

Food Notes | The Newsletter of Food For People

SUMMER ISSUE 2023

The Food Bank for
Humboldt County



Our rebuilt facility is opening in June!



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The Food Bank for Humboldt County

Food for People



Workin' on a World...

Notes from the ED

I had the immense pleasure of seeing singer-songwriter Iris Dement perform at the Old Steeple in Ferndale recently where she played some of the songs from her new release "Working' on a World." The refrain "Workin' on a world I may never see" paid homage to some of the iconic figures who devoted their lifetimes to making this world a better place and resonated with me as I reflect on the policy and advocacy work that has informed Food for People's evolution over the years.

The complex issues of poverty and hunger and the many underlying factors that make them so tough to solve are front and center in the work that we do every day. We have all known someone in our family, circle of friends, neighborhood, church group, school, workplace, etc. who was/is dealing with a financial challenge that arose in the form of a medical emergency, loss of a job, loss of a partner or other close family member, transportation challenges from a costly vehicle breakdown and repair, lack of affordable childcare, loss of housing – the list goes on. It's a situation that is often traumatic and unexpected and one that touches everyone in that household's orbit. And it's the personal nature of these traumas that helps us understand the importance of identifying solutions that treat everyone with the dignity, respect, and compassion they deserve and that we would want for ourselves.

We have long known that we can't "food bank our way out of hunger;" it takes a multifaceted approach at the program and policy levels. Programmatically, we've continued to add programs over the years that address hunger and food insecurity in new and unique ways. The Backpacks for Kids program, which we started in 2006, is one such example of engaging the community to address the reality of weekend hunger among our children. Incorporating healthier foods has been another major theme, after learning from the people we serve, many of whom have chronic health conditions, that they wanted more fresh fruits and vegetables that they couldn't otherwise afford.

Amplifying the stories of the people who need food assistance by working in partnership with a diverse group of hunger relief organizations nationwide has helped us advocate for programs like SNAP/CalFresh that help them access the healthy foods they need at local grocery stores and farmers' markets, which in turn support local jobs and businesses. We've also supported school nutrition initiatives that feed our children and spent more than 20 years advocating for CalFresh eligibility for people on SSI (Supplemental Security Income) who struggle to survive on an average of \$900/month.

The CalFood program, which was created after more than a decade of food bank advocacy, provides us with state funding designated for food banks to purchase foods that are produced in California; funding through our contract with DHHS made it possible for us to launch our Mobile Produce Pantry which travels to rural sites considered "food deserts"



all over Humboldt County; and our partnerships with local food producers over the years have led to a new and exciting project, the Local Food Purchase Assistance program (LFPA) funded by USDA. Food for People was selected as one of three pilot sites in California along with the Orange and Santa Cruz Counties food banks. This new USDA funding is designated for rural, BIPOC, and disadvantaged food producers within 400 miles of the food bank and includes funding to pay them at a competitive rate. The North Coast Growers' Association (NCGA) which manages the local farmers' markets is serving as the aggregator for this initiative and sources the locally produced foods needed for our weekly food distributions. It is so exciting to finally see some significant chunks of funding come to rural Humboldt County to support our local food producers and local food system! The net result of these efforts is that fresh fruits and vegetables now represent 35% of the two million pounds of food we distribute. You can read more about the Local Food Purchase Agreement program on page 11.

I couldn't be any prouder of the work Food for People has accomplished and the lives we have touched over the years. It can take a very long time to see progress in tackling the many challenges facing our communities and our country as a whole, but when we keep our minds and hearts open to new ideas and creative approaches, it adds to a foundation of work that others can build on.

If I had heard Iris Dement sing "Workin' on a world I may never see" 22 years ago I might have felt impatient at best and discouraged at worst. Instead, I see it as an acknowledgment that it takes hard work and a commitment to staying the course when we're dealing with the tough issues of the day. I extend my heartfelt thanks to all of you who have shared this journey with us and will continue to do so into the future.

Anne Holcomb

Anne Holcomb,
Executive Director



Move To End Hunger

A Walk-a-thon

celebrating food security



JUNE 3, 10 AM - 12 PM

1 mile, 3 mile, & 4.5 mile courses

At the Arcata Marsh
(Klopp Parking Lot)

SELF-PACED: WEEK OF MAY 28-JUNE 3



**FOR MORE INFO &
REGISTRATION VISIT**

foodforpeople.org

Supporting



CalFresh Nutrition Education Coordinator Magnolia giving out some locally grown beets at our Mobile Produce Pantry this spring!

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 Bird
- Elizabeth Baker
- Kay Cohn
- T. DeLeon
- Gene Flocchini
- Jaci Forthun
- John & Gail Gai
- Jacque Kesinger
- Jim Lamport
- Greg & Bridget Litten
- John Masterson
- McKenzie

- Nicholas Motto
- Par Infinity Disc Golf Club
- Declan Richerson
- Riki Rafner
- Buzz Webb
- Victoria Vaughan

"Dedicated to the good work of the good people at Food for People"

In Memory Of

- Liz Anker
- Aisha Aziz
- Buddy Boswell
- Kristine Breneman
- Pauline Brown
- Louis Bruhnke
- Marilyn Cargill
- April Conant
- Elle Dawkins
- Joyce Clark
- Mark Dusel
- Joe Emenhiser
- Jaci Forthun

- Doris Fridley
- Jestine Green
- William Hansell
- Virginia Henry
- Rhonda Kane
- Kelly Kyle
- Nicholas Motto
- Floyd & Laura Myers
- Jocelyn Pauli
- Signora Pierceall
- Remo Pecollato
- Kimiko Robinson
- Riley

- Sean
- Scott Sattler
- Ellen Schoenlank
- Barbara Stafslien
- Laurey & Jay Sullivan
- Joy Sundberg
- Joe Toste
- Cliff Viale
- James Wingate
- Vernon Whitney



Volunteer Spotlight: Nellie Thompson

Nellie is Retiring After 20 Years at Food for People

By Julie Ryan, Volunteer & Direct Services Manager

Please join me in sending big thanks, hugs, and best wishes to longtime volunteer Nellie Thompson! Bittersweet but true, Nellie is retiring after 20-plus years of dedicated volunteer service at Food for People. Nellie joined the Food for People Board of Directors 22 years ago as a representative for the Humboldt County Senior Resource Center where she was a Social Worker. In her time as Board President, she even helped hire our current Executive Director, Anne Holcomb. Nellie chuckled as she said her biggest contribution to the board was shortening meetings. Where she really found her niche was direct client service where she touched thousands of lives with her inclusive, compassionate, and generous nature.

Before her departure, we gave Nellie a sneak peek tour of the new building and enjoyed watching her delight. In return, we were treated to a few of her stories. Nellie has long worked in our Eureka Choice Pantry and gave away many hugs along with food assistance. "I would see people needing extra help, I didn't ask, I just did it. I once gave a man a pair of my son's pants from the clean laundry in the car because he needed a pair." She recalled a neatly dressed woman from many years ago who felt embarrassed asking for food assistance. The advice Nellie gave to the woman goes for all of us, "Let people know that there's nothing to be ashamed of, we all have needs. We all need help at some point. Whether it's single parents, seniors, or veterans, you never know who you'll encounter who needs the help and there is no paperwork needed."

When asked how she became so generous and community-minded, Nellie blamed her parents. "I was born in 1940 and grew up during World War II; people were on food rations due to the war. My dad was a butcher and everyone was limited to one pound of meat, but he'd give a little extra to a bigger family or a family who was struggling. My mom looked out for the young boys next door after their mother passed. There was never any hesitation. You would just help each other and be good neighbors. Sometimes you just "feel" what a person needs. Sometimes it's a hug and you ask and if they say yes, well I always give hugs." Nellie's wisdom for current and future volunteers is to have a big heart, to always be yourself, and be accepting. "We're all human, you can't be judgemental, or if you are, don't show it and use discretion and work on being more open. We're on this earth to help each other and this is my gift to share."

Thank you Nellie for being an example of how to be a good neighbor and community member by humbly showing up and doing the work. We will miss you dearly and hope that you find a food bank to volunteer at in your new hometown. If you are interested in volunteering please contact Volunteer & Direct Services Manager Julie Ryan at 707-445-3166 ext 310.



A Children's Nutrition Program Update

By Carrie Smith, Child & Senior Programs Coordinator

The Backpacks for Kids Program is winding down and we will have another successful year on the books! Each Friday during the school year, participating students receive a backpack filled with kid-friendly meals and snacks including milk, whole wheat bread, fruit, peanut butter, tuna, soup, macaroni & cheese, granola bars and 100% fruit juice. The foods included are determined by availability, USDA nutritional guidelines, and parents' and children's expressed preferences.

"I love sharing food with my family!" says one of the 643 students who participated in the Backpacks for Kids Program this year. As many of you are aware, Backpacks for Kids is a collaborative community effort, led by Food for People, to provide children in need with enough food to get through the weekend.

We partner with schools and local service clubs to pack and distribute the food each week. The children in the program are those who may not have adequate food over the weekend when school meals are not available. We provide breakfast, lunch, dinner, and snacks for two days in each bag so that kids can come back to school Monday morning well-fed and ready to learn. We serve children at sites including McKinleyville, Blue Lake, Samoa, Arcata, Eureka, Loleta, Fortuna, Hydesville, Carlotta, Rio Dell, Hoopa, and Willow Creek.

As one program closes, another begins and we are gearing up for the Kids Summer Food Program, which will serve rural sites in Humboldt County with weekly food bags of non-perishable foods and locally grown produce. This will mark our third year offering this program, as it grew out of a desire to help families during the COVID pandemic when schools were closed and families couldn't access summer lunch sites due to their remote locations.

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We are at the Finish Line!

Food For People's New Facility to Open in June

By Carly Robbins, Development Director

It has been a long road but we are finally at the finish line! As I write this update Food for People's hard-working team is beginning the move into our newly rebuilt facility on 14th Street in Eureka. Firstly, I would like to extend a huge thank you to all of you, our supporters who have followed, contributed, and encouraged us through this prolonged process. At some times it felt like the end would never come, but arrive it has and we could not be more excited to share this milestone in Food for People's story with all of you.

For those new to the saga, Food for People's aging building that served as the hub for all of our countywide programs went from useable, if admittedly overcrowded, to requiring full evacuation due to failed infrastructure amid a sewer inundation on February 28, 2020. And just a few weeks later the COVID pandemic triggered shelter-in-place orders and the landscape of food insecurity changed dramatically. This disaster struck a tough blow to Food for People's facility and operations, but we persevered and decided to move forward with a full rebuild which allowed us to take advantage of a new design to expand our footprint and create a new and improved food bank facility that will allow us to serve the community into the future.

It has been quite the journey, COVID-era supply chain issues, price increases, and design challenges extended our timeline – a few times. At the same time, we have also seen the state of food insecurity evolve. Prior to the pandemic, Food for People was serving 12,000 individuals every month, during the pandemic that number grew to 16,000 individuals a month, and now numbers are again dramatically rising as the costs of food and everyday essentials have stretched everyone's budget and the end of pandemic era food assistance programs have resulted in vastly decreased CalFresh benefits for people living below the poverty line. The silver lining here is that we were able to

take advantage of the design process to carefully think through what was needed and what would allow the food bank to best serve our community.

Now, more than three years later we are excited to see our dream become a reality. The new facility provides added warehouse storage that will allow us to expand food resources and will let us store disaster and emergency foods that are vital to a resilient response when disasters strike our area. It will also afford us three times the refrigerator and freezer space to allow us to increase our fresh foods storage and continue our mission to offer healthy foods throughout our programs. The building will also once again house our Eureka Choice Pantry, the largest in our countywide network. The new choice pantry will be nearly twice the size of the previous iteration and will allow people the space to choose foods with greater dignity.

We would like to say thank you to all our supporters for sticking with us through this multiyear process. Thanks to generous contributions from local foundations, businesses, and individual donors, more than \$6.2 million dollars has been raised to make this all possible. Now our staff is working hard to continue our regular programming while making the transition into the new facility. We will close our public operations June 5th-9th as we complete our move, and we will reopen for full operations on Tuesday, June 13th. We will be opening our doors to the public for a Grand Opening / Open House on Sunday, June 25 from 1 pm - 5 pm.



Food For People team members Ed, Robert, and Britt distribute fresh produce to the community in Southern Humboldt.

Summer Free Produce Markets

Our Legacy Program is Back This Summer

By Robert Sataua, Emergency Food Response Coordinator

As we get closer to summer and all the great things that come with it, we are preparing for another Free Produce Market season. This legacy program has been a staple for many and is recognized widely by what is referred to as the “big truck” that comes to distribution sites around the county from the Central Valley with a variety of fresh crops during the summer months (not to be confused by Food for People’s other pop-up food program the Mobile Produce Pantry which operates year-round). This year’s Free Produce Markets will be a little different as we will not see that same truck at all the usual places as years past.

Instead of four distribution sites, our Sacramento-based partners with the big truck, Foodlink, will be making one stop per month to Eureka at the Bayshore Mall. We will not see them in Fortuna, Redway, or Garberville. We are preparing for these changes by filling the gaps using our own resources to ensure as little disruption to the summer produce availability countywide as possible.

In Redway and Fortuna, we will continue our Mobile Produce Pantry year-round which will allow for a consistent distribution time every month. People can expect the usual variety of foods which won’t look very different from last year’s Free Produce Markets. We have not ironed out the details of a Garberville distribution, but we expect to offer similar resources to create a

familiar experience for participants. Be sure to check our distribution calendar online and on social media for all the times and days of distributions.

While we are happy to maintain a version of the summer produce market, one thing we will miss this year is our volunteer base in Redway and Fortuna who really make these distributions fun. Without the big truck, there is less need for all the extra hands and that will be a missed opportunity to see all our wonderful community members that have been volunteering at these events for many years. We would like to invite those eager to volunteer to our Eureka Free Produce Markets where we will still need plenty of support. If that sounds like something you are interested in, please call us to schedule your volunteer orientation at 707-445-3166 ext. 310 or email us a volunteer@foodforpeople.org.

As in years past, Free Produce Markets will run from June - September and we will be promoting the distributions far and wide so look out for more details.



Policy Proposals to Reduce Hunger and Poverty

By Heidi McHugh, CalFresh Outreach & Policy Advocacy Coordinator

The recent loss of SNAP Emergency Allotments has put the spotlight on food insecurity in America. Additionally, coverage of policy proposals that will further increase hunger are a cause for concern ahead of the upcoming Farm Bill negotiations. But there are also proposals to reduce food insecurity and poverty that have a good chance of landing on President Biden's or Gov. Newsom's desk, that aren't receiving media coverage, and it is important to voice support for these proposed improvements to the safety net.

Strengthen SNAP at the Federal Level

Closing the Meal Gap Act (117th Congress): H.R. 4077 (Adams)/S. 2192 (Gillibrand)- Improve SNAP benefit adequacy to help SNAP participants meet their household's dietary, cultural, and other food needs by updating how benefit amounts are calculated. This would increase SNAP benefits for all participants.

Improve Access to Nutrition Act: H.R. 1510(Lee)- Repeal the three-month time limit on SNAP for certain working-age adults, Able-Bodied Adults Without Dependents, who struggle with deep-set barriers to finding consistent employment.

H.R. 1919 (Gomez)/S. 2515 (Gillibrand): End the unjust rule preventing SNAP access for low-income college students. College students between the ages of 18-49 face similar barriers to SNAP eligibility as Able Adults Without Dependents. Swipe Out Hunger reports that 1 in 3 college students are food insecure.

SNAP PLUS Act: H.R. 6338 (Rush)- Expand the accessibility of using SNAP to purchase hot and prepared food and meals. This will increase accessibility to nutritious meals for people who have limited food preparation space or physical ability.

LIFT the BAR Act: H.R. 5227 (Jayapal)/S. 4311 (Hirono), Reverse the racially discriminatory policy of prohibiting SNAP to immigrants by repealing the five-year bar for SNAP, TANF, and Medicaid.

Strengthening the Nutrition Safety Net in California

SB 600 (Menjivar)- This bill will increase benefit adequacy by raising the CalFresh minimum allotment from \$23 a month to \$50 a month.

SB 245(Hurtado) Food 4 All: This bill will provide state-funded nutrition benefits to all Californians ineligible for CalFresh solely due to their immigration status.

AB 712 (Carrillo): This bill allows CalFresh participants to purchase hot and prepared food with their EBT card.

AB 605(Arambula): This bill will expand the Fruit and Vegetable EBT Pilot to boost benefits for more CalFresh households in more regions of the state. The pilot program provides incentives, similar to the Market Match program at Farmers' Markets, for the purchase of California grown produce at grocery stores.

SB 348 (Skinner): This bill will strengthen California's first-in-the-nation School Meals for All legislation and fight childhood hunger during summer.

How Can You Help?

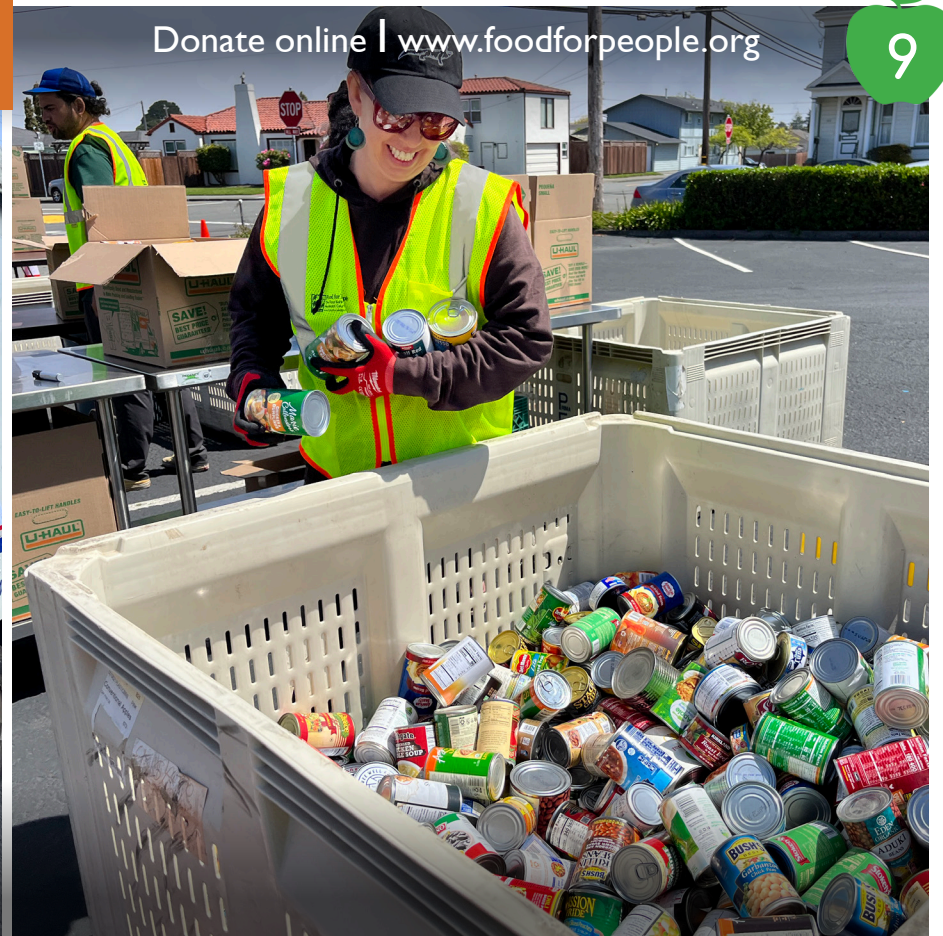
Contact your federal representatives at [house.gov/representatives/find-your-representative](https://www.house.gov/representatives/find-your-representative)

Contact your state representatives at findyourrep.legislature.ca.gov

Our hard-working letter carriers collected 30,620 of pounds of food in this year's Letter Carriers Food Drive!

Donate online | www.foodforpeople.org

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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. Saturday, May 13th marked the 31st annual Letter Carriers Food Drive, the largest single-day food drive in the nation, where all residents of Humboldt County were asked to participate locally by leaving donations of nonperishable food items by their mailboxes. Our local Letter Carriers Union partners closely with Food for People and our network of pantries to coordinate the pick-up and delivery of non-perishable food donations throughout the county. Carriers work on the front lines in our communities and get to know the people on their routes. They often witness first-hand the struggle of low-income families. Thanks to the hard work of our local Letter Carriers Union, and the generosity of our community, this year 30,620 pounds of food were collected throughout Humboldt County during the food drive.

The donations received through this annual food drive play an important role in supplementing the food distributed by Food for People's local food pantries and various hunger-relief distributions. The timing of this food drive is critical, as many food pantry sites have already distributed donations received during the holidays and many community members are struggling with rising food costs. The Letter Carriers' Food Drive also helps us and our network of pantries with stocking up just before the beginning of summer break, when many children go without access to free or reduced-cost meals they are accustomed to receiving during the school year, meaning many families face greater hardship once summer begins.

Each year in the week leading up to the food drive, blue bags are delivered by letter carriers with mail. Community members simply place donations of nonperishable food in

the bag and leave it by their mailbox. Our letter carriers take care of the rest, picking up donations and delivering them to Food for People and our network of countywide food pantries. All food collected stays in the community in which it was donated to help local individuals and families in need.

This effort by the National Association of Letter Carriers (NALC), with the help of rural carriers, other postal employees, and numerous other volunteers, has resulted in the delivery of well over 1.9 billion pounds of food nationwide since its inception more than thirty 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 18 pantries serve more than 16,000 Humboldt County children, seniors, and other individuals each month. All food collected by the drive stays in the community in which it was donated. Food for People would like to extend our heartfelt thanks to our local letter carriers and all the community members who contribute to this annual food drive to help provide food to our friends and neighbors.



For more recipes including videos showing more ways to cook with root vegetables, please visit the Recipes section of our website at foodforpeople.org/page/recipe-videos.

Root Vegetable Recipes

Wondering what to do with Parsnips, Turnips, and Rutabagas?

By Magnolia Bowman, CalFresh Nutrition Education Coordinator

Turnip Slaw with mixed vegetables (pictured above)

Whether you make the simple version with just turnips, or a version with mixed vegetables, this turnip slaw is easy to put together. Enjoy this slaw on top of tacos, on a bean and rice bowl, in sandwiches or wraps, or with anything BBQ. It has a crispy texture and a refreshing tangy flavor that will brighten up any savory meal.

INGREDIENTS

Dressing:

- 1 tablespoon olive oil
- 1 teaspoon vinegar (rice, apple cider, or red wine vinegar)
- Juice of 1/2 of a lemon or lime
- 1 teaspoon honey
- 1 clove garlic, minced or grated (or 1/4 teaspoon garlic powder)
- Pinch of salt
- Pinch of chili flakes, if desired

Vegetables:

- 1 turnip, peeled
- 1 carrot, peeled
- 1/4 of a small purple cabbage

DIRECTIONS

Into a bowl, add the ingredients for a dressing and mix well. Slice vegetables into thin strips and add to the bowl. Toss to combine vegetables with the dressing. Enjoy!



Root Vegetable Mash with a rice cooker

INGREDIENTS

- 4 cups root vegetables (any combination of potatoes, turnips, parsnips, and rutabagas), peeled and cubed into equal sized pieces
- 1-3 cloves of garlic (or 1-2 teaspoons garlic powder)
- Water for boiling
- 1 cup cream or coconut milk
- Salt to taste
- 1-2 tablespoons butter for topping

DIRECTIONS

Prepare root vegetables and place them into the rice cooker pot. Add water to the pot, enough to reach halfway up the contents of the pot (example: if the roots fill 1/2 the pot, add enough water to reach 1/4 way up the pot). Add a pinch of salt and garlic. Cover the pot and turn to "cook." Simmer until setting flicks to "warm." Uncover and make sure vegetables are soft and water is all absorbed/evaporated. Add cream and mash the roots until smooth. Taste, and season with salt if desired. Serve warm with melted butter on top.



Thomas from Foggy Bottoms Boys drops off fresh local eggs to Food for People's Local Food Resources Coordinator Allison.

Local Food Purchase Assistance

Food For People is Part of a New Pilot Program

By Allison Kenney, Local Food Resources Coordinator

Introduced in 2022 by the United States Department of Agriculture, The Local Food Purchase Assistance Cooperative Agreement Program, also known as LFPA, is part of the "Build Back Better" initiative. This program awards funding to agencies providing food to underserved communities, which is to be used to purchase locally produced food. This new program aims to bridge the gap between food insecurity and hardship faced by small-scale food producers by increasing local food consumption which will in turn provide more economic opportunity and access to new markets for rural or socially disadvantaged farmers, one of the goals being to maintain and improve food supply chains, especially at a local level.

Due to the impact of recent natural disasters such as wildfires and earthquakes in Humboldt County, Food for People was selected by the California Association of Food Banks to be part of a pilot program that will trial the use of federal LFPA funds for the purchase of local foods in California. The pilot program model requires that food orders be placed through an aggregation and distribution site, and this opportunity comes at a perfect time, as the North Coast Growers Association just recently opened the doors of their new Harvest Hub location, which will serve as Humboldt County's first local food hub. Food hubs aim to bridge regional supply and demand by streamlining ordering, aggregating, and distributing food in a way that is

efficient and benefits local producers and the economy. The food purchased during the LFPA pilot will be distributed through our Senior and Homebound programs. This program serves Humboldt County residents over age 60, one of the largest, most vulnerable populations we serve. Many seniors live on a fixed income, meaning oftentimes fresh produce is one of the first things to be skipped when food budgets get tight. With the recent rise in the overall cost of living, coupled with the discontinuation of pandemic EBT allotments, many people are struggling to get by, and are turning to local food banks for help. The need for food assistance is on the rise and is expected to continue to increase dramatically over the next several months, as the discontinuation of pandemic EBT, or p-EBT, benefits are realized. This pilot program will allow Food for People to expand our locally produced offerings to our senior clients and increase the number of nutrient-dense options purchased from local farmers to help meet this increased need for services.

Food for People has long been committed to supporting our vibrant local agricultural community by purchasing local produce for our many different programs. This new funding offers us a lot more opportunity to do so, and the flexibility to purchase higher-priced locally produced items like eggs from Foggy Bottoms Boys, or quinoa from Wild Rose Farm. As the growing season ramps up, we are excited about the new and delicious opportunities to provide high-quality, seasonal items to our clients.

Homebound Delivery

Bringing Groceries to Homes

By Carrie Smith, Child & Senior Programs Coordinator

For more information on the Homebound Delivery Program contact Carrie at seniors@foodforpeople.org or call 707-445-3166 extension 309.

We at Food for People do our best each month to make our food resources readily available to those who need them. One of the ways we do this is through our Homebound Delivery Program that is designed for individuals who are too ill or disabled to leave their homes to access these other programs. Many participants are unable to visit our pantries because of mobility challenges, but they still have the desire and ability to prepare meals at home. They benefit from the independence that comes with cooking and preparing their own meals with fresh groceries delivered to their homes. For many of these folks, a monthly knock on the door brings a delivery of fresh groceries and a friendly smile. Every bag includes a balance of nutritious foods such as fresh fruits and vegetables, low-fat dairy, lean protein, and whole grains.

A dedicated group of food bank volunteers delivers to homebound members in several communities across the county including Fortuna, Rio Dell, Eureka, Arcata, Mckinleyville, Bridgeville & Carlotta. Delivery is limited since it depends on how many volunteer drivers we have to cover all requested deliveries. Many have been delivering to the clients on their routes for years and have become close with them and care about their wellbeing. We couldn't be prouder of the kindness and dedication of our volunteers.

A person is eligible to get a monthly delivery if they live in one of the towns we currently serve and are unable to get out and about. If the person is under the age of 60, they are required to have a medical referral from either a hospital discharge planner, social worker, home health worker, or medical professional. Being homebound is such a prevalent situation in our community, so participation in the program is in high demand. If we cannot accommodate a new request, we will do our best to help find other ways to find available resources.

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 countywide hunger relief programs or for ways you can get involved visit www.foodforpeople.org.