



Food for People

The Food Bank for Humboldt County

Food Notes

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

August 2017

HUNGER ACTION MONTH



Local student, Ari, shares what she can do with a Full Plate.

September is Hunger Action Month - a month where we stand together and speak with one voice. It's a month to spread the word about the hunger crisis nationally, as well as here in Humboldt County, and dedicate ourselves to a solution. Will you join in?

According to Feeding America, more than 48 million Americans nationwide were food insecure in 2014. In Humboldt County, more than 24,000 residents (18% of adults and 27% of children) reported not knowing where their next meal was coming from at some time that year.

In an area with an ever-increasing cost of living, having

to choose between rent, healthcare, transportation, and food is a daily experience for too many of our neighbors. In the fall of 2014, Food for People worked with the California Center for Rural Policy (CCRP) to survey clients at 15 pantry sites throughout Humboldt County for the Humboldt Food Access & Pantry Services Report, with generous support from St. Joseph Health System. When asked to describe their level of food insecurity, 56% of clients reported having very high food insecurity, which means they had missed multiple meals and generally had lower food intake because they could not afford to eat. For this reason, it is more important than

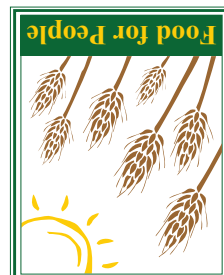
ever to spark awareness around hunger.

Join Food for People in encouraging our community to take action with the "30 Ways in 30 Days" calendar of activities for Hunger Action Month, which can be found on page 5 of this newsletter. It includes ideas like the #FullPlate selfie challenge where you can share a photo with the statement "With a Full Plate I can ..." to promote what is possible when we are all well fed. We will also post activities and events daily on Food for People's Facebook page www.facebook.com/FoodforPeopleInc.

- By Carly Robbins, Development Director
crobbs@foodforpeople.org

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
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Eureka CA 95501
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www.foodforpeople.org

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FOOD FOR PEOPLE DISTRIBUTIONS & EVENTS SEPTEMBER 2017

***The Backpacks for Kids, weekend hunger relief program,** begins the first week of October and runs throughout the school year.

***Food for People's Congregate Meals Site Partners:** Mateel Meals, North Coast Veterans Resource Center, & St. Vincent de Paul.

***The Height of the Gleaning Season is May – October:**

Contact us at gleaning@foodforpeople.org if you are interested in donating extra produce from your garden, or would like to volunteer to help us harvest extra produce from local farms and orchards.

***Senior/Homebound Deliveries** are made throughout the month in areas throughout Humboldt County.

***Garberville Pantry:** Due to the fire at the Garberville Presbyterian Church regular distributions are on hold. Special mobile distributions are currently being held in front of the church on the 3rd Wednesday of the month from 2-4 pm.



Wayne smiles as he stops by the Mobile Produce Pantry distribution in Weitchpec.

SUN	MON	TUES	WED	THURS	FRI	SAT
Eureka Choice Pantry Countywide Pantry Network Senior Brown Bag Mobile Produce Pantry Seasonal Produce Markets Special Events For locations, times, or more information visit: www.foodforpeople.org.					1 Eureka Choice Pantry. -Fortuna Pantry. -Hupa FRC Pantry. -McKinleyville FRC Pantry.	2
3	4 Volunteer Orientation. -Fortuna St. Joseph Pantry. -Hupa FRC Pantry.	5 Eureka Choice Pantry. -Hupa FRC Pantry. -McKinleyville FRC Pantry.	6 Eureka Choice Pantry. -Arcata Trinity Baptist Pantry. -Fortuna St. Joseph Pantry. -Hupa FRC Pantry. Fortuna Mobile Produce Pantry.	7 Eureka Choice Pantry. -Willow Creek CRC Pantry. -Hupa FRC Pantry. Eureka Senior Bag Distribution. Trinidad Mobile Produce Pantry.	8 Eureka Choice Pantry. -Fortuna St. Joseph Pantry. -Hupa FRC Pantry. -McKinleyville FRC Pantry. Bridgeville Senior Bag Distribution.	9 2nd Saturday Volunteer Day.
10 North Bay Rotaract's 5K Color Fun Run in Blue Lake.	11 Volunteer Orientation. -Fortuna St. Joseph Pantry. -Hupa FRC Pantry.	12 Eureka Choice Pantry. -Hupa FRC Pantry. -McKinleyville FRC Pantry. Fortuna Senior Bag Distribution. Free Produce Markets: Garberville & Redway.	13 Eureka Choice Pantry. -Arcata Trinity Baptist Pantry. -Fortuna St. Joseph Pantry. -Hupa FRC Pantry. Rio Dell Mobile Produce Pantry.	14 Eureka Choice Pantry. -Willow Creek CRC Pantry. -Hupa FRC Pantry. Orleans Mobile Produce Pantry. -Rio Dell Senior Bag Distribution. -Garberville Senior Bag Distribution.	15 Eureka Choice Pantry. -Fortuna St. Joseph Pantry. -Distribution. -Hupa FRC Pantry. -McKinleyville FRC Pantry.	16
17	18 Volunteer Orientation. -Fortuna St. Joseph Pantry. -Hupa FRC Pantry.	19 Eureka Choice Pantry. -Hupa FRC Pantry. -McKinleyville FRC Pantry. -Trinidad Senior Bag Distribution. -Weitchpec Senior Bags Shipped. Weitchpec Mobile Produce Pantry.	20 Eureka Choice Pantry. -Arcata Trinity Baptist Pantry. -Eureka Senior Resource Center Pantry. -Fortuna St. Joseph Pantry. -Hupa FRC Pantry. -Trinidad Lions Club Pantry. Willow Creek & Hoopa Senior Bags Shipped Willow Creek Mobile Produce Pantry. Free Produce Market in Fortuna.	21 Eureka Choice Pantry. -Arcata Senior Pantry. -Blue Lake CRC Pantry. -Ferndale Church Pantry. -Hupa FRC Pantry. -Loleta Church Pantry. -Orick CRC Pantry. -Scotia Pantry. -Willow Creek CRC Pantry. McKinleyville Senior Bag Distribution. Orick Mobile Produce Pantry. Free Produce Market at Food for People.	22 Eureka Choice Pantry. -Bridgeville CRC Pantry. -Fortuna St. Joseph Pantry. -Hupa FRC Pantry. -McKinleyville FRC Pantry.	23 Watch "Locally Grown: America's Food Revolution" Minor Theatre - 7 pm. Benefit for Locally Delicious.
24	25 Volunteer Orientation. -Fortuna St. Joseph Pantry. -Hupa FRC Pantry.	26 Eureka Choice Pantry. -Dinsmore CRC Pantry. -Hupa FRC Pantry. -McKinleyville FRC Pantry. -Arcata Senior Bag Distribution. -Manila Senior Bags Shipped	27 Eureka Choice Pantry. -Arcata Trinity Baptist Pantry. -Fortuna St. Joseph Pantry. -Hupa FRC Pantry. Orleans Senior Bag Distribution Hoopa Mobile Produce Pantry.	28 Eureka Choice Pantry. -Hupa FRC Pantry. -Willow Creek CRC Pantry. Eureka Senior Bag Distribution at Silvercrest. Blue Lake Mobile Produce Pantry.	29 Eureka Choice Pantry. -Hupa FRC Pantry. -Fortuna St. Joseph Pantry. -McKinleyville FRC Pantry.	30

Notes from the Director

Fruits and Veggies and Summertime Treats

If you love fresh, locally grown food, this time of year is pure heaven in Humboldt County. The blueberries from my garden couldn't be any sweeter, although the sun gold cherry tomatoes are certainly a worthy rival. And I'm grateful that so far the birds haven't seemed to notice. I try to plant a variety of crops throughout the growing season as part of my effort to eat healthy foods that I've raised right in my own backyard, and I know many of you do the same. When we have the space and the time to do so, there is nothing more rewarding than watching the cycle of each crop unfold from seed to harvest.

That's why this issue is packed with stories about people who donate produce from their gardens through the "Plant a Row for the Hungry" campaign, the farmers who allow us to glean excess food from

their fields, and the free produce markets we sponsor countywide that draw people far and wide. It's all part of a local cycle that makes it possible for us to provide fresh, healthy foods for the households we serve. I can't tell you how rewarding it is to witness the excitement of a young child in our Choice Pantry when they learn that they'll be able to take home things like strawberries, plums, melons, or nectarines. More often than not, they are sampling their bounty before they've even left the building, with juice running down their chins and a big smile on their faces. Our seniors express the same excitement, albeit a bit differently, when they receive beautiful heads of lettuce, bunches of beets, freshly picked squash and other goodies from local farms, thanks to our Locally Delicious Food Fund. Some of these

items may remind them of the gardens they tended in their youth, while others are simply grateful for the fresh, healthy produce that is so critical for good health but so often unaffordable when you're on a tight budget.

Food for People is proud to be part of this "growing" effort to encourage healthier eating by ensuring ready access to fresh fruits and veggies. Last year, 36% of the food we distributed was fresh produce thanks to programs like the California Association of Food Banks' Farm to Family program, our Locally Delicious Food Fund, Plant a Row for the Hungry, County DHHS funding that helps our Mobile Produce Pantry reach low-income households in the outlying areas, and produce gleaned from local farms and farmers' markets. We also encourage our clients to sign up for CalFresh to increase their buying power at local stores and at farmers' markets that offer the Market Match program, which matches up to \$10 in CalFresh benefits each time they visit the farmers' market. And one very cool feature of the CalFresh program, if you have the space and the inclination to grow some of your own food, is that you can also use your benefits



to purchase fruit and vegetable starts and seeds.

As you can see, it is a patchwork of resources that help make it possible for us to provide consistent access to fresh produce – the backyard gardeners who share their bounty, local farmers, individual donors who support the Locally Delicious Food Fund and St. Joseph Health, which provides funding for the seasonal, free farmers' markets we hold at four locations throughout the county from May through October. We are grateful to each of our partners for their contributions and for our shared commitment to creating a healthier community for all. It's an ongoing effort that benefits each of us in very tangible ways, building a local food system that reflects the values of our community.

With Gratitude,

- Anne Holcomb,
Executive Director
aholcomb@foodforpeople.org



Volunteers set up a Free Produce Market at Food for People in Eureka.

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Local Food Resources Intern

Children's Summer Lunch Program Reaching Kids Across the County



Left: Staff and volunteers from the Tribal Education Office in Hoopa set up a satellite Children's Free Summer Lunch site to reach children in the Hoopa area. Above: Children enjoy a boxed lunch during a Children's Summer Lunch distribution at Camp Cooper in Eureka.

The town of Hoopa, located on the Hoopa Valley Tribal Reservation in Northeastern Humboldt, suffered a devastating loss in June of last year, when it's only grocery store closed unexpectedly. Since then, the region has been under a lot of stress to maintain optimism and sustainability, which at times can feel overwhelming.

In summer 2016, Food for People's Summer Lunch Program was able to start a new site at the very last minute in response to the grocery store closure. This program distributes free nutritious lunches for children 18 and younger. The site got off to a good start at its

location at the Hoopa Tribal Education office in town, which is close to the park and some summer recreation programs. But the Education Director, Erika Chase, knew they weren't reaching the majority of children that could benefit from these meals.

So this year they came up with a different plan. Erika, with the help of her staff and volunteers, are trying out a new mobile lunch delivery Monday thru Thursday. Each day lunches are dropped off by Food for People staff to UPS in Eureka, who delivers the meals to the Tribal Education Office in Hoopa. Staff and volunteers there pack an SUV with

coolers full of lunches and milk, a table, and signs and drive around to three separate tribal housing communities. They stop at each "site" for 20 minutes, feeding the children who are waiting for their arrival. They do this all while still serving lunches at the Tribal Education office, where combined, they have been reaching an average of 80 kids per day.

In addition to Hoopa, we have been serving an average of 375 well-balanced lunches daily to an additional 21 sites throughout Humboldt County. This would not be possible without our dedicated Summer Lunch Driver Bryna, who delivers lunches to local sites, in addition

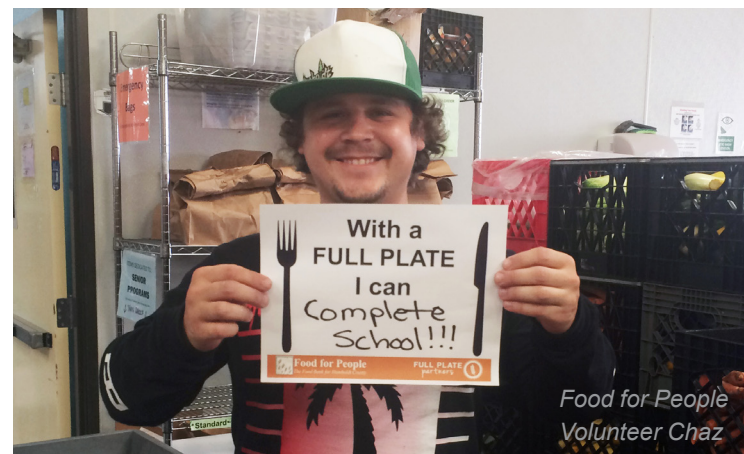
to UPS, and Humboldt Transit Authority, who assist by making deliveries to outlying areas of Humboldt. The success of the program also relies on the help of dedicated staff, community partners, and our many committed volunteers!

The Children's Summer Lunch Program is funded by the United States Department of Agriculture (USDA) and the California Department of Education (CDE). The USDA and the CDE are equal opportunity providers and employers. Additional sponsors for the summer of 2017 include: Humboldt Area Foundation, Smullin Foundation, the Mel

and Grace McLean Foundation, St. Joseph Health Humboldt County, Union Labor Health Foundation, North Coast Co-op, Humboldt Sponsors, Humboldt Transit Authority, and the United Parcel Service.

If you have any questions regarding this program or where to find our Summer Lunch Program sites, please contact Carrie Smith at (707) 445-3166 extension 309 or visit www.foodforpeople.org.






- By Carrie Smith,
Child Nutrition Programs
Coordinator
csmith@foodforpeople.org



30 Ways in 30 Days to Take Action Against Hunger



FULL PLATE Giving Monthly to Food for People
partners www.foodforpeople.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h2>SEPTEMBER IS HUNGER ACTION MONTH</h2> <p>Donate Volunteer Advocate Take Action</p> <p>Join us and participate in the 30 Ways in 30 Days calendar to raise awareness about hunger - because no one should go hungry.</p>					<p>1. September is Hunger Action Month, a month where we stand together to spread the word about the hunger crisis, and dedicate ourselves to identifying a solution. Will you join us?</p>	<p>2. Like Food for People, Inc. on facebook.</p> 
<p>3. Follow @FoodforPeopleInc on Instagram for fun photos from Food for People's programs!</p> 	<p>4. (Labor Day) Share what you can do with a #FullPlate to promote what is possible when we are all well fed.</p>	<p>5. Sustaining members keep the food bank going. Consider becoming a Full Plate Partner.</p> 	<p>6. Visit Food for People's program page and learn about our 14 food programs that address food insecurity.</p>	<p>7. Write a letter to a newspaper editor about Hunger Action Month or another hunger-related issue.</p>	<p>8. September is also Local Food Month. Visit localfoodmonth.org to find out what people are doing to celebrate food and farming in Humboldt County.</p>	<p>9. VOLUNTEER at Food for People's 2nd Saturday Volunteer Day. Share a pic and use the hashtags #HungerAction #FoodforPeople.</p>
<p>10. Run for a cause at North Bay Rotaract's 3rd annual 5K Color Fun Run. Part of the proceeds will go to support Food for People!</p>	<p>11. VOLUNTEER at Food for People! Volunteer Orientations are held every Monday at 2:30 pm.</p>	<p>12. Make coffee at home for a week and DONATE what you would have spent at a coffee shop to the food bank.</p>	<p>13. Share a hunger fact use the hashtag #HungerAction. Find some ideas & facts in the Hunger Education section of our website.</p>	<p>14. Resolve to throw away less food. Food waste is a struggle for everyone. Visit the Nutrition Education page on our website for tips.</p>	<p>15. Organize a Food Drive at your workplace, club, or church and DONATE to Food for People.</p>	<p>16. Do you know someone with extra fruits and veggies who might want to donate the surplus? Tell them about our Gleaning Program!</p>
<p>17. Do you know what the income guidelines are for CalFresh? Visit our CalFresh page at foodforpeople.org to find out.</p> 	<p>18. Organize a "Hunger 101" session for your peers or workplace. Call Heidi at 707-445-3166 ext. 308</p>	<p>19. VOLUNTEER to deliver a bag of groceries to a low-income senior with our Senior Brown Bag program. To sign up call Zack at 707-445-3166 ext. 303.</p>	<p>20. Follow a new organization on Facebook to stay in the know about food insecurity issues. Try <i>TalkPoverty</i> or <i>California Center for Public Health Advocacy</i>.</p>	<p>21. With wholesale buying power and established relationships with farmers and stores, Food for People can take a \$1 and feed exponentially more people. DONATE today!</p>	<p>22. Check out Food for People's Nutrition Education page at www.foodforpeople.org for tips on eating healthy on a budget.</p>	<p>23. Watch "Locally Grown: America's Food Revolution" Minor Theatre - 7 pm. A local documentary about farmers who boost the local economy, protect the environment & provide food to people in need.</p>
<p>24. Did you know more than 50% of local Children qualify for free or reduced cost meals? Read what we are doing to fight childhood hunger on our website.</p>	<p>25. View food insecurity stats for every state as well as Humboldt County at Map the Meal Gap: map.feedingamerica.org/county/2014/overall</p>	<p>26. National Voter Registration Day. Vote To End Hunger! Register to vote or encourage others to register. Visit votetoendhunger.org.</p>	<p>27. Resolve to make better eating choices- for your health and the health of the planet- and share your resolution!</p>	<p>28. Follow Food for People Inc. on Twitter to keep up-to-date on Food for People news!</p> 	<p>29. The Food Stamp Act of 1977 turns 40! Learn more about the Supplemental Nutrition Assistance Program (SNAP) on the USDA website.</p>	<p>30. Support your local Farmer's Market! Most also accept CalFresh for food, plants, and seeds that produce food, and offer market match.</p>

Get to Know a Locally Delicious Produce Fund Farmer: Fields Forever

Thanks to the Locally Delicious Produce Fund, Food for People is receiving increasingly prolific amounts of nutritious produce as the summer harvest season commences. The team behind Locally Delicious (the cookbook and nonprofit organization) self-proclaimed as the “Heirloom Tomatoes,” have come together to “re-localize” food. One of the ways they accomplish this in Humboldt County is by equipping Food for People, the food bank for Humboldt County, with funds to contract with local farmers to grow fresh produce for food bank programs for the past seven years. In 2010, The Fund was seeded with \$3,000 donated by the “Heirloom Tomatoes” (the eight authors) of Locally Delicious: Recipes and Resources for Eating on the North Coast, which was matched by St. Joseph Hospital’s Community Benefit Department. The combined \$6,000 was used to set up contracts with six local farms to grow fresh produce for our Senior Brown Bag and Homebound Delivery Programs.

Connecting local farmers with Food for People for this project provides advance income for planning and planting for an unpredictable growing season, and in turn

supplies Food for People with fresh, local and typically organic produce. Recipients in the Senior Brown Bag and Homebound Delivery programs gain access to nutrient-dense foods necessary for preventing or treating food-related illnesses. Everyone wins — The farmers get an income boost early in the season, Food for People receives healthy food throughout the year, and program clients get access to fresh, gorgeous, just picked healthy food. Over the past seven years, the Locally Delicious Produce Fund has provided more than 73,000 pounds of fresh produce to Food for People’s program. This year, 2017, the Produce Fund has raised more than \$20,000 through the generous support of Locally Delicious, St. Joseph Health, the McLean Foundation, Redwood Capital Bank, and individual donors and has contracts with ten local farms to date.

A newly contracted farm, Fields Forever, is located in Dow’s Prairie in McKinleyville. Ben Kaplan-Good, a co-owner of Fields Forever, spoke with me a bit about his exchange with Food for People through the Locally Delicious Farmers Fund. He and his co-owner Alex Pepe collectively farm a variety of crops for the Senior Brown Bag and Homebound Delivery

Programs, including radishes, spinach, kale, cabbage, and squash! This is the first year they’ve participated with the Locally Delicious Produce Fund. Ben shared that he was ecstatic to be participating in the project — it provides him much needed income, and he gets to support an excellent cause. When asking him what inspires him about the program, his response was a cheerful “I want to make people feel full.”

“To be a part of the process of providing people in need with fresh, local, and organic produce is an absolute treat.”

- Ben Goodman, Fields Forever

Ben shared that his contract from the Locally Delicious Produce Fund Grant provides him with “the gratification of benefitting something bigger”. Ben told us that his greatest challenge as a small farmer has been balancing overproduction and underproduction. “I’ve learned that, with the support of the Food Bank, I’m able to aim



Alex Pepe and Ben Kaplan-Good owners of Fields Forever.

toward overproduction and know that there’s someone to receive that product”. He also shared that his hands were very sunburned and he needs more sleep.

In regard to organic farming, it is something

I wasn’t making clean, organic food, I wouldn’t feel that I was doing my part in humanity. I wish organic foods were more accessible to the world.” Strawberries, Ben’s most popular selling crop, are not, in fact, his favorite. He shared that “bell peppers are my favorite. So fun to grow and fun to pick — they’re all sorts of colors, spices, shapes, and flavors! Potatoes are definitely the easiest to grow, and they produce the most calories per acre — they can keep you alive for months... a pretty cool crop”.

To learn more about the Locally Delicious Produce Fund, visit www.foodforpeople.org/locally-delicious or contact Sierra Leash, Local Food Resources Coordinator at (707) 445-3166 ext. 312 🐾

-By Madeline Bauman,
Local Food Resources Intern,
gleaning@foodforpeople.org

Ben values deeply. The idea behind the name Fields Forever is apparently more than a reference to the Beatles song, as “it speaks to regenerative soil practices, and the theory and hope that the land I farm on can truly be used forever.” Ben shared that “sustainable and regenerative agriculture can save the world — it pulls carbon out of the air. If

“The Face of Hunger”

Hunger has no single face. We all have heard the statistics and seen the report, but we cannot see everyone who suffers from this invisible condition.

The U.S. Census places Humboldt County’s poverty rate just below 21%, higher than the state and national averages, which means that there is a large portion of your neighbors that struggle with purchasing food and paying their bills. According to the 2015 Humboldt Food Access and Pantry Report, conducted by the California Center for Rural Policy, when people are faced with financial hardship, the majority prioritize paying the bills over purchasing food.

Hunger affects a broad range of people from all walks of life. People who are disabled, senior citizens, veterans, students, and many other hard-working people are faced with food insecurity due to a variety of reasons.

While phone-surveying close to 100 people in our Senior Brown Bag and Homebound Delivery programs in Spring 2017, I heard many different stories on the need for programs that provide people with some form of financial relief. It was heartbreaking to hear that a significant portion of our clients did not have other sources of food. I felt powerless to help. Could you go without a meal today? Probably so, but imagine living solely on Supplemental Security Income (SSI) the maximum of which is \$895 per month, with limited transportation and mobility options, and a high cost of living. How many meals would you have to skip to make ends meet?

Many of the seniors I surveyed indicated that without the Senior Brown Bag and Homebound Delivery programs they would go hungry. Multiple survey participants indicated that “SSI

just doesn’t cut it” because of the cost of living. To make matters worse, people who are in SSI do not qualify for CalFresh benefits – which would give them extra money for food.

Fortunately, a portion of the people I talked to have found ways to deal with the stress of not having enough to eat. Some swap food with each other, and some plant food gardens. But what about most seniors who are not able to do so? What happens to them?

Humboldt County is rural, which means that a lot of the people we help do not have similar access to grocery stores or transportation as people living in a city. This creates a problem of access, which severely limits the amount of food that a person can buy. This is a lived reality for many of our clients who try to survive outside of city centers. We work hard to address lack of access to food; but the need is always greater than our resources.

Many people normalize their own situations and make it part of their routine. The struggle to feed themselves and their family members become part of their normal. Hunger and food insecurity shouldn’t be considered normal in a country that has the means to provide for its people. We need to think about the type of community we want to be, and ask what we can all do to get there. Keep an eye out for the detailed results of our 2017 Senior Brown Bag and Homebound Delivery programs phone survey in our next issue of Food Notes. 🐾

- By Edward Fernandez,
Graduate Intern

Photos of Food for People's Senior Brown Bag distribution in Fortuna.



Backpacks for Kids

Children are our future. They are also some of the most vulnerable to issues like hunger and food insecurity.

Hunger and malnutrition can have a lasting impact on the life of a child. Children who do not have access to nutritious foods not only suffer from numerous health issues, but also find it harder to concentrate and apply themselves 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, which is why providing our area's children with proper nutrition is important for the future health of our community.

Food for People has been operating the Backpacks for Kids program in Humboldt County since 2006, providing bags of healthy, kid-friendly food for the weekends to school children who are considered at risk for hunger. Each bag contains enough food for breakfast, lunch, dinner, and snacks for two days, ensuring children have the nutrition they need to return to school well-fed and ready to learn each Monday. The cost is \$295 to sponsor one child to receive a bag every weekend, for the entire school year.

This unique program is only possible because of generous financial donations and the support of many dedicated volunteers. 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 volunteer to help pack the bags and deliver them to schools. Backpacks for Kids is truly a collective effort, and it takes the generosity of our whole community to make the program a success. Please consider getting involved in this wonderful program, because a child has little to no control over if, or when, they will get their next meal. 🌱

- By Carly Robbins,
Development Director,
crobbins@foodforpeople.org

Backpacks For Kids

For Eureka School Children

Feed a Child Through the School Year

Backpacks for Kids is a hugely successful program providing nourishment for Humboldt County's neediest children. Participating Children receive a backpack full of nutritional food to take home with them on the weekends. Our schools work hard to provide good, nourishing meals for these children during the school week, but this is the only program that provides for them on weekends. No child learns well on an empty stomach. It not only affects how they learn, it affects how they develop and how they act with others.



Pay it forward. Help a child today!

Please fill out the form below, and send your check or credit card information to Food for People at 307 W. 14th Street, Eureka, CA 95501. To donate by phone contact Carly Robbins at Food for People, 707-445-3166, ext. 306, Donate online at www.foodforpeople.org. All donations are tax deductible through Food for People's 501 (c)(3) corporation.



Please help the organizations on this page to help the neediest of our children



Times-Standard
The North Coast's Daily Newspaper, Founded 1854



Southwest
Eureka
Old Town



**Soroptimist
International**

Soroptimist International of Eureka			George Peterson Insurance			Recology			Redwood Capital Bank		
Al Steer	Munson Financial Group	Kathy Miller & Dave Wells	Kim Brown Ming Tree Realtors	Sharon & Jim King	Lewis & Judith Norton	Donald & Nancy Quintrell	Anonymous	Dale & Cindy Stockly	The Sapunor-Davis Family	Jan Doss Ming Tree Realtors	Anonymous
Judy & Jim Anderson	James Floss & Annie Bolick-Floss										
		Ming Tree Realtors		Nancy & Bill Dean		Humboldt Countertops		Happy Dog Daycare & Boarding			
		Craig C. Hansen Insurance Service		Janet & Gerald Nelson							
Outdoor Cast Iron Cooking											

BACKPACKS FOR KIDS

Amount \$ _____ Check Visa Master Card Discover
 Credit Card # _____
 Exp. Date _____ Card CV2# _____ (last 3 digit number on the back of the card)
 Billing Address _____ Phone _____
 City _____ State _____ Zip _____
 Name or Company used for Recognition _____
 Name of Donor _____ Permission to Print Name

Make Payable to Food for People.
Please specify "backpacks newspaper ad"

Mail to: 307 W. 14th St. Eureka, CA 95501

**\$100
Donation**

**\$295
Donation**
\$295 will sponsor a child for a full year in the program

**\$600
Donation**

In Memory of Carla Powell

Carla Powell, a steadfast supporter of Food for People for more than 20 years, passed away on May 12, 2017. Carla was born on August 16, 1916, on the family dairy farm at Coffee Creek. Carla was a trained opera singer and also sang Danish folk songs. When she attended Humboldt State College, her voice teacher advised her to go to Los Angeles to study voice further. She studied and performed in that area for many years, including singing for the Crown Prince and Princess of Denmark. Later she toured across the country where there were Danish organizations. She also went to Denmark and sang for young people's organizations there. In 1951 she moved to Trinidad, California. A caring woman, she was a member of Food for People's Full Plate Partners - a group of people who make regular ongoing gifts to help sustain the food bank and its programs. Carla's friend Janine shared with us that every few months, Carla would remind her that it was time to "write the checks." Carla gave regularly to several local charity organizations including Food for People, the Rescue Mission, Betty Chin, the Salvation Army, and more. Janine said that Carla couldn't stand the thought of people going hungry. Carla passed as she wanted to, peacefully at home in Trinidad. Carla will be missed. We hope her example will inspire others to share with friends and neighbors in need and to live life fully. 🐾



Carla Powell showing off the first new \$100 bills she had seen.

By Carly Robbins, Development Director, crobbs@foodforpeople.org

Tribute & Memorial Gift Contributions

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 Memory Of

5/13/17 - 8/12/17

April Conant
Barbara Torgensen
Bill Carsner
David Walker
Donna York
Edith Kraus Stein & Ralph Kraus
Edward N. Pugh
Elsie Mackey
Hun Kwangoh
Jamie Stephens and Kiya Kitchen
Joe Myers
Julie Sholes
Laura Myers
Marjorie Rankin
Marlene Laidlaw
Patrick Conlin
Sons John & Jason Diamond, & Granddaughter Wendi Diamond
Steven Shepherd
Susan Anderson
Vicharn Upatisinga

In Honor Of

25/13/17 - 8/12/17

All elders
Beth Contreras, for her due diligence & caring for the world
Calvin Sway's Bar Mitzvah
Carolyn
Dorothy Axsmith
Humboldt County Democrats
Irma Sheperd's 90th Birthday!
Jason & Teresa Hood
Jen and David Kuszmar
Jess Moon
Judy Anderson
Laurey & Jay Sullivan
New baby Alisha
Nora Wynne's Run to feed hungry kids
Zachary Rouse, and the work he is doing to advance Food for People's important mission 🐾

Food for People Attends Hunger Action Day!

I had the opportunity to be part of the Hunger Action Day advocacy group that traveled to Sacramento in May 2017. We met with our state government representatives and advocated on behalf of people whose voices might otherwise be lost in a sea of competing interests. We made sure those voices were heard. Advocating for legislation that provides funding to programs that directly impact the lives of many low-income people in Humboldt is not an easy task, but one that is necessary to their livelihood. Sharing their stories with elected officials goes a long way in preserving programs that help hard-working people. 🐾



-By Edward Fernandez, Graduate Intern

Food for People Representatives at the Capitol Building in Sacramento after meeting with legislators to educate them about hunger in Humboldt County during Hunger Action Day. Pictured left to right: Edward Fernandez, Graduate Intern; Melissa Zielinski, Volunteer; Liz Lewis, Tribal Representative; Heidi McHugh, Community Education & Outreach Coordinator; Ysabel Diaz, Pantry Network Coordinator; and Philip Anzada, Volunteer and Direct Services Manager.

Welcome to the 2017 Gleaning Season

What is gleaning?

Gleaning is the act of collecting leftover fruits and vegetables from farms or residences that either cannot be sold or would otherwise go to waste. The concept of gleaning originated in ancient times as an early form of social welfare and a way to feed vulnerable populations. In many farming cultures, it was common practice to leave a portion of the crops unharvested to allow poor and needy community members to harvest the crops for their own use.

In 2017 gleaning is still one of the essential ways we connect the abundance of our community with the people who need food and nutritional support the most. Last

year we gleaned more than 95,000 pounds of produce from local farms and residences! Whether you have a large farm or a single fruit tree, anyone can request gleaning volunteers to come harvest the produce. Food for People coordinates volunteer teams and provides equipment to facilitate gleaning throughout the county. If you are interested in becoming a gleaning volunteer or have produce to donate, contact Sierra Leash at 707-445-3166 extension 312. 🐾

*By Sierra Leash,
Local Food Resources Coordinator,
gleaning@foodforpeople.org*



Say Hello to Our New Local Food Resources Coordinator: Sierra Leash



Sierra began volunteering with Food for People in 2014 as a Choice Pantry shopper and intake volunteer. Over the years she expanded her volunteering scope to participate in the Senior and Gleaning programs, and now has officially stepped into the role of Local Food Resources Coordinator. Having grown up in Humboldt County, she brings knowledge and understanding of the unique needs and diversity of the community we serve. After graduating with a B.S. in Nursing from Humboldt State University in 2011, Sierra has gravitated towards humanitarian service and preventative care. 🐾



Photos show beautiful Beets and Kale from Little River Farm gleaned by staff and volunteers to be distributed through Food for People's hunger relief programs.

Learning to Cook with Food Bank Staples

Food For People's CalFresh Nutrition Education program provides free cooking classes to the community, sometimes in partnership with other community organizations. Classes are designed to feature ingredients distributed at Food for People pantries, including in-season produce, as well as other low-cost ingredients readily available in the community. Pictured here is Anne Harris, a longtime culinary instructor and dedicated volunteer with the Nutrition Education program. During this class, clients learned how to cook polenta and then pair it with delicious proteins and fresh produce. At the end of every class, clients taste test a serving of each dish and take home recipes to try cooking dishes themselves. 🍴



Big News for California's Food Banks in State Budget

Food banks, and other agencies that provide assistance to the 1 in 8 Californians who are food-insecure, received some good news when the 2017-2018 California state budget was approved. \$8 million was allotted for CalFoods, formerly known as the State Emergency Food Assistance Program (SEFAP).

SEFAP was established in 2011 as a means to support food banks struggling to serve growing numbers of hungry people in an economy recovering from the Great Recession and slow wage growth. SEFAP fights hunger and supports our farmers, as it can only be spent on foods grown or produced in California. Unfortunately, the funding had to be approved by the legislature every year, and there was no guaranteed amount of dedicated funding. This meant that every year food bank advocates like the California Association of Food Banks (CAFB) had to lobby for this funding in the legislature.

SEFAP received nothing in the 2015 budget. In 2016, \$2 million was awarded and SEFAP became CalFoods. The \$2 million was a great improvement over the previous year, but California ought

to be doing more to reduce hunger. For comparison, in 2015, when California's budget awarded \$0 for 6.5 million food-insecure Californians, Massachusetts funded its program at \$15 million to address the needs of 767,550 food-insecure persons.

CAFB and advocates throughout the state kept the momentum of 2016 going into 2017. These efforts resulted in an award of \$8 million and at least \$6 million every year ongoing! Food for People was able to purchase nearly 30,000 pounds of fresh eggs from Petaluma Farms with the 2016 CalFood funding. This year our CalFoods funding will be tripled. That's a lot of eggs! (We'll likely add variety with some other foods as well!). 🍴

- By Heidi McHugh,
Community Education &
Outreach Coordinator,
hmchugh@foodforpeople.org

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Food for People.



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 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.

Our Values

- **Integrity:** We will demonstrate the highest ethical standards in all interactions.
- **Stewardship:** We will be accountable to all through the efficient and environmentally responsible use of resources.
- **Teamwork:** We will foster cooperation and a sense of empowerment amongst our diverse staff, volunteers, and community partners.
- **Respect:** We will treat all of our relationships with respect.
- **Innovation:** We will continually seek to provide excellent service through the development of new and improved methods to reduce hunger.
- **Empathy, Passion, Empowerment:** We encourage and support the best in ourselves and those we serve and provide opportunities for everyone to participate in fulfilling our mission.

Volunteer Spotlight: Dana Jourdan

Dana Jordan first discovered Food for People after returning from a four-year stint working as a Peace Corps volunteer in the Philippines. "It was the first time I needed to go to a Food Bank," said Dana. "I was amazed at how wonderful the people were. Not only were volunteers friendly, but the other clients were extremely generous. Some even offered me a place to stay!" It didn't take long for Dana to be hooked, officially joining our volunteer family in January. "I especially love the stories and opinions people share. I take the time to talk with everyone. Volunteering at Food for People has definitely helped me become more open to these experiences."

"I remember a particularly powerful moment with a homeless client," described Dana. "I saw that she was only grabbing a few items from our pantry. I quickly realized that it wasn't because she didn't want or need the food; it was because she had no way of eating or transporting it." Dana was able to find a stash of can openers someone had donated to the Food Bank. She then gave the woman her own backpack to carry the food - the same backpack that she wore throughout her service with the Peace Corps. "The powerful moment," explained Dana, "was seeing that Peace Corps symbol on the backpack as the woman walked out the door. It reminded me that my Peace Corps service is a lifetime commitment, and it extends beyond my four years in the Philippines."

In the last 6 months, Dana has donated more than 100 hours of volunteer work to Food for People. Between sorting food, assisting clients, working the front desk, and doing client intake interviews, Dana has contributed quite a bit. When asked why she volunteers, Dana said, "Volunteering has helped me establish a routine again. I definitely experienced a culture shock after moving back to the U.S. Food for People has helped me maintain a schedule and find purpose back in the states while I continue looking for meaningful work." While Dana continues to search for a meaningful career in nonprofits across the country, we appreciate the level of compassion she brings to the face of Food for People. Volunteers are the heart of the organization, and Dana demonstrates that through her work every day. 🐦

- By Philip Anzada,
Volunteer and Direct Services Manager,
panzada@foodforpeople.org



Dana Jourdan

Please visit our website at www.foodforpeople.org for more information about our programs, staff contact information, hunger education information & resources, copies of past newsletters & annual reports, healthy recipes, and more!

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