

Food Notes | The Newsletter of Food for People

SPRING ISSUE 2023

The Food Bank for Humboldt County



Food for People staff and volunteers distribute emergency foods in the Eel River Valley following the December 20th earthquake. More on earthquake and storm response on page 4.



Coming Soon!
More on Pg 6

IN THIS ISSUE

Next Chapter: Note from the ED Pg. 2
Egg Shortage: Substitutes Pg. 9

Hunger Cliff Looms Pg. 8
Holiday Wrap-up Pg. 11

Non-Profit Org.
U.S. Postage
PAID
Eureka CA 95501
Permit No 159

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

Writing the Next Chapter

Notes from the ED



Dear Friends,

We're all breathing a big sigh of relief as the completion of our brand-new food bank facility comes into focus, and what once felt impossible becomes reality. There were many points over the past three years when it seemed the relentless string of supply chain issues and interminable delays had doomed our project, and we'd never be able to raise the money needed to make it happen. And I will be the first to admit that there were times when I thought we'd be hard-pressed to make it over the finish line. Fortunately, this story has a very happy ending - there is still some work to do before we can move in, but the end is in sight, and we couldn't be more excited!

And just as this is a time of big transitions for Food for People, it will be one for me as well. When we first embarked on the building process, I thought long and hard about what my next steps would be when it was done and realized that after 22 years as Executive Director, this would be a good time for me to step back and open the door for new leadership to explore what the future of Food for People in this incredible new facility could hold. I've had the honor and the privilege of serving our community in an organization I truly love, and we are committed to finding someone who feels the same.

It has been an extremely challenging few years leading up to this point, and I will be forever grateful to have made the journey with such a talented, compassionate, and committed team of staff and volunteers, whose willingness to adapt to each new challenge in service to the community has been both inspirational and deeply appreciated. I doubt that anyone outside of FFP can fully grasp all that we have been through together, because from the outside, it has looked pretty seamless, which is how we want the community to feel. We want anyone who needs our services to feel confident that we've got their back when hard times can make life seem hopeless.

Internally, we know what a struggle it has been to not only maintain our basic services but to adapt and expand our efforts to reach those impacted by wildfires, earthquakes, winter storms, and the very real economic struggles triggered by inflation and other outside influences. It's felt a bit like pushing a boulder uphill at times as we've operated out of leased facilities that have made it tough to function efficiently. But together we've kept it rolling, and I will be forever grateful for all the wonderful people I have met and all that I have learned along the way that has enriched my life and informed my perspective.

My personal plan is to stay on through our transition into the new building and enjoy being in the brand new space that we've invested so much time bringing to reality over the last few years, because I want to see how it all works! Once a new ED has been hired, I'll be around for as long as needed to ensure they have a successful transition. When I was hired back in 2001, the outgoing founding Executive Director Cynthia Chason did that for me, and it made all the difference.

I would also like to take this opportunity to extend my deepest thanks and appreciation to this amazing community that first welcomed me as the newcomer from Maine, who followed her kids to Humboldt County so she could be part of her grandkids' lives. Your steadfast support as volunteers, financial supporters, and advocates has always been the "glue" that has made it possible for us to help when needed most - which is the kind of community I have always wanted my grandchildren to grow up in. Thanks in large part to all of you, my passion for this truly life-changing organization and our Humboldt community will always remain strong.

With warmest thanks and immense gratitude,

Anne Holcomb,
Executive Director

P.S. Stay tuned for news of a grand opening celebration and retirement party!

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.

Donate online www.foodforpeople.org

In Memory Of

- | | |
|--------------------------|-----------------------|
| Alfred Preciado | Laurey & Jay Sullivan |
| Anita Brazil | Lee Loughary |
| April Conant | Leslie Berns |
| Betty Jackson | Liz Hamilton |
| Bob & Ella Caracappa | Lynda McDonough |
| Bob Riffenburg | Marj Early |
| Carol Harrison | Martin Modine |
| Charles Kohlmann | Melinda Groom |
| Chet Branum | Melony Spencer |
| Clarence J. Landry | Mike Buettner |
| DeDe | N. Jack Hemmert |
| Doris Fridley | Natalia Oliveria |
| Dorothy Plymale Stringer | Nathan Shishido |
| Dorris Hudson | Nelita Mills |
| Doug Lane | Nicholas Motto |
| Eugene Flocchini | Pate Fahey |
| Floyd & Laura Myers | Peter E. Grundy |
| Frankie Stansberry-Shea | Richard May |
| Fred Nevers | Robert Kammerer |
| Gary Paoli | Robert S. Hudson |
| Gary Schurb | Rosalia Gasso |
| Georgie Edmondson | Rupert Stephens |
| Helen Person | Scott Sattler |
| Jack Chapman | Sean |
| Jack Franklin | Stan Francis |
| James Orr | Sue Quast |
| Jane & Mario Brenta | Susan Fales |
| Jerry Eacker | Susie Sherry |
| Joan Schirle | Suzanne Simpson |
| Jocelyn Jackson Pauli | Thea Gast |
| John Lyons | Theresa Guyer |
| Justin Keele | Thomas H. Cleary |
| Kate E. Grace | Timothy Strahan |
| Kathryn Knight | Tony Sedito |
| Kelly Marie Alcorn | Vernon Whitney |
| Kira Norton | Victoria Dodge |
| Kristine Brenneman | Yvette Logan |
| Laurence Kaminsky | |

In Honor Of

- | | | |
|--|---------------------------------|------------------------------------|
| Alice Flocchini | Jane Ellis | Mike, Joann, & Mathias Nicklin |
| Amy Berkowitz | Janet Nelson | Myrtle Ave Chevron |
| Amy's Liquor & Market | Jarred Burrows & Michele Stover | Natalie Gianninni & Brian Polus |
| Berget Jelane | Jason Hood | Pam & Bill Nason |
| Brian, Grace, & Nora Lovell & Harriet Watson | Jean Guthrie | Peggy & Chas Dreyfus |
| Cask and Flask | Jean Moody Maninger | Phebe Smith |
| Catherine Hastings | Jeannette Lackett | Rachel Kravets |
| Chris & Jenifer Doane | Jeff Nelson | R'Delle Anderson, Paul & Bella Ely |
| Chris & Kathy Lee | Jim Lamport | Rev. & Mrs. Paul Chaffee |
| Chris Richter | John & Jessica Tsukahara | Roger & Clare Golec |
| Conrad Wright | John & Gail Gai | Rohnerville Chrvron |
| Dan & Donna Hauser | John Masterson | Ruth Anne Wilson-Jones |
| Daniel Estevo | Joshua | Samantha Oconnell |
| Dave & Nikki | Joshua Kameel | Sarah & Dan Holmes |
| Debbie & Tom Kingshill | Julia Scully | Sharon Nelson |
| Debbie, Daphne, Daryl, & Denise | Karole Ely | Summer Daugherty |
| Don Cloney | Katy & Mike Yanke | Susan Cooper |
| Dr. Richard Corsi | KHUM Radio | Susan Vandeveld |
| Earthquake vicitims | Kim Thorpe | Team in Room# 19 |
| Els Pence | Kirk de Ford | The Amoses |
| Eric & Joann Olson Family | Larry Strattner | The friends of Timothy Ash |
| Erika Demille | Laura Olson | The Hutch Arcata |
| Erika Makino | Lauren & Katy Lathan Reid | Thomas Sellers |
| Geraldine Pigg | Leroy Quisby | Timothy Needham |
| Greg & Bridget Litten | Linda & Joe Doody | Trudy Keltz |
| Hoby's Market Scotia | Loleta Market | Veterans |
| Holly & Jordan | Maggie Kraft | Yono Mork |
| Holly Yashi | Margaret Lewis | Yvette Logan & Florence Hogarty |
| Hospice of Humboldt | Margaret Shaffer | |
| Hugh Scanlon & Sharon Levy | Marianne Morse | |
| Jacob Warwick | Martha Spencer | |
| Jacque Kesinger | Michael & Annette Davis | |
| | Michele Rieke | |

Humboldt County Businesses Sign up for a no-cost Energy Consultation

and RCEA will donate **\$100** on your behalf to **Food for People***

To get started simply scan and fill out a **Customer Interest Form**

For more information:

- Go to redwoodenergy.org/food-for-people
- Call **(707) 269-1700**



RCEA will donate up to a total of \$5,000 to Food for People this year.

*For RCEA customers with a business account only.



Emergency Food Response Earthquakes, Storms, Flooding... oh my

By Robert Sataua, Emergency Food Response Coordinator & Carly Robbins, Development Director

Living in a region susceptible to a variety of possible natural disasters, we know how important it is to provide food response following an emergency. Food is a necessity, provides a morale lift, and gives a feeling of security in times of stress. The 2022-2023 holiday season certainly provided its fair share of stress to local residents. Our team had just met to review lessons learned from the 2022 wildfire season one week before the December 20th 6.4 earthquake which caused widespread damage, especially to the Eel river area. And I can tell you now, responding to a wildfire is very different from responding to an earthquake.

Following the initial earthquake, our team jumped into action to make sure our operations were intact and to provide emergency food resources to affected households. On day one, while the entire county remained without power, and many without water, our Eureka Choice Pantry became a food response center providing emergency food boxes and MREs (Meals Ready to Eat) which require just a little water to self-heat for a hot meal in a pinch. The following day we shifted our focus to the Eel River valley as we learned they were the most impacted. With Rio Dell identified as ground zero, we got on the phone with our partners at our Rio Dell food pantry housed in the Community Resource Center (CRC) and pulled together a same-day distribution that served more than 200 households, providing MREs, emergency food boxes, and gallons of water. Sarah, the coordinator of the CRC, was and continues to be a key partner in our response to this disaster (read more on the Rio Dell Food Pantry on page 7).

For people in Rio Dell, the needs were immense – as the entire area was left without power and water for a prolonged duration, and many houses were uninhabitable. In the subsequent days, we provided additional pop-up food distributions in Fortuna and Rio Dell and made deliveries to

our partners at our Loleta food pantry, Rio Dell food pantry, and the Rio Dell Local Assistance Center. Additionally, all of our core programs continued operations, providing crucial resources in impacted areas.

To complicate things, the severe winter storm that hit the north coast in the following days compounded the need for food assistance after the earthquake. The flooding and widespread power outages caused more food spoilage and left thousands without power or working cooking facilities. In order to respond to a vast area stretching from Orick and Trinidad in the north to Petrolia and Rio Dell in the south we sent deliveries of emergency foods to partner organizations and continued our pop-up distributions. What could happen next? Well, we all know it was a 4.6 earthquake directly hitting the community of Rio Dell AGAIN and causing severe damage to households that were still trying to clean up and assess if their homes were safe from the big December earthquake. The ongoing strong storms made for some VERY wet and windy pop-up distributions, but our team worked hard to provide resources, in the face of adverse weather conditions, to community members struggling with devastating circumstances.

During our emergency distributions, I talked to countless households who had welcomed in neighbors whose houses had been red-tagged. One individual shared “I think we are up to 15 people at my house now, so many of my neighbors don’t have anywhere to go.” The stories we heard are heartbreaking, from families entirely displaced with nowhere to go, to people who didn’t have the physical capacity to clean up all of their belongings that had broken during the earthquakes and/or were damaged by the flooding. Many seniors had just gotten help to clean up their homes when the second earthquake struck and

Continued on page 5

Left: Food for People's team distributes fresh foods at the Rio Dell Local Assistance Center. Right: Food for People's Ops Manager drops off food supplies to the Emergency Response Center set up at Monument Middle School in Rio Dell.

Donate online | www.foodforpeople.org

5



Continued from page 4

put them right back at the beginning. There are many people in the Rio Dell community who will have a long road back to recovering from these disasters, and there are plenty more who picked up and moved to friends and family out of the area because their lives here were unsalvageable. The trauma and physical damage caused by these emergencies have left a mark on this community. We have to commend the resilient and kind individuals we met through the last few months for their efforts to help each other through a very tough time.

We learned many key lessons through our response to these emergencies, from how to communicate available resources when no one has power, to what foods it is vital to have on hand in the event of prolonged power outages. But the number one takeaway from this and past emergencies is just how vital our partners are. Food for People has been a member of the local COAD (Community Organizations Active in Disaster) since it restarted a few years ago, and the group has been active throughout this emergency, connecting groups and coordinating resources. Food for People's Emergency Food Response Coordinator has also taken a lead role with the COAD Food Access Working Group, which has been working to strengthen local emergency response and vital working relationships with our partners.

These relationships were vital to our response, from coordinating with the Community Resource Center for food distributions to jumping into partner alongside Humboldt Made who took the World Kitchen model and ran with it, providing hot meals from local food trucks to residents in the Rio Dell, Trinidad, and Orick areas. There are too many to mention but we would like to give a special shout-out to our partners at the Rio Dell CRC, DHHS, the Humboldt COAD, Centro del Pueblo, Humboldt Made, Pay it Forward Humboldt, AIAA, the Mateel Community Center, and so many more. Financial support for our emergency response efforts was provided by the Humboldt Area and Wild Rivers Community

Foundation, PG&E, the Fortuna Lodging Alliance, and many generous individual donors.

At this point, our emergency response efforts for these specific emergencies have wound down to weekly produce deliveries to our partners at the Rio Dell CRC. Now we are working to replenish our emergency food supplies and prepare for the next emergency. I can tell you no two emergencies are the same. Depending on the type of emergency, location, and duration, what is needed can vary greatly and shift quickly and we are constantly working to make sure we can adapt and respond as needed. We will continue to work to make sure our response efforts are available and resilient for the many emergencies that affect our region. Thank you to our partners, staff members, volunteers, and supporters who helped make our response possible and to the generous and gracious community members who came out and shared their stories and gratitude throughout this difficult time.



Food for People sets up a pop-up distribution alongside Humboldt Made and Taste of Bim to distribute food to community members impacted by power outages and winter storms in partnership with the Orick Community Services District.

New Building Move-in Day Is Around the Corner!

By Carly Robbins, Development Director

Food for People plans to move into our new building in April!

It's almost time for Food for People to move (back) into our 14th street location! As we enter the new year, our team has been eagerly looking ahead to our new facility. At this point, the building will be completed almost three years from the day of the initial sewer inundation that wreaked widespread damage and caused Food for People to move our staff and operations out of the building that had served as our main hub for more than two decades. At the time we scrambled to find leased space to house not only our Eureka Choice Pantry, but also the rest of our operations that provide food countywide through food pantries, pop-up distributions, and programs that target seniors and children – which takes a lot of warehousing space. We made it work, and ever since we have been operating out of four different locations. Space has been tight, and it has taken a lot of extra time and resources to travel between our locations, but our team rallied, not only making things work, but rising to meet the increasing need for food assistance caused by the pandemic, economic downturn, and varied emergencies.

After three years we are ready to be back under one roof and cannot wait to take advantage of everything the new building will offer. This could not come at a better time, as the earthquakes and winter storms have proved, the regular needs of a food bank can change overnight with just one natural disaster or emergency event. Following the initial earthquake on December 20, 2022, nearly every member of our team lamented the same sentiment “if only this had happened after we were in the new building!” Not only were we left without power, but we were also rushing to help households left without cooking facilities and many who had lost substantial amounts of food due to spoilage. To top it all off, we were suddenly receiving truckloads of items like water and emergency food boxes - in one instance an entire truckload of frozen chicken – and we were scrambling to find a place to put it all before it could be broken down and distributed. We made it work, but I'm the first to admit it was less than ideal operationally.

The silver lining to all this is that we know how much better equipped we will be in the new building. We took all of our experience with natural disasters, and a public health emergency, into consideration when we were designing the building. Not only will we have more dry storage space, but we will also have triple the space to store cold and frozen foods. In addition to a solar array, we will have a backup generator to ensure the food bank has power regardless of the emergency and will be able to remain operational and able to take in additional foods when disasters strike. Our Eureka Choice Pantry will move back to 14th street with a newly expanded footprint that will allow for a dignified experience, and in the event of an emergency, the pantry space can be reconfigured to accommodate emergency foods and packing logistics. To sum it up, Food for People will be ready to help anyone and everyone when the next emergency strikes.

If all goes to plan, construction should wrap up in mid-April, allowing us to get the necessary permits in place to start our move in late April. We hope to hold a grand opening in May and cannot wait to invite the community in to show off the new building and celebrate how far we have come. There were some days I thought we would never raise the money needed to see this dream become a reality. With a volatile supply chain and resulting change orders, the budget has continued to climb, but I am happy to say we have raised \$6.2 million and have less than \$50,000 left to raise to finish the project debt-free. If you would like to help us get over the finish line, 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, or give online at www.foodforpeople.org and designate your gift to the “Capital Campaign to Rebuild Food for People.”

Sarah Reback, Coordinator of the Rio Dell Community Resource Center, puts away food delivered by Food for People's Emergency Food Response Coordinator.



Pantry Spotlight: Rio Dell

By Nora Lovell, Pantry Network Coordinator

The Rio Dell Community Resource Center (CRC) has been a longtime partner in Food for People's countywide Pantry Network, hosting a food pantry for local residents on the 3rd Thursday of every month. The Rio Dell CRC also provides classes, support groups, and referrals for their community.

Amid the destruction and hardship caused by the December 20th earthquake which disproportionately affected the residents of Rio Dell, the Community Resource Center stepped up to help their community. Sarah Reback, who serves as the Coordinator of the Community Resource Center, has been instrumental in helping the community of Rio Dell, helping to coordinate emergency services at their location, meeting with families dealing with devastating destruction and circumstances, and finding ways to connect people with available resources. What is even more impressive is that Sarah was new to her role as the coordinator of the CRC when the earthquake struck, having just started in her position in November. She has been working hard ever since and has been an instrumental partner in Food for People's disaster response efforts in Rio Dell.

On December 21st, just one day after the initial earthquake, while the town of Rio Dell was still without water or power, Sarah and the CRC team partnered with Food for People to distribute emergency food boxes, MREs (meals ready to eat), and water to more than 200 residents. The CRC team was instrumental in making sure that their community was aware of emergency distributions and resources.

Food for People and the Rio Dell Community Resource Center served 697 households through emergency distributions held after the December and January earthquakes and subsequent storms. The Rio Dell Community Resource center continues to help their community with food and other support as needed.



7

Board of Directors

Martha Spencer, *President*
Joan Levy, *Vice President*
Lew Litzky, *Treasurer*
Scott Thompson, *Secretary*
Bill Daniel
Dean Hart
Dorina Espinoza
May Patino
Gary Bird
Melanie Bettenhausen
Roger James
Tom Kingshill

Staff

Allison Kenney, *Local Food Resources Coordinator*
Anne Holcomb, *Executive Director*
Britt Gutierrez, *Bilingual CalFresh Outreach Specialist*
Carly Robbins, *Development Director*
Carrie Mitchell, *Child Nutrition & Senior Programs Coordinator*
Chris Frisk, *Warehouse Inventory Specialist*
Corey Tipton, *Bookkeeper/ Business Resources Manager*
Deborah Waxman, *Director of Programs*
Ed Mitchell, *Warehouse Support Specialist*
Erin Sharp, *Choice Pantry Coordinator*
Heidi McHugh, *CalFresh Outreach & Policy Advocacy Coordinator*
Jessy Preciado, *Child & Senior Programs Specialist*
Jose Mendez, *Operations Manager*
Judy Langley, *Fundraising Assistant*
Julie Ryan, *Volunteer & Direct Services Manager*
Karen Asbury, *Sourcing & Inventory Control Manager*
Lori Rudebock, *Finance Director*
Magnolia Bowman, *CalFresh Nutrition Education Coordinator*
Matthew Seitzler, *Warehouse Support Specialist*
Nora Lovell, *Pantry Network Coordinator*
Robert Sataua, *Emergency Food Response Coordinator*
Veronica Nunez, *Receptionist/Choice Pantry Support*

Hunger Cliff Looms for CalFresh Households

By Heidi McHugh, Community Education & Outreach Coordinator

March 2020 is a time that stands out in most of our minds as the beginning of the long and difficult COVID-19 pandemic. While it marked the start of many new challenges, for the more than 40 million Americans that were receiving SNAP benefits (CalFresh in California), it was the beginning of an unprecedented increase in the benefit dollar amounts they relied upon to put healthy food on the table.

The United States Department of Agriculture (USDA) allowed all 50 states to apply for monthly waivers that would give states the ability to grant every SNAP household the maximum benefit amount for their household size, or an additional \$95 if they were already close to the maximum amount. To the great relief of millions, the Emergency Allotment waivers continued to be available to states, even after pandemic restrictions began to loosen. While knowing that the Emergency Allotments would eventually end, it had been plausible they might continue until or through the summer of 2023. However in December of 2022, the United States Congress negotiated a more immediate end of SNAP Emergency Allotments as part of the Consolidated Appropriations Act of 2023.

The news of this impending negotiation came as a shock to anti-poverty advocates. Emergency Allotments were ending early in order to offset the cost of a policy goal that the same advocates have been pursuing for decades: permanent nationwide expansion of the Summer EBT program that provides food benefits to eligible children during the summer months when school is not in session. It is difficult to celebrate a policy “win” that will reduce childhood hunger when that policy win is being “paid for” by increasing hunger across all age groups, particularly for seniors and persons with disabilities.

For single adults who live on fixed incomes, like Social Security or Supplemental Security Income (SSI), the Emergency Allotments meant that they were receiving the maximum CalFresh amount of \$283 each month. Food for People’s CalFresh Outreach team has spoken with many community members about the impact of their increased food budget over the past couple years, and here are some of the sentiments they shared:

“I wonder how much longer this will go on. I wish it was permanent. I normally get \$23 a month, and I live on SSI. That’s a joke in reality. If you’re good at it, you might get two large meals out of it.”

“I’m an 80-year-old disabled senior living on SSI. Will we receive the extra SNAP on our EBT cards in 2021? I actually got a letter from CalFresh saying they were lowering my monthly amount by \$1.00. Just so you know, I often have very little at the end of the month and the extra amount is a real help.”

“It helps me buy products I usually can’t afford, like meat and cheese.”

A woman in Fortuna, who learned about the increased benefits from Food for People’s staff, was so pleased that she could now afford to buy more of the vegetable and fruits that she needs to limit the severity of her chronic illness.

March 2023 will be the final month of receiving the CalFresh Emergency Allotments that helped boost benefit levels. Beginning in April of 2023, many single adults, like those noted above, will receive as little as \$23 in CalFresh benefits each month. And though Summer EBT will benefit many families with children, with a proposed \$120 boost, they will simultaneously be dealing with the loss of hundreds of dollars per month that they formerly had in Emergency Allotments for the past several years. And while many of those families have already been receiving Summer Pandemic-EBT (P-EBT) benefits since 2020, which are similar to Summer EBT, the proposed \$120 Summer P-EBT benefits moving forward fall far short of the Summer P-EBT benefits that averaged \$391 in California.

The end of Emergency Allotments will drop the average SNAP benefit by \$82 per person per month nationwide. California will lose \$500 million per month in federal benefits that were being spent in our local grocery stores and farmers’ markets. At the same time, the cost of food has risen 13% in the last year. Food banks are already at capacity trying to respond to increased requests for assistance; our networks can’t possibly fill the gap that this impending hunger cliff will create.

Child poverty fell by 5.2% in 2021 thanks to a strong safety net combination of SNAP Emergency Allotments, expanded Child Tax Credits (these ended in 2022), Pandemic-EBT, and the temporary expansion of free school meals for all students (which has also ended). Some states in the country chose to stop providing Emergency Allotments early, and those states are reporting steep increases in people skipping meals, relying on others for meals, and increased visits to food pantries.

Before we had even heard of COVID-19, anti-poverty advocates and SNAP recipients were already communicating to Congress and the USDA that SNAP benefit levels were at inadequate levels for a healthy diet. We got the chance in the past few years to see what happens when this program is fully funded to make healthy food more accessible and to reduce the burden of worrying where the next meal will come from. The coming hunger cliff will be shockingly sad and difficult to navigate.

Egg Shortage Causing Prices to Rise



Try Out These Egg Alternatives!

By Magnolia Bowman, CalFresh Nutrition Education Coordinator

You've likely noticed that egg prices have been extraordinarily high for some time now. Whether the price tag is shockingly high, or the egg shelves at your local grocery store are completely empty, it may be time to think outside the box (or carton).

Eggs are a staple food for many, but with low supply and high prices, even Food for People is struggling to source eggs for our programs. Wholesale prices have increased nearly 300% over the last few months, in part due to an avian influenza virus outbreak.

While the prices are at a peak, it's an ideal time to consider ways we can swap them out for cheaper, more accessible ingredients. Here are some ingredients you can consider using in place of eggs for your next baking project:



Chia and flax seeds are incredibly versatile. They are highly nutritious, packed with fiber and anti-inflammatory Omega-3 fatty acids. Plus, they're quite cheap (especially when purchased in the bulk section of your grocery store). These seeds are my go-to egg substitute for baking!

Replace 1 egg with:

1 Tablespoon finely ground seeds (flax or chia)

3 Tablespoons water

Grind whole seeds in a coffee/spice grinder or small blender until fine. For each egg, combine 1 tablespoon of ground seeds with 3 tablespoons of water. Set aside for 10 minutes, while the seeds absorb the water and become gelatinous, and then add to the recipe.

Flavor: Chia seeds have a mild, neutral taste. Flax seeds taste mildly nutty.

Good for: Most baked goods (cakes, muffins, brownies, cookies, breads)



Aquafaba is the liquid you drain from a can of chickpeas (or the liquid remaining after you've cooked chickpeas from scratch). Most of us pour this liquid down the drain, but consider saving it next time to bake with! Once whipped, it morphs into a light, fluffy consistency resembling whipped egg whites.

Replace 1 egg with: 3 tablespoons of aquafaba, gently whisked

Replace 1 egg white with: 2 tablespoons of aquafaba and a small pinch of cream of tartar, whisked vigorously for several minutes to achieve stiff peaks.

Flavor: Slight bean smell when uncooked, yet once baked, it becomes mild and nearly flavorless.

Good for: Recipes where you are seeking a light, fluffy texture. Cakes, meringues, and muffins.



An ingredient most of us are familiar with. Maybe you have some in your cupboard or perhaps you can grow your own! Try using this affordable egg substitute in your next baking project. Note: If you are already using fruit in the recipe (such as apple bread), it is best to use an egg substitute that is not fruit, otherwise you may end up with an overly moist and dense product.

Replace 1 egg with: 1/4 cup applesauce + 1/2 teaspoon baking powder (not necessary, but helps the recipe from becoming too dense)

*Note: Consider reducing sugar in the recipe, because the applesauce will add natural sweetness.

Flavor: Mild and sweet.

Good for: Sweet baked goods, muffins, cakes.



When the bananas on your countertop become riper than you prefer, you can mash them up and use them for a very affordable egg substitute.

Note: If you are already using fruit in the recipe (such as banana bread), it is best to use an egg substitute that is not fruit, otherwise you may end up

with an overly moist and dense product.

Replace 1 egg with: 1/4 cup mashed ripe banana

*Note: Consider reducing sugar in the recipe, because the banana will add natural sweetness.

Flavor: Mild, fruity, and sweet.



Good for: Sweet baked goods, muffins, cakes.

Staple pantry items that when combined, react into a fizzy concoction, adding fluff to your baked goods.

Replace 1 egg with: 1 teaspoon baking soda + 1 tablespoon vinegar (white distilled vinegar or apple cider vinegar)

Flavor: Mild. The sweetness of the pastry tends to balance out the acidic flavor of the vinegar, making it undetectable in the final baked product.

Good for: Cakes and brownies.

NOTE: Each of these egg substitutes works for 1, 2, or even 3 eggs in a recipe. If a recipe calls for 4 or more eggs, substitutions become trickier, and it's best to use some eggs or consider a different recipe.

Volunteer Spotlight:

Ann & Bev

By Julie Ryan, Volunteer & Direct Services Manager

Ann Burroughs and Beverly Olson volunteer at the Eureka Choice Pantry on Tuesday afternoons.

In between serving clients, they purposefully move about the pantry to keep grocery bags full and ready to hand out. I asked the dynamic duo about their history with Food for People, and this is what they had to say.

Ann became involved as a donor. She notes, “We had donated small amounts of money and occasionally fresh eggs to Food for People for years. After I retired, and my grandchildren were all in school, I felt able to donate a couple of hours per week.” Beverly, who goes by “Bev,” got involved by accident, when she checked the box on a donation envelope indicating that she was interested in volunteering and got invited to volunteer 16 years ago. “I can’t remember when Ann joined me on Wednesdays, but it was a long time ago. When I heard that she was back working at the Broadway location, I asked Erin if I could join her there.”

Ann adds that she and Bev worked in the old 14th Street building when clients shopped inside the pantry, and they were shoppers’ helpers who guided the experience. “It was my and Bev’s job to accompany a client through the process ... Then it was my and Bev’s job to keep an eye out for people having questions, and to make sure the shelves and the produce were stocked. This was great fun, because we interacted with most of the staff in the warehouse and often got to choose what produce to offer.”

Ann & Bev had to take a break during the early stages of the pandemic for safety; a chance encounter with Pantry Coordinator Erin Tharp in early 2021 led to Ann’s return. “I worked at the Broadway site with Erin and Veronica pretty much by myself on Tuesday afternoons. Bev had written me a Christmas card, and I finally wrote back to her around Valentine’s Day and mentioned that I was volunteering on Tuesday afternoons. The next Tuesday, there was Bev!” Ann and Bev shared their thoughts about alleviating hunger and improving nutrition. Ann observes that people are the same regardless of their economic status. Most people are polite and considerate and express their appreciation; occasionally some folks do not like all of the foods that are offered, but she stresses that “Any group of people exhibits those same attributes. I think of my classes; most students were happy to be in a class and interested in doing the work. I’ve learned to understand those extremes and even to try to sympathize with them.”



Longtime volunteers Ann Burroughs (left) and Bev Olson (right) hand out food at Food for People’s Eureka Choice Pantry.

Bev agrees, “People are so grateful for the food,” and shared that, “I have come to recognize and know several clients well.” Bev would like to share that, “people who are interested in volunteering will find that it gives you time to help others and also meet other volunteers and make new friends.” I was not surprised to learn that Ann is on the Board of the Humboldt Handweavers and Spinners Guild and also volunteers with the North Coast Chapter of the California Native Plant Society.

Bev is very active in her church and is on the board of the North Coast Stand Down, an annual three-day event to support veterans. She also volunteers with Victory Junction Gang Camp, an all-expenses-paid camp for children with severe medical conditions. “Every child leaves with a teddy bear and a lap blanket. I have been making teddy bears for about 20 years.”

Ann sums up volunteering at Food for People: “What a great opportunity to help the community to the limits of your ability. No special skills are needed— just the ability to be friendly and confidential. Once the new facility is operational, it will probably start feeling like an extended family again, and that will be fun. And it might be a little warmer!”

Thanks for holding down Tuesday afternoons in the chilly pantry, Ann & Bev!

Left: 2022 Golden Can winners McKinleyville High School unload food with Senator McGuire at this year's Humboldt Holiday Food Drive Showdown! Right: Food for People's Nutrition Education Coordinator Magnolia talks on air with KHUM DJ Greta at the North Coast Co-op in Eureka.



Holiday Spirit Food & Fund Drive Wrap-up

By Allison Kenney, Local Food Resources Coordinator

Food for People would like to extend its heartfelt thanks and gratitude to the community for supporting the 30th annual Holiday Spirit Food and Fund Drive. This year's food drive collected more than 28,000 pounds of food to help support those in need! Our staff and volunteers worked diligently to sort and store incoming donations while we continued to serve the maximum amount of clients during the holiday season. In addition to the massive amount of nonperishable food donations, we received nearly \$50,000 in financial contributions to our organization. These funds make a phenomenal impact at Food for People, by allowing us to purchase specific food items when needed, or to cover unexpected costs that may arise.

The recent natural disasters, including earthquakes, storms, and flooding, made this winter especially tough for many families in Humboldt County. Coupled with economic challenges caused by increasing costs of food, gas, and housing, many people, who never thought they would be in a position to request food assistance, are suddenly facing challenging decisions between food and life's other essentials. The donations received during this year's holiday food drives make a huge impact on Food for People's ability to continue to meet the increased need for our services. We are humbled that so many people in this community believe in the work we do and continue to support us by donating food and funds.

A major highlight from this year's holiday season was the 7th annual Humboldt Holiday Food Drive Showdown with Senator Mike McGuire and KHUM Radio. Working with Arcata, Eureka, Ferndale, Fortuna, and McKinleyville High Schools and St. Bernard's Academy, this year's food drive exceeded all goals and expectations by collecting 19,207 pounds of food and more than \$35,000 – blowing last year's totals out of the water! This effort is thanks to the coordination and dedication of the high school teams, who motivated their communities to support this cause. It was inspiring to see so much enthusiasm from the student participants and their desire to help their community in a meaningful way. It is also thanks to this food

drive's partnership with KHUM Radio, which raised funds through an on-air component to the food drive.

High Schools competed against each other to collect the most food and funds, with the winning school receiving the highly coveted Golden Can Award. Each school employed different strategies to collect donations from their communities, including creating new partnerships with other schools in their communities. This included partnerships with Ferndale, Morris, Dows Prairie, and Fieldbrook elementary schools, Pacific Union and Jacoby Creek Schools, Six Rivers Charter School, Arcata Christian School, and McKinleyville Middle School.

The week leading up to the big event, KHUM's stellar DJs broadcast live from area grocery stores talking with our staff about Food for People's work and encouraging donations. The entire food drive culminated in a festive event held at Eureka Safeway. McKinleyville knocked it out of the park this year with their 5,859 pounds of food and was crowned the 2022 Humboldt Holiday Showdown Winner. St Bernards Academy also took home the prize for the most funds collected with a grand total

Continued on page 12



Eureka Police Department holds their second annual Cram the Cruiser Food Drive!



Cub scouts collect food donations during this year's Cowboy Canned Food Convoy with the Backcountry Horsemen of California - Redwood Unit

Continued from page 11

of more than \$2,500. Thank you to Senator McGuire's team for all their hard work putting this event together, the team at KHUM Radio, and the North Coast Co-op, Wildberries, and Eureka Safeway for hosting us for this major effort.

The Holiday Spirit Food and Fund Drive wouldn't be complete without our annual Hunger Fighter challenge. This year's challenge spanned the months of November and December and included 16 participating teams that helped collect 3,256 pounds of food and \$2,839 for Food for People! Many groups held small food drive events to collect donations or instigated competitions between different offices or departments to maximize their contributions. Many students at local schools also held food drives for the holiday season, including Union Street Charter, Six Rivers Charter, Fuente Nueva, Grant Elementary School, Mistwood Montessori, and Cutten Elementary School. Every donation is incredibly appreciated and helps us continue to serve community members who need a little help putting food on the table. We thank all of the organizations, businesses, and individuals who helped make the 2022 Hunger Fighter Challenge a success!

Adding further to the Food and Fund Drive momentum, many donation barrels were placed in the community or incorporated into holiday events. The annual Cowboy Canned Food convoy raised a record-breaking 609 pounds. Dell'Arte International collected food at their winter performances throughout the county to benefit the pantries closest to their performances. Organizations like the Eureka Women's Club and Woodley Island Marina held events to raise donations for us as well.

We are incredibly grateful to our donors, volunteers, advocates, and supporters like you. Our team here at Food for People continues to operate at maximum capacity and couldn't do this work without the tireless support of our community. Whether you donated a can of food or some funds, volunteered to help us sort donations, or shared a social media post of ours online, we appreciate all you do to help us eliminate hunger in Humboldt County. Thank you for being part of the solution!

Thank you to our Sponsors!

Colburn Electric - Nylex.net, Inc - Rings Pharmacy - Bear River Casino & Resort - Stillwater Sciences

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.