

Food Notes

The Newsletter of Food for People • The Food Bank for Humboldt County

August 2015



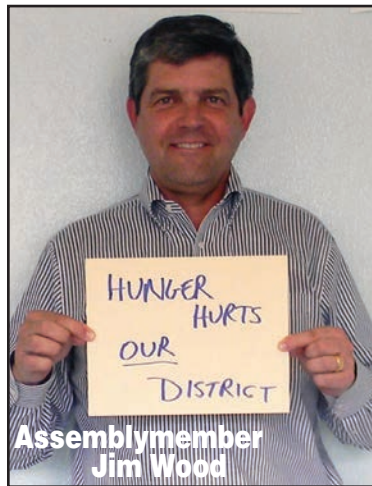
Food for People was honored to host visits from both of the 2nd District's new representatives: Senator Mike McGuire and Assemblymember Jim Wood. Left: Senator McGuire poses for a photo with Food for People's Executive Director Anne Holcomb. Center: McGuire and Holcomb discuss Food for People's 14 food assistance programs. Right: Holcomb leads Assembly member Wood on a tour of the Food Bank.

Hunger Action Month

By: Carly Robbins, Fund Development Director

Did you know that one in six people in our country face hunger? September is national Hunger Action Month. When Food for People, joins Feeding America and more than 200 food banks across

Continued on page 9



State Legislators Visit Food for People

By: Heidi McHugh, Community Education & Outreach Coordinator

Food for People provides nutrition assistance to approximately 10% of Humboldt County's residents each month. The combination of locally donated foods and funds, various grants, and food assistance programs operated by the state and federal governments helps us meet the high demand for food assistance in our communities. Last year, 19% of the food we distributed was sourced from The Emergency Food Assistance Program (TEFAP), a United States Department of Agriculture (USDA) program that provides supplemental commodities to income-eligible households. The funding for these types of programs

at the state and federal levels are set by the political process, thus it is important for food banks like Food for People to maintain strong relationships with our government representatives.

Through visiting a local food bank, representatives have an opportunity to meet the diverse and growing number of their constituents who struggle to put food on the table and also to become informed about potential legislation that can help fight hunger and poverty. This summer, Food for People was honored to host visits from both of the 2nd District's new representatives; Senator Mike McGuire and

Assemblymember Jim Wood. Food for People staff and several members of the Board of Directors led them on tours of the Choice Pantry and our warehouse. During the tours, they witnessed first hand how our volunteers and staff work nonstop to keep a fresh rotation of nutritious foods on hand for pantry shoppers. The tour also provided an opportunity to explain just how many of their Humboldt County constituents are accessing our pantries because they simply cannot afford to put enough, or any, food on the table. After the tours of the facility, staff and board members sat down with Senator McGuire and Assemblymember Wood to discuss poverty in

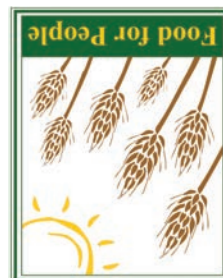
Humboldt County and how the legislature can address these issues through policy and the state budget.

Already Senator McGuire has demonstrated that he understands the economic uncertainty his constituents are struggling with. In February 2015, Senator McGuire introduced a bill, SB297, that would have made it possible for all Californians to apply for CalFresh benefits over the phone. Currently, only 63% of eligible Californians are receiving the nutrition assistance that CalFresh provides to low-income

Continued on page 5

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, Inc.
The Food Bank for Humboldt County
307 West 14th Street
Eureka CA 95501
707-445-3166
www.foodforpeople.org

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



Backpacks for Kids: Ready for a Successful New Year!

By: Carly Robbins, Fund Development Director

Food for People would like to thank the Times-Standard, Eureka Broadcasting, Lost Cost Communications, North Coast News, the Rotary Clubs of Eureka, Old Town, and Southwest Eureka, Soroptimist International of Humboldt Bay, and 101 Things to Do for their fundraising efforts for Food for People's Child Nutrition Program, Backpacks for Kids. In addition we would like to thank our community, whose outpouring of support raised more than \$20,000 for the Backpacks for Kids program's Eureka sites.

Did you know that kids who are hungry or who don't have access to nutritious foods find it harder to concentrate in school? There is a direct link between how well children can perform in school and the quality of life they will have as they grow into adults. Households with children are at particularly high risk of hunger and experience the highest poverty rates in Humboldt County.

Backpacks for Kids is a hugely successful program providing nourishment for Humboldt County's children in need. Schools work hard to offer healthy meals for children during the school week, and for the children we serve, Backpacks for Kids is the only program that provides for them on the weekends. The program provides a bag full of nutritious kid-friendly food on Fridays during the school year for children who are considered at risk for hunger over the weekend. Each bag contains enough food for breakfast, lunch and dinner for two days. The cost is \$265 to support one child, every weekend, for the school year.

This unique program does not receive any government financial support. Funding for Backpacks for Kids is provided by local service clubs, grants, and individual donors in the community. Volunteer support is provided by service clubs, local nonprofits, and others who help pack the bags and deliver them

to schools. Backpacks for Kids is truly a collaborative effort, and it takes the generosity of our whole community to make the program a success. Thank you! 🍌

Board of Directors

Nick Vogel, *President*
 Carol Vander Meer, *Vice President*
 Jerome J. Simone, *Treasurer*
 Caterina Lewis-Perry, *Secretary*
 Annie Bolick-Floss
 Bill Daniel
 Dean Hart
 Edie Jessup
 Lew Litzky
 Martha Spencer

Staff

Anne Holcomb
Executive Director
 Art Brown
Driver
 Benjamin Allen
Mobile Produce Pantry Coordinator
 Carly Robbins
Fund Development Director
 Carrie Smith
Child Nutrition Programs Coordinator
 Cassandra Culp
Nutrition Education Coordinator
 Corey Tipton
Bookkeeper/ Business Resources Manager
 Deborah Waxman
Director of Programs
 Desiree Hill
Warehouse Coordinator
 Erin Tharp
Choice Pantry Coordinator
 Heidi McHugh
Community Education & Outreach Coordinator
 Judy Langley
Fundraising Assistant
 Jules Katz
Pantry Network Coordinator
 Karen Asbury
Inventory Database Manager
 Laura Hughes
Local Food Resources Coordinator
 Michael Quintana
CalFresh Application Assistor
 Marta Rivas
Volunteer & Direct Services Training Coordinator
 Nick Gauger
Community Food Programs Coordinator
 Peggy Leviton
Finance Director
 Rodney Ferrario
Warehouse Assistant
 Tim Crosby
Operations Manager

Backpacks For Kids

The Backpacks for Kids Program provides income-eligible children with a bag of kid-friendly food on Fridays during the school year. \$265 feeds a child every weekend throughout the school year, but Eureka has fallen short for 2015. Help us reach our goal and reduce the stress of weekend hunger to help children develop into their healthiest and most successful selves.

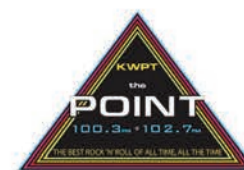
Each square represents a \$100 donation...



BACKPACKS FOR KIDS SUPPORTERS

Jason Eads Attorney At Law	BikesThere.com	Corrie & Michael Pedrotti	Recology Humboldt County	Mr. X	Ma'mie & Jaime Christopher	Walden & Rusdiye Freedman	Bal & Jean Harvey	Brad & Rev. Diane Mettam	Ruth Needham	Dale & Cindy Stockly	C. West
Daniel & Linda Dionne	Tom & Patty Harmon	Tom & Patty Harmon	Tom & Patty Harmon	Tom & Patty Harmon	Tom & Patty Harmon	Tom & Patty Harmon	Tom & Patty Harmon	Tom & Patty Harmon	Tom & Patty Harmon	Tom & Patty Harmon	Don & Nancy Quintrell
Stephanie & Tom Perrett	Don & Carolyn Podratz	Wm. A. James	Lalia Blake	Bill Greenwood	Gregg Gardiner	Kathy Cloney-Gardiner	James D. Poovey, Inc. Attorney At Law	Jay Bahner	Jay Bahner	Vonal Bahner	Carlton Nielsen
Keith & Mariel	Judy & Jim Anderson	Linda Wise	Steve Allen	Steve Justus	Deborah Justus	Birgitta Portalupi	Carolyn Ayres	Cathy Vicory	Hawley Butterfield	Premier Financial Group	Premier Financial Group
Premier Financial Group	Judie Hinman	Judie Hinman	Judie Hinman	Judie Hinman	Judie Hinman	Susan & Brian Tissot	Fresh Water Stabes	Fresh Water Stabes	Fresh Water Stabes	Fresh Water Stabes	Fresh Water Stabes
Brad Gibson	George Owren	Greg Williston	Will Kay	Nancy Dean	Nancy Dean	Nancy Dean	Dean Christensen	Carol Rische	Craig Hansen	Jeff Pauli	Tonya Pauli
Employees of ARS Insurance	Employees of ARS Insurance	Keith Crossley	Dale Warmuth & Leon's Car Center	Dale Warmuth & Leon's Car Center	Sue Bosch	Ray Wickel	Dan Heinen	Shafer's Ace Hardware	Shafer's Ace Hardware	Matthew Owen	Bruce Rupp
Fred Sundquist Elan Firpo Jason Chand	Fred Sundquist Elan Firpo Jason Chand	Fred Sundquist Elan Firpo Jason Chand	Fred Sundquist Elan Firpo Jason Chand	Fred Sundquist Elan Firpo Jason Chand	Fred Sundquist Elan Firpo Jason Chand	Fred Sundquist Elan Firpo Jason Chand	Fred Sundquist Elan Firpo Jason Chand	Fred Sundquist Elan Firpo Jason Chand	Fred Sundquist Elan Firpo Jason Chand	Harold Hilfiker	Maples Plumbing
Steven Laferty	CC Cree	Carter House Inns	Chuck Elsworth Blue-Ox Veterans Strategic Alliance Training Center	Allpoints Signs Karl &	Suzanne Kellawan	Marilyn M. Hofstra	Marilyn M. Hofstra	Marilyn M. Hofstra	Eureka Rotary Board Members	Eureka Rotary Board Members	Eureka Rotary Board Members
Eureka Rotary Board Members	Eureka Rotary Board Members	Eureka Rotary Board Members	Eureka Rotary Board Members	Eureka Rotary Board Members	Eureka Rotary Board Members	Eureka Rotary Board Members	Eureka Rotary Board Members	Eureka Rotary Board Members	Eureka Rotary Board Members	Eureka Rotary Board Members	Old Town Rotary
Old Town Rotary	Old Town Rotary	Pierson Company	Pierson Company	Carral Newquist	Penne O'Gara	Frank & Carol Scolari	Mark Ellis	Irene & Hugh Holt	Ross & Geraldine Larson	Ross & Geraldine Larson	Ross & Geraldine Larson
Lorraine Miller-Wolf & Richard Wolf	Anonymous	Anonymous	Anonymous	Anonymous	Anonymous	Anonymous	Anonymous	Anonymous	Anonymous	Anonymous	Anonymous

Thank you!



Notes from the Director

By Anne Holcomb, Executive Director



year, and we felt encouraged by the level of bipartisan support we had been able to generate. I'd like to share details about two of these initiatives here and encourage you to check out our website <http://foodforpeople.org/hunger-education> or <http://foodforpeople.org/legislative-advocacy> for more information.

This marked the fourth year that food banks statewide worked together to secure funding for a State Emergency Food Assistance Program (SEFAP) that would provide funds for food banks to purchase food. We were requesting \$5 million, which seemed fairly modest for a state the size of California when compared to states like Massachusetts, Ohio, New York and Pennsylvania that have established funds that range from \$13 to \$30 million annually. For the past two years, the Speaker of the Assembly has drawn on discretionary funds to provide \$1 million to California food banks, with the stipulation that it be spent to purchase foods produced in California. We all loved that idea, and in Humboldt County, we used the \$10,000 we received to purchase eggs, cheese and milk from local sources to fill the protein gap. But the goal was to establish funding for SEFAP as a line item in the state budget. Things were looking good right up until the final hours of negotiations, with both the Senate and the Assembly unanimously supporting our request at the \$2.5 to \$3 million level. Unfortunately, those funds were eliminated by the Governor in

the final budget negotiations. The Assembly Speaker's discretionary budget was also cut, leaving food banks with zero funding for food purchases for next year.

Another priority was to restore cuts to the monthly grant levels for SSI recipients. In January 2009, the average \$907 per month grant that was provided to blind, aged and disabled SSI recipients was worth 100.5% of the federal poverty level. But at the height of the recession, major cuts were made to help the state balance the budget. The state portion of the grant (referred to as SSP) has since dropped from \$233/month to the federal minimum of \$156/month; a \$77 per month reduction for individuals and a cut of \$171.80 per month for couples, leaving them at 90.7% of the federal poverty level while faced with a 14% increase in the cost of living. The state has also chosen not to apply the annual Cost of Living Adjustments, or COLA, beyond the federal minimum, despite a turnaround in the state economy that resulted in a projected \$14 billion budget surplus this year.

So how do these cuts impact SSI recipients in Humboldt County? **At our on-site Choice Pantry, 40-45% of the people we serve each month receive SSI.** Surveys of the people who access food through our other 16 pantry sites countywide indicate that on average, 30-35% are SSI recipients. Housing costs eat up the majority of the grant, with very little leftover for food, medicines, utilities, transportation and other

basic necessities. Unfortunately, California is also the only state that has made SSI recipients ineligible for CalFresh, which means that in Humboldt County, Food for People is their only resource for meeting basic food needs. We are part of a statewide coalition that is working to restore the cuts and the COLA, and we will be working hard in the coming year to ease the burden on some of our most vulnerable community members.

There are many other legislative initiatives that we track on behalf of people living in poverty who experience hunger on a regular basis, and you can read about them in this newsletter or on our website. We are also gearing up for **Hunger Action Month in September**, which provides an opportunity for all of us to engage at the local, state and federal levels. We'll be revisiting our **#HungerHurts** campaign and have also added a **#HungerHeroes** component this year to highlight the heroes among us whose actions help keep our community healthy and strong. We sincerely hope that you will join us in our efforts to ensure that everyone in our community has access to the food they need to maintain health.

With best wishes to all,

Anne Holcomb



It has been yet another busy summer here at Food for People. Farm, garden and orchard gleaning activities have been in full swing. Throngs of people have been attending the free produce markets, and hundreds of sack lunches have been distributed daily through the Children's Summer Lunch Program at sites up to 120 miles apart countywide. And, as we've mentioned in prior years, summer also tends to be one of the busiest times of the year for our network of food pantries, as families whose children rely on the school meal programs for breakfast and lunch struggle to replace those meals. We're grateful that we can help fill the gap for so many of our friends and neighbors, but we are also disappointed that Governor Brown failed to recognize the level of need that exists in our community and across the state when final budget negotiations were taking place in Sacramento.

There were several key pieces of legislation that hunger advocates statewide were focused on this

"Never believe that a few caring people can't change the world. For, indeed, that's all who ever have."

~Margaret Mead

Welcome Marta!

We are happy to welcome Marta Rivas, who started in June as our new Volunteer & Direct Services Training Coordinator. Marta moved, with her family, to Humboldt County last year in order to change her career, get healthy, and finish up her MBA at HSU. She sees coming to work at Food for People as a wonderful new start for her and

her family. In her position, Marta is responsible for recruiting and coordinating all of the volunteers who help at Food for People. Volunteers donate close to 3,000 hours of their time and talents on behalf of Food for People's programs each month and play a critical role in our ability to provide food for thousands of households. Since beginning in June, she has been busy getting to know new

and existing volunteers that help make Food for People a success. In her time here, she has also collaborated with our CalFresh Outreach and Application Assistor, Michael Quintana, to translate informational materials into Spanish for our clients. Marta loves the rural and natural beauty in Humboldt County and is excited for her kids to have the chance to experience nature.



Mission Statement

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.

Our Vision

We envision a hunger-free community where everyone in Humboldt County has access to good quality, nutritious food, everyone in the community understands the consequences of hunger and poor nutrition, and each of us has a role to play in creating a strong, healthy community.

Our Values

- **Respect:** We will treat all of our relationships with respect.
- **Teamwork:** We will foster cooperation among our diverse volunteers, staff and community partners.
- **Innovation:** We will continually seek to provide excellent services through the development of new and improved methods to reduce hunger.
- **Stewardship:** We will be accountable to all through the efficient and most appropriate use of resources entrusted to us.
- **Integrity:** We will demonstrate the highest ethical standards in all interactions.



In Memory Of

05/15/15 - 08/12/15

Barbara Brown
 Bette Dobkin
 Chuck Verhaegh
 Cindee Rosenberg and Grady Ford
 Edward N Pugh
 Fern Kelly
 Frances R. Lambert
 Frank Walashek
 Harold Hunt and Mary Santos
 Joan Bronder
 Micki Aronson
 Pat Green Thoreson
 Patty Loretta
 Peggy Sugars
 Shirley Armstrong
 Vicharn Upatisringa
 "Brother, Kevin S. Morgan"
 "Daughter, Diane L. Sandigo"

"Ed's Birthday"
 "Sons, John & Jason Diamond &
 grand-daughter Wendi Diamond"

In Honor Of

05/15/15 - 08/12/15

Anne Holcomb
 Ann King on her 80th Birthday
 Backpacks for Kids program
 Chloey and others
 Diane Anderson's Birthday
 The Hart and Buckley families
 Ilya Kelly
 Jeremiah Haumeder
 Jim & Mary Jo Renner
 Micki Aronson
 Paula Parodi
 Sally

Tributes, Memorials, & Gift Contributions

We would like to sincerely thank those who have made donations in honor and in memory of others. Your generous donations go a long way toward helping the 12,000 people (and more) we feed each month, including children, seniors and working families in need.

You can honor a friend or family member by making a donation to Food for People. Simply add a notation to your donation. If you include an address, we'll send an acknowledgement to that person to let them know about the donation in their name or the name of their loved one. You can also let us know if there is a favorite program of theirs and we'll make sure the donation goes to their program of choice. It is a great

way to celebrate and/or honor the memory of someone you love.

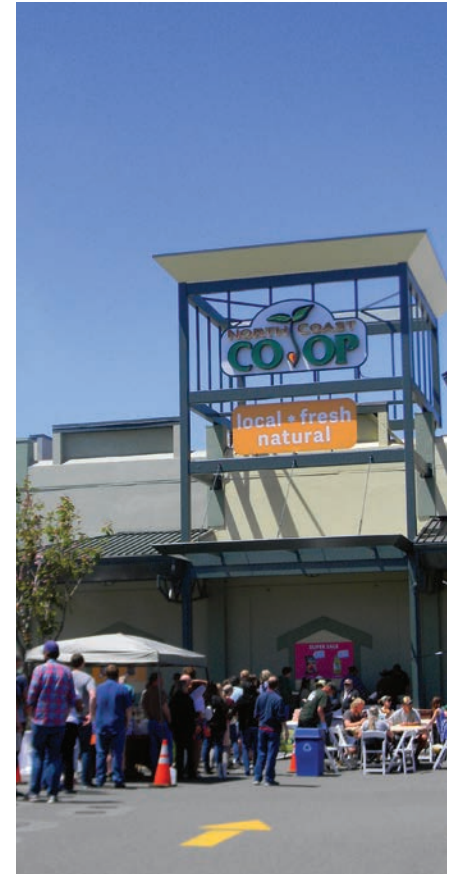
If you would like to make a donation in someone's name for a birthday, special event, or holiday, we can do that too! We will let them know a generous donation has been made in their name. Just be sure to include the address of the individual so we can send them a card to let them know about your gift.

We are always happy to know more about the folks for whom you are making donations in honor or memory. Let us know if you would like to include a photo or briefly tell their story and why you wish to honor your friend or family member and we will publish it in our newsletter. 🍷

10th Annual Thrill of the Grill: Best Year Yet!

By: Carly Robbins, Fund Development Director

On June 12th, the North Coast Co-op held the 10th Annual Thrill of the Grill Benefit for Food for People's Child Nutrition Programs. The event included music by local band Dogbone, and delicious BBQ was available thanks to the generosity of the Northcoast Co-op, with donations from Humboldt Grassfed Beef, The Tofu Shop, Canyon Bakehouse, Amy's Kitchen, Loleta Cheese, Earl's Organics, Annie's Naturals, Blue Sky, Lundberg, Kettle Chips, Late July Chips and Mike Hudson. A special shout out goes to New Directions for providing much appreciated help with set up at a reduced cost. This year's Thrill of the Grill raised more than \$2,390.00 to support Food for People's Child Nutrition Programs - a new Thrill of the Grill record! 🍷



Top left: local band Dogbone thrilled the crowd with tunes. **Top Right:** Eager attendees arriving to make their custom burger and enjoy some music. **Bottom Left:** Kelli Reese, North Coast Co-op General Manager, and Ron Sharp, North Coast Co-op Merchandising Manager, working hard at the grill. **Bottom Right:** Food for People staff Corey Tipton and Tim Crosby enjoy delicious meals of burgers, chips, drink and fresh green salad.

Gleaning & Plant A Row Update

By Laura Hughes, Local Food Resources Coordinator



A gleaning volunteer harvests greens at Deep Seeded Community Farm.

The growing season is at its summer peak, and with the sunny weather, it has meant a whirlwind of harvests and produce donations for the Local Food Resources Program! On-farm harvests have included trips to several farms throughout the county, from locations in Arcata, Freshwater and McKinleyville, down to Shively and out to Willow Creek.

Volunteers worked hard at Valley Flower Vegetable in Shively to harvest thousands of

pounds of Armenian cucumbers, lemon cucumbers and pickling cucumbers, as well as green beans, tomatoes and summer squash. Little River Farm, in the Freshwater area, has invited us out for several harvests to help clear their hoop houses of older crops before replanting, and in the process is donating loads of kale, chard, mustard greens, arugula, beet greens, lettuce and more. Flora Organica offered up a 150-foot row of kale plants, and Mad River Community Hospital

Farm donated their excess lettuce beds. Out in Willow Creek, Neukom Family Farm and Willow Creek Farms donated hundreds of pounds of melons, plums, peppers, corn, green beans and more. Redwood Roots Farm in Bayside and Deep Seeded Community Farm in Arcata have donated staggering amounts of zucchini and cucumbers, and Deep Seeded has also contributed beds of radishes and salad turnips on top of

Continued on page 12



State Legislators Visit Food for People

Continued from page 1

Californians. Advancements that make it easier for people to apply can improve quality of living and bring federal dollars into our local economy. In Humboldt County, working families and people with limited transportation would benefit tremendously from the ability to apply by phone. Currently, unnecessary delays created by waiting for traditional mail for a handwritten signature result in a delay of receiving needed money for food, and in the worst case, not receiving benefits at all. The bill did not make it out of the Senate Appropriations committee, but it did spark a statewide conversation that advocates will continue to encourage legislators to consider.

Our conversation with the Senator focused on the next steps and how local advocacy efforts can help move our state forward towards this goal.

We revisited SB297 with Assemblymember Wood as well, with the goal of making applying for CalFresh more accessible. Even though the bill did not make it into the Assembly for him to have a chance to vote on it, he appreciated learning about how it would directly impact Humboldt County. Before he was elected to the legislature, Assemblymember Wood was a dentist. He is well aware of the tremendous shortage of dental providers in Humboldt County who accept MediCal

Dental insurance (MediCal is California's Medicaid program). Shortage is an understatement; there are zero providers in Humboldt County who accept MediCal Dental for adults and just one that accepts MediCal Dental for children. The root of the issue is that the reimbursement for the providers is too low for them to be able to afford to accept it. Assemblymember Wood added that sadly, this problem is not unique to Humboldt County and is a district and statewide issue. He said that there has been discussion in Sacramento to address the reimbursement rates. For our clients, this can't come any sooner; a need for dental care was cited by many of the respondents to Food for People and the California Center for Rural Policy's 2014 Food Access and Pantry Services Survey, a link to which can be found at: <http://foodforpeople.org/hunger-data-reports>.

Both Senator McGuire and Assemblymember Wood visited us after the state budget for 2015-2016 had been established. Advocates for the poor and food insecure are disappointed in this budget, as the Director's Note in this issue of *Food Notes* describes. We were at least able to thank both of our representatives for their "yes" votes on several important pieces of legislation that would have helped the efforts of food banks like ours, and we will continue to keep the momentum going with these representatives. They both have just one term under their belts, but they have shown to hold much promise in making decisions that consider the best possible outcomes for all of their constituents.

For more information contact Heidi McHugh at (707) 445-3166 extension 308 or hmchugh@foodforpeople.org.

Left: Food for People staff & board members with Assemblymember Wood during his July visit, (pictured top left to right: Board Vice President Carol Vander Meer, Community Education & Outreach Coordinator Heidi McHugh, Assembly member Wood, Executive Director Anne Holcomb; Board President Nick Vogel, Bottom left to right: Development Director Carly Robbins & Director of Programs Deb Waxman.) Right: Anne Holcomb walks Senator McGuire through a tour of Food for People's Choice Pantry in Eureka.

Welcome Karen!



We are thrilled to welcome Karen Asbury to our team. Karen started in June as our Inventory Database Manager. She is a computer science major with an AS in Computer Information Systems (CIS) and is a Certified Networking Technician. Since joining us, Karen has been working hard to modernize our inventory database, and she spends a good amount of time sleuthing out detailed data in our complex inventory system to make sure all numbers match. She enjoys knowing that her particular set of skills allows her to benefit Food for People and our programs, and that because of what she does behind the scenes, those on the "front lines" are able to do what they do and help people. 🐾

Help Sustain Us: Join the 800 Club Monthly Donor Program

The 800 Club is our regular giving program composed of community members who donate monthly or quarterly. Many, many years ago, 800 people donating \$5 a month is what it took to cover our yearly budget. Since that time, we have greatly increased our services to children, seniors, and working families in need throughout our community. We currently provide food assistance for more than 12,000 people monthly, and our yearly budget has grown proportionately.

*What remains the same is that everyone doing their part and donating a comfortable monthly amount turns into something powerful. **Money we can depend upon allows us to make long-term plans while building strong foundations for our programs.** Your donations will make a direct impact locally. Thank you to all 800 Club members; your commitment is making a difference and is allowing us to help where we are needed most.*

*It's easy to become an 800 Club member. Go online to www.foodforpeople.org, click **DONATE** and set your donation frequency to monthly. Or fill out the slip on this page and send it to us. You will receive a packet of 12 envelopes to make sending in your monthly donation easy. For more information or to set up a monthly credit card charge by phone, contact Carly Robbins, Fund Development Director, at 707-445-3166 ext. 306 or crobbins@foodforpeople.org.*

I'd like to be a regular donor!

Please send an 800 Club Monthly Donor Packet to:

Name: _____

Address: _____

City, State, Zip: _____

Please charge my Visa or Master Card:

Monthly Quarterly Amount: \$ _____

Card Number: _____

Exp. Date: _____ Sec. Code (on back of card): _____

Clip and mail to:

800 Club, Food for People, 307 W 14th St., Eureka, CA 95501



In addition to their free sack lunches, local children at this year's Summer Lunch Kick-off event were treated to nutritious blueberry smoothies made by our Nutrition Education Coordinator Cassandra Culps and enjoyed music performed by the winners of the City of Eureka's Fresh Voices competition.

Summer Lunch Program Update By Carrie Smith, Child Nutrition Coordinator

It was a hot summer in Humboldt County, which means more kids were out and about enjoying the beautiful sunny days. As a result, the Children's Summer Lunch Program was as busy as ever! With three new sites starting out at the beginning of this summer season of the program, we saw an increase in the number of children served. This may be a record-breaking year for us! This summer we served an average of 375 well-balanced sack lunches at 21 sites throughout Humboldt County daily. These lunches are free to youth 18 years of age or younger.

Our Children's Summer Lunch Program's success is due to a team of hard working individuals, including our delivery driver, Ku Furaha. His positive attitude and unwavering energy kept the program running smoothly. Ku arrived at Food for People's warehouse every day at 6:00 a.m. to pack all the sack lunches and milk into coolers. Once his van

was loaded, he drove to different sites, transporting hundreds of lunches each day with a smile. Ku shared that his favorite part of the job is the "shining gratitude that comes from people when I deliver the lunches. People will actually cheer when they see the Food for People van pulling up to drop off the coolers for the day." He also delivered to different bus stops, where Humboldt Transit Authority buses picked them up to deliver to sites in Loleta, Fortuna, Rio Dell and Scotia. This year he also dropped off lunches at UPS, who delivered to our site in Willow Creek. These transportation partnerships have been invaluable in our ability to reach Humboldt County's many rural outlying areas. This is an innovative transportation partnership model that is unique to our area.

In addition to Humboldt Transit Authority and UPS, our Children's Summer Lunch Program would not be such a success without the help of dedicated staff, our partners, our many dedicated volunteers and our sponsors. The Children's Summer Lunch Program is funded by the United States Department of Agriculture (USDA) and the California Department of Education (CDE). Additional sponsors for this summer included: First 5 Humboldt, Humboldt Area Foundation, Humboldt Sponsors, Mel & Grace McLean Foundation, North Coast Co-op, Patricia and William Smullin Foundation, St. Joseph Health System Humboldt County, and Union Labor Health Foundation.

The Children's Summer Lunch Program runs on a foundation of strong community support. We are only able to feed as many hungry children as we do with the participation of so many people dedicated to solving childhood hunger. Thank you to all of our partners who serve lunch. Thank you to those picking up coolers off the bus. Thank you to site partners who provide a welcoming place for families to gather. Thank you to all supporters for your donations. Thank you to the entire team for your hard work. Together, we are making a difference!

If you have any questions regarding this program, or would like to volunteer or donate next year, please contact Carrie Smith at (707) 445-3166 extension 309 or csmith@foodforpeople.org.



Welcome Ku! *Ku Furaha, joined Food for People in June as our summer lunch driver. He works hard delivering coolers filled with nutritious sack lunches every weekday to Summer Lunch Program sites all over Humboldt County. Ku's easy going attitude and enthusiasm make him an fantastic addition to the Food for People team.*

Advocacy Spotlight: Child Nutrition Reauthorization By Heidi McHugh, Community Education & Outreach Coordinator

This summer, advocates for childhood nutrition have had their eyes fixed on Washington D.C. as the Healthy, Hunger-Free Kids Act of 2010 is due for reauthorization by September 30, 2015. This is a big deal for our nation's children and families - especially those struggling to make ends meet. The Childhood Nutrition and WIC Reauthorization (CNR) will review, and potentially alter, the regulations and funding for the National School Lunch, School Breakfast, After-School Snack, Child and Adult Care Food (CACFP), and Women Infants and Children (WIC) Programs. All will be reviewed by Congress. These programs play a critical role in ensuring that low-income children have access to the nutritious foods they need to grow and to learn.

In addition to reauthorizing the existing programs, the CNR is also a time when Congressional representatives can introduce new bills to further fill in the gaps that keep our nation's youth from getting adequate nutrition. The most promising bill to be introduced this year is a bipartisan effort to help families who utilize free and reduced-price breakfast and lunch get through the summers with enough food to feed their children: The Stop Summer Hunger Act of 2015. This bipartisan bill would provide \$30 per month, per child,

to spend on food during the summer months. These benefits will be loaded onto an Electronic Benefits Transfer (EBT) card, similar to Supplemental Nutrition Assistance Program (SNAP, CalFresh in California) benefits. Advocates are pushing hard for the passage of this bill, as this will offer families a flexible and dignified solution to the summer meal gap.

Another bill introduced, The Summer Meals Act of 2015, proposes changes to the Summer Lunch Program. Summer Lunch Programs offer free lunch to children ages 18 and under at qualifying locations. Currently, a community-based organization, like Food for People, qualifies as a summer lunch provider if 49% of children in the surrounding community qualify for free or reduced-price lunch. The Summer Meals Act will lower the community qualification standard to 40%, thus giving communities the opportunity to expand this service. The meals must be consumed on site, which creates a barrier for busy families who might benefit from being able to pick up a sack lunch to go. According to the Food Research and Action Center, only 1 in 6 children who eat school lunch are eating summer meals. The California Food Policy Advocates' Humboldt County Nutrition Profile states that only 18% of local children who receive free meals when school is in session are accessing Summer Lunch.

Unfortunately, the Summer Meals Act of 2015 does not remove the barrier of having to eat the meal on site.

The Summer Meals Act of 2015 does propose a change that Food for People welcomes: an increase in the reimbursement rate for rural communities that serve summer meals. Food for People coordinates Summer Lunch for 21 sites throughout Humboldt County. The federal reimbursement rate for these meals is the same whether the sites are 1 or 200 miles away from the distribution hub - meaning organizations like Food for People are responsible for transportation costs. Thanks to the generosity of UPS and Humboldt Transit Authority, Food for People has been able to piggyback coolers of lunches to our meal sites on their established routes. If not for their kindness, the food bank would have to fund this expense. The acknowledgement of the burden of transportation within the CNR is welcome.

A third bill that was introduced, the Access to

Healthy Food for Young Children Act of 2015, will give preschools and daycare providers the chance to offer more meals and healthier foods to toddlers and preschoolers through increased reimbursement rates and streamlined paperwork. Access to healthy foods can make a lifetime of difference for children of this age group, as it directly affects cognitive development at this stage.

Of concern for childhood nutrition advocates in the CNR is the protection of school meal nutrition standards introduced in 2012. These new standards increased the amounts of fresh fruits and vegetables

served, reduced trans-fats and sodium levels, and replaced refined grains with whole grains. In 2012, more than one-third of U.S. children were overweight or obese, which prompted these needed changes in school nutrition. However some in Congress are fighting back against these changes for a variety of reasons, including that schools can't keep up with these standards and that the kids simply won't eat the healthier foods. The new standards have already been rolled back by Congressional amendments, and advocates are prepared to defend these standards during the CNR. 🐾



Above: Humboldt Fog Dogs Motorcycle Club presents Food for People with a check for \$9,115. Pictured Left to right: Rosa Reed; Neal Reed; Wade Smith; Anne Holcomb, Executive Director of Food for People; Fog Dogs President Greg Harris; Kelly Harris; Rebecca Williams; Jeff Emery and Gina Emery. Below: The Fog Dogs Pool Tournament in action, at E & O Bowl in Blue Lake.

Fog Dogs Motorcycle Club Raises More Than \$9,100 for Child Nutrition!

By: Carly Robbins, Fund Development Director

The Humboldt County Fog Dogs are a local group of friends who enjoy owning and riding motorcycles. They come together not only for mutual support and camaraderie, but also to support local non-profit organizations that benefit our community. Their goal is to promote a positive image of motorcycling, and they certainly live up to it!

May 16th marked the 12th Annual Pool Tournament presented by the Humboldt County Fog Dogs. Each year, the Fog Dogs pick a different non-profit as the beneficiary of their annual Pool Tournament fundraiser, and this year, they generously chose Food for People's Backpacks for Kids Program! Local businesses donated merchandise and cash for a raffle, and donations



were collected at Blue Lake Casino for the entire month of May. This year's Pool Tournament raised more than \$9,100 for Backpacks for Kids, helping to ensure that local students considered at risk of hunger will get a bag full of nutritious food every weekend for the whole school year. 🐾

CHILD FOOD INSECURITY

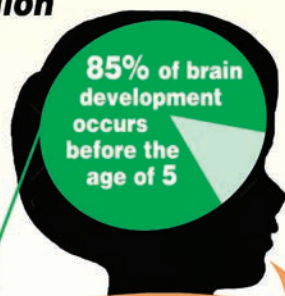
Not having nutritious food can have serious implications for a child's physical & mental health, academic achievement and future economic prosperity.



1 in 6 children suffer from **FOOD INSECURITY**

Nearly 16 million children face hunger in the US today.

More than **3.5 million** of the children served by the Feeding America chain of food banks are ages 5 and under.



WHAT IS FOOD INSECURITY?

"consistent limited access to adequate food by a lack of money and other resources."

Know Your Farmer: John Severn of Little River Farm

By Laura Hughes, Local Food Resources Coordinator

Little River Farm is a small, yet remarkably productive farming operation, situated on just 3.5 acres a short jaunt down Ole Hanson Road in the Freshwater area. The farm specializes in salad mixes, all comprised of micro (baby) greens. About 1.5 acres of the property is in production, but don't let that number fool you - with four full greenhouses and several smaller hoop houses, this intensively cultivated farm produces a staggering variety of delicious specialty mixes, including up to 200 different varieties of greens that change year round. From familiar items like spinach, kale, arugula and various lettuces, to more novel and exotic varieties of greens like purslane, watercress, pea shoots and edible flowers, Little River Farm has something for everyone.

Little River Farm regularly offers extra greens to Food for People, and this year alone has already donated over 1,500 pounds of lettuce, kale, chard, mustard greens, beet greens and arugula. Farmer John Severn invites our gleaners out to harvest whole beds of greens once they are no longer in their "baby" stage and the beds need to be tilled in and replanted. When the farm produces more than they can sell, John also donates prime produce that has already been harvested, making it easy to pick up and distribute to our friends and neighbors in need.

On the way back from a recent gleaner trip, I had the opportunity to talk with John during his lunch break and hear about how he got started. John became a dad at the age of 19, and he knew he had to work to support his son, but

didn't want to sell his soul to do it. He tried a few odd jobs like construction before ending up as a farm laborer, working for two farmers: Craig Lord and Blake Richard. John started working with Craig Lord, who originally farmed Redwood Roots Farm off Jacoby Creek Road in Bayside, before moving the operation to Blue Lake, where it became G Farm. Around this time, he also began working for Blake at Wild Rose Farm in Blue Lake, just down the road from G Farm. But farm work is notoriously seasonal and variable, and John found himself at the age of 23 with a 4-year-old son, desperate for a job, with both farmers running out of work. With nothing to lose, he started his own farm in 1999, renting an acre in Blue Lake while still working for Blake.

John was looking for a market niche for crops that could be grown and sold year round, not just during the summer months. Blake had been doing salad mixes for the Co-op and Wildberries up to that point, but was shifting his production focus, and so suggested to John that salad mixes could also be done during the winter. It wouldn't be easy, but it could be done. So John lived on the farm in a trailer he acquired for free and put a wood stove in it. He had no refrigerator or bathroom. He had his son Jasper half-time and no facilities, so he got a Healthsport membership to meet those needs. John learned to live on \$2 a day, including propane, and ate dehydrated food. He sold all his salad mix and didn't keep any for himself, as he was determined to put all his income back into the farm. In those early days, John

was working 90-hour weeks when he didn't have Jasper, waking up at 6:30 am to work, and staying up often until midnight under lights sorting greens. During the weeks he did have Jasper, he had to modify his work schedule, noting it was very complicated. "All for about 35 pounds a day, was my day's harvest. Now I can cut in a few hours, and do the same amount of work. It was just really hard and really grassy, and I was learning. It was kind of a gnarly start."

John spent about five years in Blue Lake. When John married his wife Karen, they spent every penny they could to buy raw land on Ole Hanson Road, and started all over. Karen was going to school at the time, and they had a son, Mathias. Karen was an 'A' student - and had grants - so she didn't need to borrow for school, but they borrowed the maximum anyway, to support the farm. John recalls that at first they didn't even own a tractor, and over time he put in power, water and the infrastructure himself, all with no money to speak of. John remarks that the start was really tough, but the last 5 years have gotten incredibly better, so that now he's able to give back, which he loves. Little River Farm has been in its current location for 11 years, and John reflects, "this place is the pay for me."

Little River Farm currently employs six workers, and sells salad mixes primarily to the Co-Op, Wildberries, and about 30 restaurants, as well as a few retail outlets and farmers' markets.

In addition to these markets, Little River Farm participates in our



John Severn & son Jasper at the Little River Farm booth at the Arcata Farmers Market. Behind, Nate sells a variety of fresh Little River Farm greens.

DHHS local produce purchasing program, selling us spring mix and mustard greens to be distributed through our Mobile Produce Pantry sites. When I asked John what motivates him to work with the food bank and donate so much, he describes how good it feels knowing that he's directly helping and improving other people's lives. He says, "I think the whole point of choosing farming in the first place was to make a living - an honest, pure, good living, and to benefit by helping people out. It's awesome. It feels great. It's easy working with the food bank, because you guys do the hard part of bringing it to the people. I would rather donate locally than sell my produce out of the area, so it is truly all about community." He went on to make connections between healthy food and healthy populations, noting that with good nutrition people tend to be less violent. By donating produce, "We're directly making this place better."

When thinking about the future direction of his farm, John remarks that the hard part has already been done. He's learned a lot, and made

every mistake along the way, and now that he's gotten a little bit further along, it's getting better all the time. However, there are still lots of needs. He would love a better washing facility, and more infrastructure, but he's working on it. The nature of his crops is a challenge as well, because greens are so perishable, and he has to plant every day to keep up or they'll run out, so the labor is intensive, but getting easier. John describes his next big goal of forging a strong enough business to create real living wage jobs for himself and his workers. "That's the one thing I'd love to change most. That we could be so efficient without needing to charge too much, and could create great jobs. And hopefully I could start to get a little freedom myself too." He says the farm is doing better than ever - and every season things keep improving.

John expresses his thanks to the food bank. He comments, "It's really cool that we have a community that supports the food bank, so that we in turn can bring food to people. It's very disheartening seeing so much homelessness, drug problems, and violence, and I think it takes all of us to directly make things better, and not just ignore it or criticize it. I love this place, and I'm happy to give it a try to improve it." Thank you John for your thoughtfulness, hard work and perseverance, and for being part of the solution. ♡



Left: Gleaning Volunteer Casandra Kelly harvests greens at Little River Farm. Right: 10 year old Mathias Severn picked 90 lbs of produce to donate to Food for People.

September is Hunger Action Month

Continued from page 1

the nation in calling upon our local communities to take action against hunger through the “30 Ways in 30 Days” campaign. This is a series of activities designed to raise awareness of hunger and inspire people to participate in a diversity of activities. It’s as easy as one through thirty. Be a voice for hunger this September, and find your own way to fight hunger in Humboldt County. Whether by advocating and raising awareness, making a donation or giving of your time and energy, find the way that’s right for you to make a difference.



Join Food for People & Take the Hunger Action Challenge SEPTEMBER 2015 - 30 Ways in 30 Days



**Congressman
Jared Huffman**

9/1. “Like” Food for People, Inc on Facebook at www.facebook.com/FoodforPeopleInc.

9/2. Go to Mad River Brewery in Blue Lake at 6:30 PM for Pints for Non-Profits and listen to the music of Kingfoot. \$1 of every pint sold will go to Food for People.

9/3. *Hunger Action Day!* Wear orange and replace your Facebook profile with “Turn Orange for Hunger Relief,” available on our Facebook page.

9/4 On facebook, share how #HungerHurts you. Post a selfie with your #HungerHurts statement. Tag Food for People in your post!

9/5. Watch the 2013 documentary about hunger in America, *A Place at the Table*. Available on Netflix.

9/6. Attend the CSA Farm Open House to learn more about local food production. 4 of the 7 featured farmers accept EBT at their farms. Call (707) 826-0233 for more information.

9/7. *Labor Day*. Resolve to make better eating choices-for your health and the health of the planet- and share your resolution on your Facebook page!

9/8. Volunteer as a delivery driver for our Senior Brown Bag program which provides a monthly bag of groceries for up to 400 low-income seniors age 60 or older. To sign up call 707-445-3166. Ask for Nick.

9/9. Write a letter to a newspaper editor about Hunger Action Month or another hunger-related issue that your community could address.

9/10. Follow Food for People on Twitter. www.twitter.com/FoodforPeople.

9/11. Organize a brownbag lunch with co-workers and donate your lunch money to the food bank.

9/12. Do you know someone with fruit trees or extra garden produce who might want to donate the surplus to us? Tell them about our Gleaning Program! For info call 707-445-3166. Ask for Laura.

9/13. Enjoy softball, food and fun at the Lost Coast Rotaract’s Smash Out Hunger Softball Tournament, @ Redwood Fields at 10am. Benefiting the Backpacks for Kids Program.

9/14. Make coffee at home for a week and donate what you would have spent at a coffee shop to the food bank.

9/15. Vote your values! Register to vote or encourage others to register. You can register online at www.registertovote.ca.gov/.

9/16. Share a hunger fact as your status update on facebook & twitter. Find some ideas & facts in the Hunger Education section of our website.

9/17. Attend the screening of *FRESH*, a documentary celebrating the people across America who are reinventing our food system. 7:00 PM @ Arcata Theatre Lounge.

9/18. Organize a “Hunger 101” session for your peers or workplace. Call us for more ideas! 707-445-3166. Ask for Heidi.

9/19. Support your local Farmer’s Market! Most also accept CalFresh for food, plants, and seeds that produce food.

9/20. Follow a new organization on Facebook to stay in the know about food insecurity issues and advocacy. Try TalkPoverty or California Center for Public Health Advocacy.

9/21. Volunteer at Food for People! Volunteer Orientation every Monday at 2:30pm. Learn more and start the application process on our website.

9/22. Organize a Tuna Tuesday Food Drive at your workplace, club, or church and donate the proceeds to the food bank. Protein is always much-needed at food banks.

9/23. Attend the Humboldt Food Policy Council Meeting to learn about how to increase access to local produce for low-income populations in our area.

9/24. Donate 15 nonperishable food items to Food for People.

9/25. View food insecurity stats for every state as well as Humboldt County at Map the Meal Gap: www.map.feedingamerica.org/.

9/26. Become a #HungerHero. On facebook, share how you fight hunger in the community #HungerHurts. Tag Food for People in your post!

9/27. Talk about hunger & related issues with kids. Find a list of children’s books at www.letsassothemoon.com/2012/09/13/book-on-hunger/.

9/28. CalFresh is a nutrition assistance program helping people buy healthy food. Do you know what the income guidelines are for CalFresh? To find out visit www.foodforpeople.org/programs/calfresh-outreach.

9/29. Donate a grocery store gift card to the food bank. We’ll use it to purchase most-needed nonperishable foods for the food bank.

9/30. Visit Food for People’s program page and learn about our 14 food programs that address food insecurity in Humboldt County. www.foodforpeople.org/programs.



#HUNGERHEROES



Share how you help fight hunger in our community

Food for People, Inc.

Cooking at Summer Camp with the Boys & Girls Club

By Cassandra Culps, Nutrition Education Coordinator



Thanks to a special grant from Locally Delicious, Food for People is having a greater impact on food insecurity and access to fruits and vegetables in one of Humboldt County's most vulnerable populations: children. In partnership with the Loleta Community Resource Center and the Loleta Boys and Girls Club, Food for People led a weekly cooking class for 8 summer camp attendees this season. Each week, a new rotation of 8 students joined the hands-on cooking class. In keeping with the grant guidelines, a local vegetable or protein was the star of each dish. The first class featured local, organic cilantro from Rain Frog Farm in Blue Lake. Students blended the cilantro with chickpeas, limes, garlic and olive oil to create a delicious and fragrant Cilantro Lime Hummus. They spread the hummus on crackers and added various vegetables on top to create Plant Part Art. Student's learned about the different plant parts that we eat along with the beneficial vitamins and minerals contained in the plants. As the children ate their creations, we enjoyed several table topics of discussion: gardening, family, and their favorite vegetables. Each student went home with a bunch of cilantro, two cans of chickpeas, a recipe, and they were filled with excitement about recreating this dish with their families! 🌱



Local children make healthy delicious, and decorative snacks with fresh "Locally Delicious" produce during a cooking class with the Boys and Girls Club at the Loleta Community Resource Center, taught by our Nutrition Education Coordinator, Cassandra Culps.



Cilantro Lime Hummus

Ingredients:

- 1 can garbanzo beans, rinsed and drained (You can substitute any beans you have on hand)
- 2 tablespoons olive oil
- 1 to 2 tablespoons water, depending on desired texture
- 2 cloves garlic, minced
- 1 cup chopped cilantro
- juice of 2 limes
- salt and pepper to taste
- dash of cumin and chili powder (alter amount to taste)

Directions:

Place all ingredients in a food processor or blender and blend until smooth. Store in an air-tight container for up to one



week. Serve with fresh vegetables like carrot sticks, sugar snap peas, celery, cucumbers, tomatoes, and bell pepper slices. 🌱

Grocery Outlet's Independence from Hunger Food Drive Benefits Food for People!

By Carly Robbins, Fund Development Director



Left: the Independence from Hunger Kick-off at Grocery Outlet. Right: a pre-made \$10 organic food donation bag.

Food for People would like to thank Grocery Outlet for its work to help fight hunger in Humboldt County! Hunger is a reality for 1 in 6 Americans. Each July, Grocery Outlet holds their Independence from Hunger campaign, a month-long effort, through which they ask customers to help Humboldt County residents who are facing food insecurity by donating food or funds to support the work of Food for People.

Grocery Outlet, at 625 Commercial Street in Eureka, is locally owned and operated by Mike and Mary Barber, and they have long been vital partners in the fight against hunger in our

community. Each year Grocery Outlet puts together pre-made bags with food items that are most in need at the food bank – specifically proteins. Customers can purchase these bags and place them in a food drive bin to donate directly to Food for People. This year, Mary went above and beyond, putting together two separate pre-made bags: a \$5 bag full of protein items, and a \$10 bag made up of organic items. In addition she organized an amazing kick-off event to get the month-long food drive started.

The summer months are the busiest time of year at the food bank, and we see increased need

in our pantries, as families with children, who normally depend on school meals, must find new ways to fill hungry stomachs. The donations collected through the Independence from Hunger food drive will help us get through this time and make sure our neighbors in Humboldt County have enough to eat. Food for People could not be more grateful for the ongoing support of Grocery Outlet. Many thanks go to Mary and Mike, who generously and enthusiastically support our hunger relief efforts for the many in need in our community. We cannot say enough about their caring hearts and their ongoing support! 🌱



Mobile Produce Pantry Coordinator Ben Allen drives to locations throughout Humboldt County each month to set up free farm stand-style produce distributions. Pictured: Excited Humboldt County residents enjoy the fresh free produce available during Mobile Produce Pantry distributions in Trinidad, Orick, & Fortuna.

Mobile Produce Pantry Update

By Ben Allen, Mobile Produce Pantry Coordinator

The summer months offer an abundance of produce for the Mobile Produce Pantry, much of which is locally grown and organic. Besides purchased items, the program also benefits from produce harvested by Food for People staff and volunteers, as well as donations from local farmers and community members.

The response from clients has been overwhelmingly positive regarding the variety and quality of produce offered this season. Artichokes, squash, broccoli and carrots are among the more popular vegetables, all of which are grown locally. Clients enjoy hearing about the location of the farms where their produce originates and appreciate that regional farms are being supported. It is often the case that the fresh fruits and vegetables are grown not far from the sites of the produce distributions. This is especially true for the communities of Willow Creek and Hoopa.

The Mobile Produce Pantry began in 2012. The program works on a monthly schedule, distributing fruits and vegetables to areas throughout Humboldt County. Many of these communities are

isolated, and regular access to fresh produce is very limited.

We drive a refrigerated Isuzu truck (nicknamed "Izzy") to the distribution locations, focusing on communities with high need and limited resources. We set up much like a farm stand and provide nutritious, fresh produce to our clients right in their communities.

The program partners with the Humboldt County Department of Health and Human Services (DHHS) and their Mobile Engagement Vehicle (MEV). The

MEV makes County programs available to clients who would otherwise have to travel long distances in order to access them. The Mobile Produce Pantry and MEV synchronize their monthly site visits to provide residents with easy access to all of the services in one stop.

Food for People provides outreach staff at distributions for information as well as assistance with applying for CalFresh. CalFresh is a nutrition assistance program that helps households stretch their food

budgets and purchase healthy foods from stores and farmer's markets. Our Nutrition Education Coordinator visits sites, providing samples and recipes utilizing the produce provided by the Mobile Produce Pantry. Clients enjoy samples while learning about the nutritional value and creative ways of preparing the fresh produce they receive.

More information, including a detailed schedule for the Mobile Produce Pantry, is available on our website: <http://www.foodforpeople.org/programs/mobile-produce-pantry>.



Rain or snow, our refrigerated Isuzu truck "Izzy" travels to communities large & small all over Humboldt County year round to distribute fresh fruits & vegetables.

SEPTEMBER 2nd Pints for Non-Profits



101 Taylor Way, Blue Lake, CA 95525
www.madriverbrewing.com

Come enjoy a fresh pint of beer (or two, or three!)
\$1 from every pint sold the entire day
will go to Food for People.

6pm Live music by KINGFOOT



Volunteer Spotlight: Bruce R. Wayne

By: Marta Rivas, Volunteer & Direct Services Coordinator



and he now finds volunteering at Food for People is a fulfilling way to touch the lives of people that need it most. Bruce commented that as a lawyer, at times cases and trials were stressful and high pressure. Here it is simple: We open our pantry to feed hungry people in our community every day. It requires a lot of volunteer hours to process thousands of pounds of fruits, vegetables, and pallets of non-perishable foods, meat, milk and anything a grocery store would have. But it is simple, in essence. Bruce added that he is reinventing himself with a new physical mindset in our pantry and warehouse, after years in the courtroom. "Once you step into Food for People, you enter a physical job, like when I work sorting a bin of carrots in the warehouse or walk with clients as a shopper's helper." He noted that it is rewarding to learn different sets of skills, meet other volunteers, and accomplish the goals of the day. Bruce told us that although he only recently began volunteering, he likes the energy it gives him, and he finds Food for People to be a very efficient organization. He explained further that volunteers are integrated into the operations very well, and it is nice to be a part of the organization's mission. When asked about the most rewarding aspects of volunteering at Food for People, Bruce said "It is very satisfying to be a direct connection for people that need this service to survive. It is a hands on operation, and I am glad I am doing it." He encourages other retirees to try it too. 🐾

Food for People volunteer, Bruce R. Wayne moved to Humboldt in 2006, thinking about retirement, but not quite ready for it. He spent the last nine years going back and forth to manage his own private law practice in San Diego, and finally retired last year. As he began retirement, Bruce found himself wanting to grow in new ways and began volunteering. It has been a new way of defining himself and keeping himself active. The nice thing about being retired is that he can choose to give his time to organizations he cares about. He thinks that the best way to have an impact is to directly serve those who are in need. Bruce had been a donor to the food bank for many years,

Gleaning & Plant A Row Update

Continued from page 4

the weekly leftovers from their CSA produce distributions we regularly collect.

In addition to these generous donations from farmers, local residents have been similarly busy with the bounty of the season, bringing in hundreds of pounds of produce per week from their own gardens and fruit trees. A few regular donors deliver freshly harvested garden goodies frequently throughout the week, at the peak of freshness. Several fruit tree donors have also called to request volunteer assistance harvesting their plums, pears and apples to be donated to our friends and neighbors in need. We coordinate volunteers, bring the Food for People van full of ladders and crates, and harvest the fruit, which is then sorted and put directly in our pantries for distribution where folks can take what they need for their families. Dozens of volunteers have given several hundred hours of their valuable time to help harvest all of this produce throughout the county. We simply could not do it without their help!

It's not too late to get involved with our Gleaning Program this year. The harvest season continues at full tilt through October, at least, and we're always looking for more volunteers to help out. Food for People also accepts produce donations all year long, so consider planting a winter garden to supplement what we're able to offer during the leaner months, when produce donations are lowest. We welcome additional ideas and forms of support as well, so just give us a call or send an



Volunteer Alicia Abrego gleans plums from a local resident's fruit trees.

email. We'd love to hear from you.

Through the hard work and generosity of our local community, we have been fortunate enough to distribute tens of thousands of pounds of locally-sourced fruits and vegetables which would not otherwise be available to the people we serve and would likely go to waste. As most of us are aware, fresh produce is a critical part of a healthy diet, providing essential vitamins and minerals our bodies need to stay healthy, but it is one of the first things to be

cut from the budget when money is tight. Food for People's Gleaning Program therefore helps bridge the gap between nutritious food needs and abundant local food sources, and we at Food for People are ever grateful to all the farmers, gardeners and volunteers who support this program and help it thrive. Thank you for being part of the solution, and happy harvesting!

For more information contact Laura Hughes at (707) 445-3166 ext. 313 or email lhughes@foodforpeople.org. 🐾

Food for People Wish List

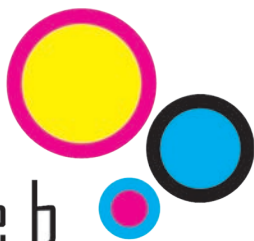
Our goal of giving everything back to the community can be challenging and sometimes we go without. Can you help with any of the following items? Gifts have a tax deduction value.
(*Contact us for details.)

Carpet Sweeper - Shop Vac
Electric Cordless Drill
Chairs or bench for reception area*
Help us buy a delivery van*

A special thanks to our printer!

Our newsletter is printed on 100% recycled paper using soy inks. All paper waste generated in the process of printing is sent directly back to the paper mill for recycling.

western web
www.western-web.net - 707.444.6236



I want to become a volunteer at Food for People!

Call 707-445-3166 or email volunteer@foodforpeople.org.

Or fill out and send in:

Name: _____

Address: _____

City, State, Zip: _____

Please have someone contact me:

Phone: _____

Email: _____

Clip and mail to: Food for People, 307 W 14th St., Eureka, CA 95501