pot simply so the broth is versatile. If you know what you'll use the recipe in, season it accordingly. Remember, you can always add salt later, but you can't take it out!
 - This recipe can be prepared on the stovetop, in a slow cooker, pressure cooker or even a rice cooker!

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.

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Betty Sweaney
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Eric Kuttler
Gordon Leppig
Karen Angel
Pretz

Queen Elizabeth
Sue Kerr
Trudy Keltz

*"In honor of all the staff and
volunteers at Food For People,
Thank you!"*

In Memory Of

April Conant
Athleen Baker
Ben Mee
Coach Tom Wood
Don Johnson
Florence & Harold Mayer
Frank & Libby Cerny

Jacque Kessinger
Johanna McSmith
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Craig Hansen Insurance Matching Challenge Raises More Than \$68,000 for Food for People!



Food insecurity has been on the rise for many households with trying to cope with the recent jump in costs for fuel, housing and food. In order to help our community in these difficult times, Craig Hansen and Craig Hansen Insurance Services put out a challenge to our community to help provide food for people experiencing hunger. Thanks to the generosity of Craig Hansen and our community, \$68,216 was raised to support Food for People's hunger relief efforts in our community! Craig Hansen Insurance, a full service insurance agency, established in 1977 by Craig C. Hansen is committed to serving the community with the highest standard of excellence. Craig Hansen said "I believe we can make it through these troubling times by coming together to help our friends and neighbors."

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.