



# Food for People

*The Food Bank for Humboldt County*

## FOOD NOTES

Newsletter • October 2018



BACKPACKS FOR KIDS

PG. 2

VOLUNTEER DELIVERY DRIVER  
NEEDED

PG. 5

JOB TRAINING

PG. 8

HOLIDAY FUND DRIVE

PG. 10, 11

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.

www.foodforpeople.org  
707-445-3166  
Eureka CA 95501  
307 West 14th Street

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



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

# Backpacks For Kids

## Weekend Hunger Relief for Local Children



Carrie Smith, Food for People's Child Nutrition Programs Coordinator, has been working with the Backpacks for Kids Program at Food for People for nearly five years. This program is designed to bring bags of food directly to schools, which are given to participating at-risk children on Fridays, so they have food to eat over the weekend. As an advocate for children, and someone who is passionate about the benefits of eating a balanced, healthy diet, Carrie feels like this program continues to be a labor of love. "I can't think of a job I'd rather be doing. I love the idea that I can be a part of bringing nutrient-dense, kid-friendly foods to children and families who are dealing with food insecurity."

We had a chance to talk with Carrie to glean some insight on how the Backpacks for Kids Program works, as well as stories from her years coordinating the program.

### What can you tell us about the children and families this program aims to help?

The families we serve come from a variety of backgrounds. I know some of the families are houseless, so they don't have cooking facilities to prepare meals. I heard of one family who only had access to the hot water at a local gas station, which limited the foods they were able to eat. That's why I try to find pop-top cans when possible, and I try to find food that can be eaten directly out of the packaging. Other families might have homes and are working, but without a livable wage, they may not be able to afford to feed their families the quality and amount of food necessary for the children to grow strong and healthy.

### What impact do you think the Backpacks for Kids Program has on children enrolled in the program?

I appreciate the fact that we can give this food directly to the children. I think this gives them a greater sense of control over the food, although I know that most of the children do share it with their families. I think it eases anxiety and allows them to focus on being kids, rather than their empty bellies or stressing on not knowing where their next meal may be coming from. I've heard from teachers and staff that the participating children seem to be sick less often, and they've seen an overall improvement in grades. And the kids get really excited on Fridays when they receive the food.



### How do the children and families feel about Backpacks for Kids?

They are really grateful for it. On a recent survey about the program that I gave to the children, one child wrote that they were always excited for Fridays because it meant that they got to eat after school, when normally they wouldn't have. Hearing that really confirms the fact for me that this program is not only necessary, but appreciated.

### Have you seen any change in the need for this program since it began?

When I started working with the program almost five years ago, there was a waiting list. It costs \$295 for one child for one year, and we rely on grants, community fundraising, and individual donations to piece together the funding that makes the program possible. The need always seems to be greater than the ability to fund. Even though we are now serving more schools throughout Humboldt County (36 at last count!) there always seems to be a greater need. The unfortunate reality is that if we were able to fund and serve all the kids that would benefit from a program like this, Food for People wouldn't have enough space to accommodate all the food. As it is I purchase several pallets of food each week, and I alone wouldn't have the time to manage all the necessary coordination! The need continues to grow. It's an unfortunate reality.

### What do you like about the Backpacks for Kids Program?

I like how basic the concept is: 1) Identify kids who are dealing with food insecurity; 2) Bring them two breakfasts, two lunches, and two dinners with snacks each Friday for the whole school year.

### Is there anything else you would like to share about the program?

I just can't say enough about it! Seeing how many volunteers throughout the county make this program happen is pretty special. We partner with local family resource centers, civic organizations, and many donors and volunteers to make the program possible. We estimate that about 70 hours a month of volunteer time is spent on this program alone! Many groups do fundraising, as well as the actual bag packing and delivery to the schools. It's pretty amazing how dedicated our community is. It blows my mind. I certainly couldn't reach the more than 500 students we serve without them. 🐾

For more information on the Backpacks for Kids Program or to sponsor a child for a year in the program visit [www.foodforpeople.org/programs/backpacks-kids](http://www.foodforpeople.org/programs/backpacks-kids) or contact Food for People's Child Nutrition Programs Coordinator Carrie Smith at [csmith@foodforpeople.org](mailto:csmith@foodforpeople.org) or (707) 445-3166 x309.

# Notes from the Director

## Food Sourcing in an Ever Changing Environment



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



Executive Director of Food for People Anne Holcomb.

Food for People just wrapped up fiscal year 2017-2018, which gives us an opportunity to review and analyze the many trends that impact our work. Food sourcing is one of the top priorities for all food banks, and it is interesting to look at the data and reflect on the changes that have occurred over the past 10-15 years.

The United States Department of Agriculture (USDA) Emergency Food Assistance Program (EFAP) has been a primary source of food for food banks since it was established in 1981. USDA contracts with farmers to produce foods that are designated specifically for food banks and school meal programs. And while it has been a consistent source of food for our programs, it hasn't always provided healthy options. Canned meats with a layer of fat on top, canned fruits loaded with high fructose corn syrup, canned vegetables high in sodium and a complete lack of whole grains often characterized the monthly offerings. Thanks to the efforts of advocates nationwide that highlighted the correlation between the quality of the food provided for low income households and poor health outcomes, there have

been some significant changes over the past 10 years. There are more canned high-quality and frozen meats, whole grain pasta, frozen or dried fruits and low-fat dairy products. It makes a big difference for households dealing with diabetes and other health-related issues that require a healthy diet. Food for People receives a limited, monthly allocation of USDA food that is supposed to stretch to cover countywide needs, and we want those foods to be as healthy as possible.

The other source of USDA/EFAP food that many of you may be unfamiliar with is referred to as "bonus offerings," and is directly linked to the USDA's price supports program. This means that when major fluctuations in the commodity markets take place, and factors such as an overabundance of an item triggers a drop in market prices, USDA steps in to purchase those items for diversion to food banks to help stabilize market prices. The offerings are not predictable and are usually offered in quantities that make them hard to distribute equitably, but they are appreciated as a supplement to the usual fare, which is typically limited to three to five items per month. Right

now we're seeing an offering of new bonus items in a volume we've never experienced before. The offerings are referred to as "trade mitigation bonus offerings," and are part of the administration's effort to stabilize markets impacted by recently enacted trade tariffs. We have limited information to date, but have been told we will have access to large quantities of fluid milk, plus pork and chicken products. These are highly prized items, but they come without any additional administrative funding to handle the storage, handling and transportation costs associated with accepting them. **The down side for us is that most of the items require additional cooler and freezer storage that we just don't have**, so our ability to accept them, based on once per month deliveries, will be limited. This is brand new territory for us and we look forward to updating you as we learn more.

Technology and the expansion of secondary markets in recent years have been another factor impacting the volume of donations we receive from local stores, markets and food producers. Sophisticated inventory systems make it possible to monitor inventory more closely and adjust ordering as trends change. This is a great advantage for store managers who have to watch the bottom line. We used to joke that we could always tell when a store had a new department manager because we'd see a spike in donations that would level out once they got things dialed in. The stores have also shifted from keeping significant back stock on hand to what's referred to as a "just in time" model that relies on regular deliveries to restock shelves. This minimizes

the possibility that the back stock of items will go out of date and be pulled as a donation. These changes are good for the business owner, and we want them to succeed, but it does put additional pressure on us to find new sources.

The other phenomenon that has evolved is the growth of discount stores that have created a business model based on taking the "close to pull date" items and selling them at a discount. It's great for consumers shopping on a budget, but it represents yet another diversion of good quality food that used to go to food banks.

Good old Mother Nature is the other variable that affects us both locally and nationally. The amount of food donated through our gleaning program can vary widely from one year to the next if we've had a wet, cold spring, drought conditions, or fires. And as we've seen in other parts of the country, natural disasters like hurricanes can wipe out an entire food industry in a matter of days.

We're doing our best to stay on our toes and find creative ways to meet local needs with the most nutritious foods possible, and we're grateful to all of the local donors who support our

efforts. Local stores continue to donate on a regular basis; our contract with Humboldt County DHHS makes it possible for us to purchase additional healthy foods for our programs; the Locally Delicious Food Fund makes it possible for us to contract with local farmers to grow specific crops for us; and the generosity of people who participate in food drives, donate produce from their farms and gardens, or provide financial donations for food purchases, all help round out the equation. We'd like to extend our warmest thanks to all and invite you to stay tuned and stay engaged as we navigate new challenges and look for new opportunities to provide high quality foods that promote good health. ~

**Warmest Regards,**

Anne Holcomb  
Executive Director  
[aholcomb@foodforpeople.org](mailto:aholcomb@foodforpeople.org)



### 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](http://www.western-web.net) - 707.444.6236



# Cooking Classes: Food and Fun for All Ages



Anne Harris and a happy student enjoying the cooking class.

It's never too late to discover new recipes and gain skills in the kitchen. Whether a budding chef looking to learn the basics or a seasoned culinary veteran looking for inspiration, we have a cooking class for all types. We emphasize the use of seasonal produce, herbs and spices, and adding complex flavor and variety to your skill set. All of the recipes we choose focus on simplicity, affordability, presentation, and nutrition.

The classes are taught by long-time volunteer Anne Harris, who dedicates her time to teach others. Anne has an array of experience, including teaching restaurant occupations for 25 years with the Humboldt County Office of Education's Humboldt Regional Occupational Program and private cooking classes in her home. Anne is retired now, but is a forever foodie.

During our next class, we will be using butternut squash - one of my favorite winter squash. This versatile squash can be served roasted or blended, bringing bright flavor and creamy texture. Here is one of my favorite butternut squash recipes:

## Coconut Butternut Squash Soup



### Ingredients

- 1 large butternut squash (about 1 ½ pounds)
- 2 tablespoons olive oil or other vegetable oil
- 1 large yellow or sweet white onion, chopped
- 1 medium apple, any variety, peeled and diced
- 2 cups prepared vegetable broth, or 2 cups water with 1 vegetable bouillon cube
- 2 teaspoons good-quality curry powder
- 2 teaspoons grated fresh or jarred ginger, or more, to taste
- Pinch of ground nutmeg or allspice
- 1 14-ounce can light coconut milk
- Salt and freshly ground pepper to taste

Try adding complexity to your squash with these helpful pairings:

**Herbs:** Sage, Thyme, Rosemary

**Spices:** Nutmeg, Cinnamon, Cumin

**Meat:** Pork, Chicken

**Fruit:** Apples, Cranberries

**Vegetables:** Kale, Chard, Spinach

**Nuts:** Walnuts, Pecans

### Directions

**STEP 1:** To bake the squash, preheat oven to 375° Fahrenheit. Cut in half and place halves, cut side up, in a foil-lined, shallow baking dish and cover tightly with more foil. Bake for 30 to 50 minutes, until you can easily pierce the flesh with a knife. Scoop out and set aside.

**STEP 2:** Heat about half the oil in a soup pot. Add the onion and sauté over medium-low heat until golden, about 8 to 10 minutes.

**STEP 3:** Add the apple, squash, broth and spices. Bring to a steady simmer, then cover and simmer gently until the apples are tender, about 10 minutes.

**STEP 4:** Transfer the solids to a food processor with a slotted spoon, in batches if need be, and process until smoothly pureed, then transfer back to the soup pot. You can also use an immersion or conventional blender.

**STEP 5:** Stir in the coconut milk and return the soup to a gentle simmer. Cook over low heat for 5 to 10 minutes, until well heated through. Season with salt and pepper. Top with toasted pumpkin seeds or wilted kale and serve

Source: NYT Cooking: [cooking.nytimes.com](https://cooking.nytimes.com) - 🐾

Classes are held one afternoon each month at Jefferson Community Center, 8 Clark St. in Eureka. For more information, or to sign up for upcoming classes, contact Food for People's Nutrition Education Coordinator Matt Drummond at [mdrummond@foodforpeople.org](mailto:mdrummond@foodforpeople.org) or (707) 445-3166 x305. Space is limited - call soon to reserve a spot!

# Volunteer Delivery Drivers for Senior & Homebound People



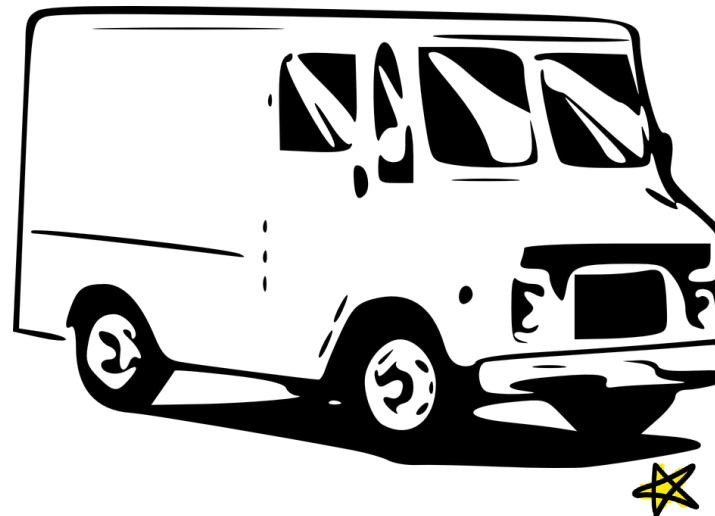
If you've been following Food for People for a while, it's no secret that volunteers are the lifeline of the organization. Our volunteers are dedicated folks; some with enough experience to be able to move in and out of various positions. They're flexible, reliable, and compassionate people who love to serve their fellow community members in whatever way possible. Although Food for People's staff relies heavily on the hours given by volunteers, it's our served community who most appreciate the support.

Just ask our volunteer delivery drivers about their experiences with dropping off food for seniors and homebound folks through our Senior and Homebound Delivery Programs. These volunteer drivers deliver food to households that would otherwise find it hard or impossible to access the nutritious and delicious options provided by Food for People. While it's a clear benefit to the households receiving the food, delivering food to Senior and Homebound folks is also a positive experience for the volunteer drivers.

One of our Eureka drivers, Susan, reports that what makes her feel good about volunteering is the fact that it's "something I can do easily [while making] a difference in people's lives." Susan understands that for the people she serves, getting a food delivery is more than just the fresh produce and pantry staples. For our seniors and homebound folks, these deliveries also provide "dependable, friendly visits." Susan appreciates the fact that she can see the same people every month, get acquainted with them, and learn about their lives. "Grateful" is a term that we hear a lot from both our volunteers and the people we serve. Beyond the tremendous positive impact that volunteer delivery driving has on the driver and those served, Susan believes that our entire community is positively affected by these

programs. She says that some people she delivers to "have referred others to Food for People [and it becomes] known among people that there is a safety net for them" in our county. Experiences like that are common among our drivers, and many claim that those moments can make their day. It is what motivates them to continue volunteering. 🐾

Does delivery driving to Humboldt County seniors and homebound individuals sound like something that you would be interested in? Reach out to Paloma Herrera, our Direct Services Manager, at (707) 445-3166 x310, or [pherrera@foodforpeople.org](mailto:pherrera@foodforpeople.org) to learn more about this and other volunteer opportunities. We'd love to have you join our volunteer force!



THIS  
COULD  
BE YOU  
!!!

Every month more than 400 volunteers provide 2,250 hours of help. Without this help, what we do would not be possible. If you have any interest in volunteering or getting involved visit [www.foodforpeople.org/volunteering](http://www.foodforpeople.org/volunteering).

## Tribute & Memorial

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. 🐾

8/15/18 - 10/20/18

## In Honor Of

Barbara Kucer  
Jane Renner  
Jennifer Turley  
Teri Clark

## In Memory Of

Florence & Harold Mayer  
George Orlofsky  
Guy Kuttner  
John Bailie  
Laura Shelden  
Marilene Laidlaw  
Our children, Laurey & Jay Sullivan  
Pat Kitt  
Tony Mello  
Yvonne Pugh 🐾

**Board of Directors**

Carol Vander Meer, **President**  
 Martha Spencer, **Vice President**  
 Lew Litzky, **Treasurer**  
 Nick Vogel, **Secretary**  
 Amber Madrone  
 Bill Daniel  
 Dallas Rhodes  
 Dean Hart  
 Dorina Espinoza  
 Edie Jessup  
 Jerome J. Simone  
 Neal Latt

**Staff**

Adam Hayes, **Development & Communications Specialist**  
 Anne Holcomb, **Executive Director**  
 Carly Robbins, **Development Director**  
 Carrie Smith, **Child Nutrition Programs Coordinator**  
 Corey Tipton, **Bookkeeper/ Business Resources Manager**  
 Deborah Waxman, **Director of Programs**  
 Erin Tharp, **Choice Pantry Coordinator**  
 Frank DiLorenzo, **Driver**  
 Heidi McHugh, **Community Education & Outreach Coordinator**  
 Jorge Reyes, **Warehouse Assistant**  
 Juan Miranda, **Bilingual CalFresh Outreach Specialist**  
 Judy Langley, **Fundraising Assistant**  
 Karen Asbury, **Inventory Database Manager**  
 Katrina Salinas, **Local Food Resources Intern**  
 Leah Russel, **Receptionist**  
 Lori Rudebock, **Finance Director**  
 Matt Drummond, **Nutrition Education Coordinator**  
 Michelle Dedekam, **Warehouse Distribution Specialist**  
 Michael Barnes, **Senior & Homebound Programs Coordinator**  
 Mikayla Godman, **Receptionist**  
 Mike Seeber, **Mobile Produce Pantry Coordinator**  
 Nia Tikoo, **Logistics Manager**  
 Paloma Herrera, **Volunteer & Direct Services Manager**  
 Sierra Leash, **Local Food Resources Coordinator**  
 Tim Crosby, **Operations Manager**



# Holiday Newsletter

*With 18 programs and 12,000 people fed every month.*

*The perfect way to give this holiday is a donation to Food for People!*

## Two Ways to Give

Give the gift that  
keeps on giving

**Become a full plate partner**  
and feed your community  
every month this year

Most partners give  
**\$10 a month**  
**\$25 a month**  
**\$50+ a month**

Donate online at  
[www.foodforpeople.org](http://www.foodforpeople.org)  
 or mail in this envelope and  
 check the full plate partner box



**FULL PLATE**  
partners

Give a donation as a  
gift this holiday

**Make a one time donation and**  
help us feed Humboldt County for  
the upcoming year

The most popular donations are

**\$50**  
**\$100**  
**\$250+**

Donate online at  
[www.foodforpeople.org](http://www.foodforpeople.org)  
 or mail in the envelope  
 Thank you and Happy Holidays!



# Leftovers: Senior Hunger in America

In an effort to engage Humboldt County in a conversation about hunger and our elders, Food for People, in partnership with the Humboldt Food Policy Council, held a free, community screening of the film Leftovers. In this independently produced film, photographer Seth Hancock, who rarely thinks about getting old or food insecurity, is asked to make a documentary about senior hunger and the treatment of senior citizens in America. After making this film, Seth has remained connected with the issue.

“

For someone who never thought about hunger or getting older, it's fascinating what a little education and caring can do to make me understand what could be facing so many of us in the years to come. I also learned how we (humans/Americans) have so much more in common and face many of the same challenges and issues regardless of our socioeconomic issues or financial status. This issue is one that will affect all of us in one way or another.

”

- Seth Hancock

The film screening took place on Saturday, October 20th at the Eureka Theater, followed by a community discussion with the film's creator and local individuals sharing their experiences working to reduce senior hunger. Throughout Humboldt County there are many agencies working to increase food access for seniors. Free and low-cost congregate and home delivered meals for seniors are available at multiple sites throughout the county. Seniors can also access food through a variety of Food for People programs. Seniors age 60 and up represent 22% of the people we serve. 🐾

Do you know a senior who could benefit from food assistance? Contact Food for People's Senior & Homebound Programs Coordinator Michael Barnes at [seniors@foodforpeople.org](mailto:seniors@foodforpeople.org) or (707) 443-3166 x303 for information or to apply.

OVER 5 MILLION AMERICAN SENIORS EXPERIENCE FOOD INSECURITY

**FREE Community Film Screening**  
 Saturday Oct 20th at Eureka Theater (612 F St.)  
 3 pm, doors open a 2:30 pm (concession will be open)

a Seth Hancock film

**LEFTOVERS.**

**Senior hunger is a growing issue nationwide.**  
 Humboldt County, which boasts some of the highest percentages of seniors in the country, is no exception...

Join the Humboldt Food Policy Council, Food for People and Leftovers film creator Seth Hancock for this eye-opening event.

The film will be followed by a community discussion with the film's creator and local individuals sharing their experiences working to reduce senior hunger in Humboldt County.

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

**Humboldt Food Policy COUNCIL**  
 equity · economy · environment

## Food for Thought

What do seniors think about our Senior & Homebound programs?

"We are grateful to have the food, because usually our cupboards are empty and when you guys come we are singing with joy."



# Valuable Skills & Job Training at Food for People



*Making Headway sorting produce at our Eureka facility.*



*Star Malandro and Amy House helping at our Eureka Choice Pantry.*

Food for People is fortunate to have people of all ages and abilities who share their time and talents as volunteers, and we could never accomplish all that we do without them! Collectively, they contribute the equivalent of 17 full time staff positions each year, helping our staff with all aspects of food bank operations and service delivery across our 18 programs. One of the things that we love about our volunteers is the diverse range of skills and interests that compel them to volunteer, including people with disabilities in our community who volunteer either individually or as a group. They appreciate the social connections with our staff and other volunteers, the opportunities for learning and skill building, and the feeling that their efforts make a difference.

There are individuals and groups of people affiliated with organizations such as Making Headway, Gaining Ground, Multiplicity, HCAR, Enriching Lives, Redwood Independence, and Community & Employment Links that come daily, weekly or monthly to volunteer. They generally come with a support person and work together to stock shelves or move produce from large bins into crates, which makes it easier for us to store and use. Their volunteerism is part of a broader plan to increase their level of engagement in the community. We're always happy to see them and they are happy to help.

Each one of our volunteers has their own unique story, and I'd like to share what I learned from TJ and Amy. TJ Sinnard has been developing work skills through a program called "Enriching Lives," an organization that "provides an environment where individuals are afforded the opportunity, environmental supports and personal choice to grow into the best version of themselves," according to their website. The goal for his paid internship is to secure a part-time job in the community. For the past year, he has been the "right hand man" for Frank Di Lorenzo, our daily route driver, going to each of the markets and grocery stores that donate regularly to help collect, weigh and load the donations into our van before bringing them back to the food bank where they are unloaded and sorted. As part of the training process, he has learned to operate both a manual and electric pallet jack and to weigh donations accurately. He said that with Frank's help, he has also learned how to "coordinate and work well with others." In fact, he said his favorite part of the experience was working with Frank, knowing that the food they collected was helping so many people every day. TJ also got his driver's license during this time and is hoping that will help him in his search for a part-time job.

I also did a brief interview with Amy House, who kept right on working alongside her support worker, Star Malandro, as she was answering my questions. Amy and Star are affiliated with "Multiplicity," whose owner, Charles Chojnacki, says, "Our programs are developed to teach people

the functional skills they need to access the world around them so they may create rich and fulfilling lives." Every Monday, Amy and Star stock the shelves in the pantry and help crate produce in the warehouse. Amy was busy stocking shelves when I asked her why she likes to volunteer at Food for People. She told me it was part of her individual plan and that she "really likes helping out." When I asked her why it was important to make sure people are able to get food from the food bank, she didn't hesitate, and said, "Because it might be your neighbor." Amy also takes one class each semester at College of the Redwoods, writes poetry and works at the Companion Animal Foundation Thrift Store, saving the money she earns for her vacations.

The greatest lesson we've learned from each of our volunteers is that everyone has something to give, and it feels good to be part of something bigger than yourself. If you would like to know more about Food for People's volunteer opportunities, please contact Paloma Herrera, our Direct Services Manager, at [volunteer@foodforpeople.org](mailto:volunteer@foodforpeople.org), (707) 445-3166 x310 or visit our website at [www.foodforpeople.org/volunteering](http://www.foodforpeople.org/volunteering).

By: Anne Holcomb,  
Executive Director





## Good News! An End in Sight for the CalFresh "Cash Out" for SSI Recipients

I joined Food for People in 2012 as the Community Education & Outreach Coordinator. One of my core responsibilities is to connect households to the CalFresh program. People come to our pantries because they have to choose between rent, utilities, healthcare, and food. Because of food banks like ours, and programs like CalFresh, some food is available to ease the stress of increasingly high costs of living. In the six years I have been doing this work, one of the hardest things to accept is the perpetual poverty that recipients of Supplemental Security Income/State Supplementary Payment (SSI/SSP) often find themselves stuck in.

SSI/SSP is a cash benefit for persons of all ages with disabilities. The benefit also doubles as a supplemental payment for retired Social Security recipients whose benefits are low due to a limited work history or low wages. California's cash-out policy started in 1974 when the federal government began the combined federal-state program. At that time, states were allowed to increase their state supplementary payment instead of administering food stamps to SSI/SSP recipients. California opted for this "cash-out" policy and increased its monthly SSP grant by \$10. In 1974 this was a good idea. The extra \$10 bought plenty of food, SSI recipients didn't have to deal with applying for and maintaining their food stamps, and administrative costs were reduced for the State and counties administering the program. Over time, the criteria for maintaining cash-out has changed. Instead of the inclusion of an extra \$10 for food purchases in the SSP, California's cash-out policy is now based on the state's implementation of federal cost-of-living adjustments (COLA) to the federal SSI benefit.

Between 2007 and 2017, the cost of living in California rose by nearly 14%. In that same time period, the SSP portion of the program was cut from \$233 per month to the federal minimum of \$156 per month. The SSP Cost-of-Living-Adjustment (COLA) was repealed in 2009 during the Great Recession, requiring new legislation to provide a COLA on an annual basis. Only one SSP COLA has been provided since that time. In 2018, SSI/SSP recipients in California receive a benefit that is 90% of the federal poverty level, just \$910 per month for an individual. Studio apartment rent exceeds half of that amount in all 58 California counties, and exceeds it completely in 16 counties. Food banks like Food for People help fill the gap with much needed food, but it still is not enough.

A major victory for seniors and persons with disabilities was won in the 2018-2019 state budget. SSI/SSP recipients in California will be eligible for CalFresh in June of 2019! Additionally, the SSP COLA will be restored in 2022.

This will have tremendous impact on so many of the community members our food bank programs serve. On average, 35%-45% of the households that participate in our programs include a household member who receives SSI/SSP. For those who live alone on the \$910 maximum benefit, our food pantries are often the only food they can access after paying for other basic needs. Additional money for food through CalFresh will be life-changing for many in our community. The removal of this barrier is a giant

victory for Californians living with disabilities, seniors living on low-incomes, and the communities that care for them. I recently received a phone call from a man who read an article I wrote in the Times-Standard about the upcoming changes.

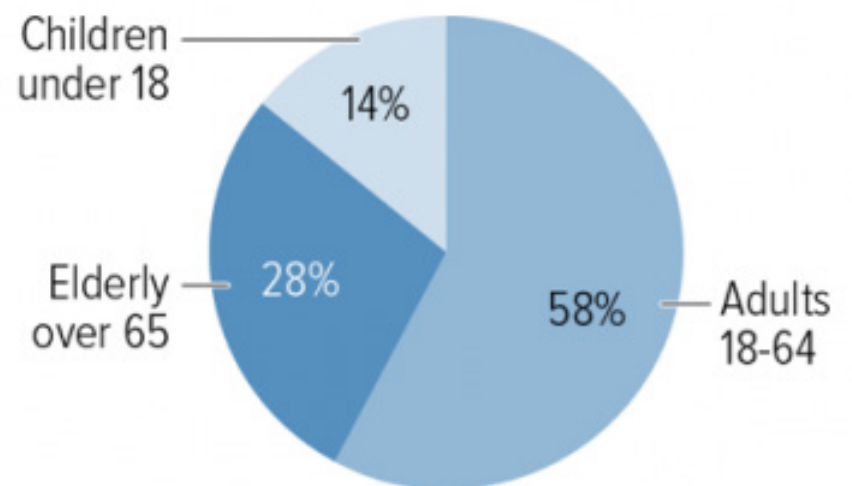
“

I am an SSI recipient, and I have been hungry for so long, and I am so happy to read that I can get CalFresh! I have less than \$200 after paying for rent and utilities. I have to use \$100 of that \$200 for medication. The last Cost of Living Adjustment was \$12 per month. My rent went up by \$8 immediately after the increase kicked in. When I get CalFresh I will be able to eat more than one meal a day.

”

For more information about the end of the CalFresh "cash out" for SSI recipients or on Food for People's advocacy efforts, contact our Community Education & Outreach Coordinator Heidi McHugh at [hmchugh@foodforpeople.org](mailto:hmchugh@foodforpeople.org) or (707) 445-3166 x308.

### Supplemental Security Income Recipients by Age



Source: Social Security Administration: SSI Monthly Statistical Snapshot (June 2018), Table 3

# Holiday Food & Fund Drive



The holidays are quickly approaching, and Food for People is gearing up to host the 26th annual Holiday Food & Fund Drive! Spanning November and December, this is our largest food and fund drive effort of the year. More than 100 businesses, organizations and groups participate each season holding fundraisers, food drives, and special events to provide food to low-income seniors, children, and families during the holidays. These efforts bring in roughly half of Food for People's total food drive donations each year!

During this season, we are called to reflect on our own blessings and look for ways to share with our fellow human beings. For low-income families, the additional pressure to provide a special holiday meal or gifts can be overwhelming when resources are already stretched. We encourage you to participate and share the "Holiday Spirit" with families in need. Food for People is here to help, but we can't do it without the generous support of our community.

**There are lots of ways you can get involved with the Holiday Spirit Food & Fund Drive.**

*Think you can take on these hunger fighters?*



*Washington Elementary students showing off their Hunger Fighter muscles.*

## Holiday Donations

It's easy to donate! We partner closely with our countywide network of pantries to ensure that donations made in a community stay in that community.

**Donation Drop Sites:** Look for the Food for People logo! Donation barrels and boxes can be found at grocery stores, businesses, and other organizations across the county making it easy to drop off nonperishable donations anytime.

**Holiday Donation Bags:** The week leading to Thanksgiving, you will see our holiday donation bags distributed in the Times Standard and Redwood Times. These bags include a list of donation drop-sites and most needed items. Fill your bag with nutritious nonperishable foods and bring them to the nearest drop site to donate.



*Food for People Operations Manager Tim Crosby shows off a bin of holiday donations.*

## Community Food & Fund Drives

### Join the Hunger Fighter Challenge!

The Hunger Fighter Challenge brings together local organizations, business, churches, clubs, and schools to collect food and fund donations to help meet our collective Hunger Fighter Challenge goal of 15,000 pounds of food and/or dollars to help feed families in need during the holidays. Everyone is encouraged to form a team! Visit our website at [www.foodforpeople.org/hunger-fighter-challenge](http://www.foodforpeople.org/hunger-fighter-challenge) to learn more and enroll.



*KHUM DJ Cam interviews CA Senator Mike McGuire and St. Bernard's High School students during the 2017 Humboldt Holiday Food Drive Showdown.*

### KHUM's On-Air Food & Fund Drive:

For more than 15 years Food for People has partnered with KHUM for the highly anticipated, week-long, on-air food and fund drive the week after Thanksgiving. Each day we broadcast live on the radio from different grocery stores, using this unique opportunity to talk about the work of Food for People throughout Humboldt County. KHUM's DJs are wonderful, well-informed advocates of Food for People. All week long they motivate and encourage listeners to donate. Consider calling in and giving during KHUM Week, or stop by and visit us in person! Thanks to our KHUM friends for their dedication and ongoing support.



### Cowboy Canned Food Convoy:

The kick-off to the Holiday Food & Fund Drive. Each year, the Redwood Unit of the Backcountry Horsemen of California collects nonperishable food items and packs their saddle bags full for a parade through Old Town Eureka to deliver their donations to Food for People. Once they arrive, we feed the horses apples and carrots while their riders unload hundreds of pounds of food. This is a fun, family-friendly event and we invite the community to join us Saturday, November 17th, at 12:00 pm at the foot of C Street in Old Town.



Food donations are unloaded during the Cowboy Canned Food Convoy Kickoff event.

### Senator McGuire's Humboldt Holiday Food Drive Showdown:



Students from McKinleyville High School celebrate with Senator Mike McGuire and Food for People's Executive Director Anne Holcomb as they drop off the donations they collected during the 2017 Humboldt Holiday Food Drive Showdown.

For the third year Senator McGuire and his team will coordinate a large-scale competitive food drive between local high schools to see who can collect the most food donations. You can help! Stop by the big "weigh-in" event on December 12th from 3:00 pm to 7:00 pm at Safeway in Eureka with your donation.

These are just a few of the ways to get involved in the 26th annual Holiday Food & Fund Drive. Many organizations and groups host smaller independent food drives during the holidays, and we have great ideas and resources available to make the most of your efforts.

Your help makes all the difference! We cannot serve the people we do without the generous support of our community. Every can, dollar, and hour you donate makes a big difference in a person's life. Help build a healthy and hunger-free community for us all.

You can get involved today! For questions or more information about Food for People's Holiday Food & Fund Drive, visit [www.foodforpeople.org](http://www.foodforpeople.org) or contact our Development Director Carly Robbins at [crobbsin@foodforpeople.org](mailto:crobbsin@foodforpeople.org) or (707) 445-3166 x306.

Thank you to our  
Holiday Food & Fund Drive Sponsors!




# Times-Standard

The North Coast's Daily Newspaper Since 1854



## GREEN DIAMOND

Resource Company



## PHILIPPE LAPOTRE

ARCHITECT

2300 MYRTLE AVE. SUITE A EUREKA, CA 95501 T:(707)442-8867 F:(707)442-8872

WWW.PLARCHITECT.COM



JLF  
CONSTRUCTION

Belonging Never Felt Better™

## Coast Central

Credit Union



NORTH COAST  
CO-OP



Tires LES SCHWAB



Redwood  
Capital Bank

LOST COAST COMMUNICATIONS




CDH  
Painting  
Inc.



REDWOOD  
NEWS

BICOASTAL MEDIA




3 KIVI-TV EUREKA 28 FOX KBYU



23  
KAEF

MAD RIVER RADIO




REDWOOD  
KVIQ-LP • EUREKA



Ben Thompson and Aubrey Schooley of Fair Curve Farm show off the fresh produce from their farm in Ferndale.



Ben Thompson showing off what local produce looks like.

## Fair Curve Farm

On a breezy fall day, our Local Food Resources Coordinator traveled south to the Victorian village of Ferndale to visit Fair Curve Farm. Nestled between corn fields and horse pastures, Ben Thompson and Aubrey Schooley have been hard at work managing the first year of their two acre farm's life. Meeting in 2015 while working on other local farms, Ben and Aubrey soon learned they had a shared passion for organic farming, and also recognized a gap within our local food system. They noticed there was a concentration of farms in Southern, Eastern and Northern Humboldt, but the options were limited for areas in the center of the county like Ferndale and Loleta. After leasing a small plot of land in central Ferndale, Fair Curve Farm was born!

Entering an established food system is never easy, but Fair Curve Farm has been able to find a special niche by thinking outside of the box about how they can best serve their local community with nutrient dense organic produce. While many farms try their hand selling produce at the Saturday Arcata Farmers' Market, Fair Curve Farm decided to stay close to home. They partnered with the Ferndale business community to sell produce once a week at their own Saturday Ferndale Farm Stand,

providing organic produce to a community that otherwise would have limited access. Customers can purchase a variety of produce from the farm stand, or they can pick out items to fulfill their free-choice, market-style Community Supported Agriculture (CSA) share. Having freedom of choice in what we eat is very important to the farmers, and offering a free-choice CSA share, rather than pre-packed boxes of vegetables, ensures that their clients are really choosing and using the produce they want and need. Which is exactly why we've adopted a choice model in our pantry and other programs for the past decade.

Food for People first met Fair Curve Farm at their stand at the Henderson Center Farmers' Market on Thursdays in Eureka and was drawn in by the friendly farmers and their vibrant produce. Ben and Aubrey generously donated their excess market produce to the food bank, and we were able to purchase produce for our Mobile Produce Pantry and senior programs directly from the farm when funding allowed. Since the farm is located in a unique micro-climate of this county, they have helped us meet the needs of our clients when other farms may be in between plantings or when the growing season in certain areas is finished. By building this relationship, they have helped ensure that we are able to provide a consistent source of local, organic produce to our clients throughout the county. We look forward to working with Fair Curve Farm as they continue to grow great produce for our community. 🌱

For more information about how Food for People works with local farms to support the Humboldt County food system, visit [www.foodforpeople.org/local-food-system](http://www.foodforpeople.org/local-food-system) or contact our Local Food Resources Coordinator Sierra Leash at [gleaning@foodforpeople.org](mailto:gleaning@foodforpeople.org) or (707) 445-3166 x312.



## Food for People

*The Food Bank for Humboldt County*

**Mission.** Food for People is working to eliminate hunger and improve the health and well-being of our community through access to healthy and nutritious foods, community education, and advocacy.

**Vision.** We envision a community where everyone has access to good quality, nutritious food, understands the consequences of hunger and poor nutrition and is committed to creating a stronger, healthier Humboldt County.

**More.** For more information on Food for People and our 18 countywide hunger relief programs or for ways you can get involved visit [www.foodforpeople.org](http://www.foodforpeople.org).