

# Food Notes | The Newsletter of Food for People

## FALL ISSUE 2019

The Food Bank for  
Humboldt County



Food for People's seasonal Free Produce Markets, distribute fresh produce at four countywide locations with the help of hard working volunteers.

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We feel it's important to keep you updated on our programs, policy work, and the progress we are making at the food bank. If you do not wish to receive a newsletter, please don't hesitate to contact us and have your name removed from our newsletter mailing list.

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



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

# Notes from the Director

## Our 40<sup>th</sup> Anniversary

By Anne Holcomb, Executive Director

Did you know that 2019 marks Food for People's 40th year of service to Humboldt County? We've come a long way from our roots as a small food closet serving a handful of households in 1979 to reaching 12,000 individuals a month through a network of 18 programs. Every step we've taken over the past four decades has been driven by a community committed to making sure none of their friends and neighbors go hungry.

Food for People grew from the compassion and determination of a small group of local residents who decided it was time to do something about hunger and food insecurity in Humboldt County. The local economy was feeling the impact of a decline in good paying jobs in the timber and fishing industries, and when those jobs started to disappear, there weren't others that paid as well to replace them. It was tough for folks to find work and many families had to ask for help for the first time in their lives. That scenario became the genesis of Food for People.

The initial group referred to itself as the Food Rights Action Project (FRAP) which later evolved into Food for People. This inspired group mobilized to research government food programs, funding opportunities and local food donation options. They became affiliated with the USDA Temporary Emergency Food Assistance Program (TEFAP) that provided access to USDA commodity foods and some funding for distribution and storage. I'm sure a few of you will remember the bricks of bright orange cheese, one pound blocks of butter, bags of non-fat dried milk, dried beans, cans of lard, canned meats and vegetables that were the staples of a food box in those days. The group also initiated gleaning activities at local farms and in backyard gardens, and started collecting donations of expired or close-to-pull-date items from grocery stores.

As the organization took shape, driven mostly by volunteers, it secured a small 1,000 square foot residence on V Street in Eureka that became the center of operations for several years. They utilized borrowed warehouse space at various sites around town for dry goods, along with storage units that were placed in the backyard. The space was so cramped that clients often had to wait outside in the rain. By the mid-nineties, it had become clear that more space was needed and the group applied for a CDBG grant and initiated a Harvest Home capital campaign to purchase and retrofit the facility we now call home.

Fast forward to today and we see many of the same economic challenges that have defined Humboldt County for decades. We have a high cost of living, especially for housing, and wages that just don't measure up. Changes in the cannabis industry over the past two years have resulted in greatly reduced cash flow, which has impacted the bottom line of



Anne Holcomb, Executive Director.

many local businesses. We know that will change over time but it's hard to know how soon.

The good news is that our programs have become much more robust over the years and have been able to respond as needs change—thanks to all of you. You have invested in our work through your donations of money, time and resources, and it has made a difference.

So what's next? That's hard to say. The world is changing rapidly around us and we're not sure how the challenges of climate change, our economy, and public policies specific to poverty and hunger will impact our lives and the work that we do. We've outgrown our current space and must expand to keep functioning as efficiently and effectively as possible so that we will be prepared to meet both ongoing and new challenges. We're working on that and will be sharing more details in the months to come.

The one constant over the past four decades has been caring people like you who are ready to jump in when needed. You have been and will always be our most precious resource. Thank you!

With gratitude,

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



In July of this year alone, Food for People served more than 6,000 lunches to children through its free summer lunch program.

# Children's Free Summer Lunch

## Local Partners Make Program Possible

By Carrie Smith, Child Nutrition Programs Coordinator

Summer can be the hungriest time of year for many children from low-income families. The hunger experienced during these months can have far-reaching consequences that last well beyond the end of the season, affecting a child's academic achievement, brain development, and overall health. For more than 20 years, Food for People has sponsored the federally-funded Children's Summer Lunch Program, which was created to connect kids from low-income families to the critical nutrition they need during the summer.

Because this program is federally funded, it comes with strict regulations. Children must come to a site at specific times, they must eat on site, and they can't take any food home with them if they don't finish. These restrictions mean that we are only able to feed a fraction of the children who are food insecure during the summer months. In some places, these strict requirements work well; kids gather to eat healthy meals in safe, interactive environments. These one-size-fits-all regulations, however, make it extremely difficult to reach most hungry children.

In our rural county, it is often impossible for kids to get to the majority of sites where meals are being served. Most of these meal sites operate miles away from where children live. Caregivers are often at work and the school bus systems don't

operate during the summer. Without transportation options, it can be challenging and dangerous for kids to get themselves to sites.

To reach a greater number of hungry children, we have had to become creative. Food for People is proud of the relationships we have built throughout the community to ensure meals arrive at the 18 sites we currently serve in Willow Creek, Hoopa, Eureka, Manila, Arcata, Loleta, Fortuna, Rio Dell, and McKinleyville. We have coordinated efforts to connect kids to summer meals using volunteered transportation space provided by the Humboldt Transit Authority Bus system and UPS, ensuring that meals reach more of the sites and hungry children who need them in outlying areas. We are also lucky to have years-long partnerships with recreation programs, Boys and Girls Clubs, and resource and youth centers that provide activities and space for kids to meet.

We are grateful for our dedicated partners who help the program thrive! In July alone, we served more than 6,000 lunches!

If you have any questions regarding the Summer Lunch Program please contact Carrie Smith at **(707) 445-3166 extension 309** or [csmith@foodforpeople.org](mailto:csmith@foodforpeople.org).



In the last few years, Food for People's Local Store Food Recovery Program has saved local businesses up to \$40,000 in annual waste fees.

# Food Waste Reduction

## Food for People Partners on CalRecycle Grant

By Carly Robbins, Development Director

Food waste is an important issue facing the country. Forty percent of food produced in the United States goes to waste, either ending up in a landfill or left to rot in the field. Yet, 40 million Americans struggle with hunger, according to Feeding America. With greenhouse gas emissions being a major environmental concern and hunger an increasing issue for many community members, now is the time to act. This is why Food for People recently partnered with the cities of Arcata and Eureka, and Humboldt State University on a grant proposal to reduce food waste in Humboldt County.

In May of this year, a grand total of \$163,657 was awarded to the group, part of a \$11 million distribution by CalRecycle to 36 entities through its Food Waste Prevention and Rescue Grant Program. The goal of this program is to reduce food waste and help feed food-insecure Californians.

"Edible food disposal is a humanitarian tragedy and a tremendous waste of California's resources," CalRecycle Director Scott Smithline said in a statement. "These local food waste prevention and rescue programs make our communities healthier and help California combat climate change."

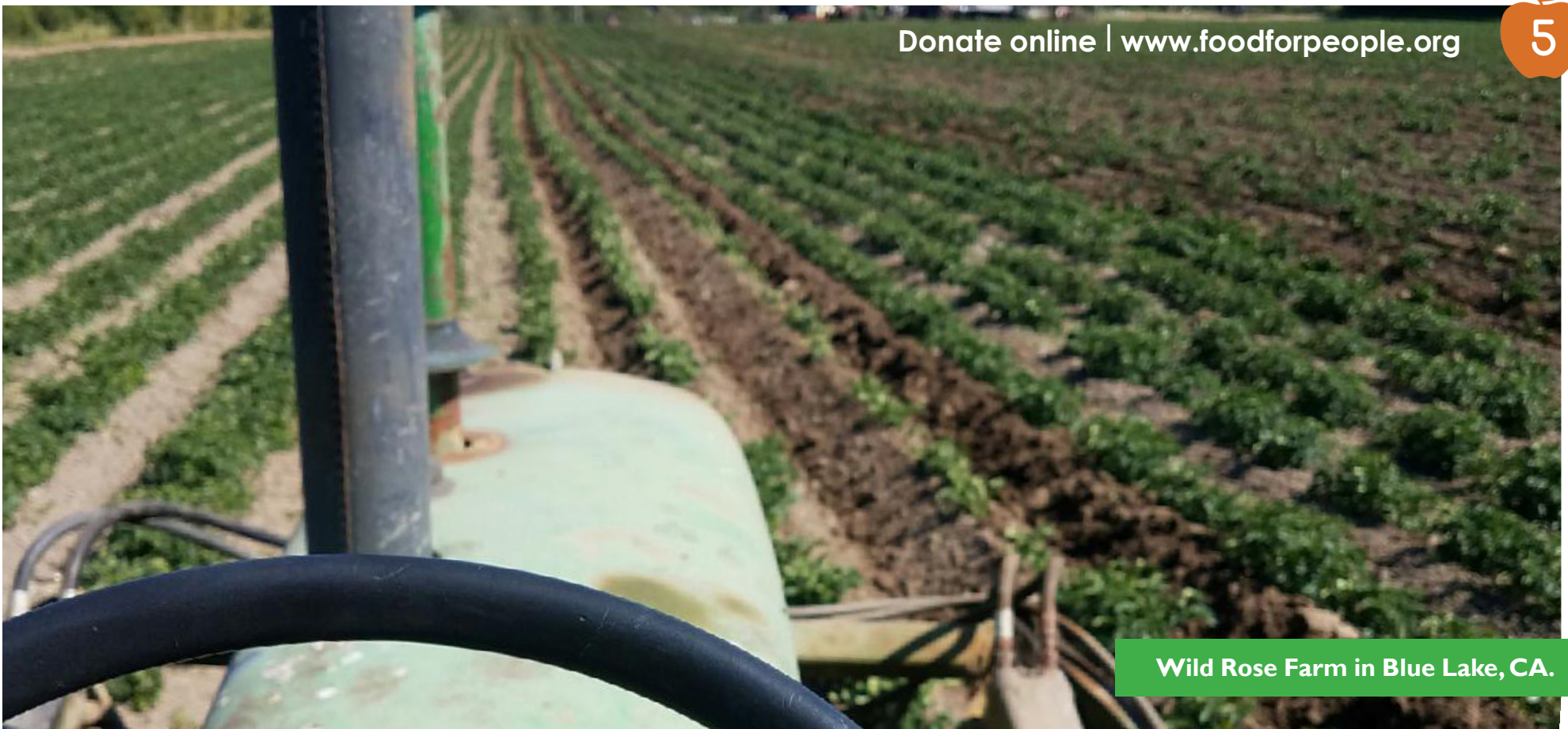
Food for People already works with local grocery, pharmacy, health food stores, and wholesalers and producers, to divert food to us that would otherwise go to waste. As part of our Local Store Food Recovery Program, Food for People's driver travels to stores on a daily basis to pick-up excess food and deliver it to Food for People, where it is sorted and distributed to those in need. In the last few years, these efforts

brought between **336,000 and half a million pounds of food** to the food bank annually, **saving local businesses up to \$40,000 in annual waste fees.**

The purpose of the funds awarded by CalRecycle is to help educate the public about new projects aimed at reducing food waste, to minimize the amount of food that goes to landfills, and divert edible food currently going to waste to those in need. Food rescue efforts will be expanded to businesses in the food service industry, local institutions, and grocery stores that do not currently donate excess food. Efforts will include a general and targeted education and outreach program, hands-on engagement, expanded cold storage capacity and increased food donation pickups and distribution.

At Food for People's Choice Pantry, we installed new energy-efficient refrigeration and freezers with glass doors. Not only will the equipment emit fewer emissions, less power will go to waste as people can deliberate and select the foods they would like without letting out excess cold air. In addition, we are working with a newly-hired Grocery Store Liaison to take the lead in contacting and asking local stores to donate edible food to the Food Bank.

Food waste and food insecurity are complex, yet vital issues to tackle. We are excited by the opportunities this new partnership will offer and hope our efforts and the support of the community will help us all take marked steps toward addressing the issue.



Wild Rose Farm in Blue Lake, CA.

# Local Farm Spotlight

## Wild Rose Farm

By Allison Kenney, Local Food Resources Coordinator

Wild Rose Farm is a certified organic farm situated on West End road between Arcata and Blue Lake. The farm is currently made up of 100 acres, a number which is always evolving, and in the past has encompassed plots of land in Loleta and Ferndale. In Blue Lake, the mild coastal climate and water from the nearby Mad River offer ideal growing conditions for the farm's main crops: beets, potatoes, spinach, chard, kale, cilantro, Brussels sprouts, and perhaps the most notable: quinoa. These crops are grown using very little irrigation; in fact, most of the crops grown at Wild Rose are completely dry-farmed. I got to interview the owner and head-farmer, Blake Richard, one of the most candid, humble individuals I've encountered.

Blake started farming in the 1980s under a local farmer named Dennis Potter. He describes Humboldt's food scene back then as much different from today, a time before the small farm movement, when most of today's local farms had yet to exist. He eventually rented land and started his own operation, Wild Rose Farm. Over the past decades he has employed many different people, with Blake serving as a mentor, and Wild Rose as an incubator. Many have since gone on to start their own farms—Ben Perone from Rain Frog Farm, John Severn from Little River Farm, Graham Gagne from Green Spiral Farm, and Ben Thompson from Fair Curve Farm, to name a few.

Wild Rose Farm is unique compared to many small-scale farms in Humboldt. The 100 acres of land that Blake farms is 5-20 times larger than most of the local farms we work with, and Blake notes that he has scaled back this year;

in the past he was farming as much as 500 acres. Wild Rose Farm is most known for its local production of quinoa. A grain that was originally grown in South America, quinoa is being adapted for the Pacific Northwest, where cooler temperatures allow the plant to set seed, and Humboldt's long dry summers provide ideal harvesting conditions. Blake sells his quinoa locally to the North Coast Co-op and at farmers markets. He also sells to Lundberg Family Farms, which markets to grocery stores like Whole Foods and offers American-grown, organic quinoa to consumers across the country.

Through speaking with Blake, it is apparent that he is always thinking, calculating, and striving to evolve his farm and practices. He's also introspective about the scale that his farm has grown to and the methods and resources necessary to make farming at a larger scale feasible. "I hate equipment, and I hate tractors," says Blake— but at this point, and at his farm's scale, it seems to be a necessary evil. Over the last few years he has been experimenting with organic no-till methods, relatively uncharted territory— especially for organic vegetable farms in Humboldt. Blake notes that at a time when global warming, industrial agriculture and degenerative farming is on the rise, it's time to find a better way to do things: one that uses fewer resources and regenerates the soil.

Blake has been donating to Food for People's Gleaning program for more than 10 years and is historically one of our top farm donors. He has donated more than 25,000 pounds of produce over the past decade. We also purchase a number of crops from Wild Rose for our Mobile Produce Pantry program. We are thankful for Blake, and all of the many local farms we partner with, for their deep commitment to growing food in and for our community.



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# Farmers' Market-Style Summer Produce Distributions

By Arianne Aryanpur, Development & Communications Specialist

Every third Thursday from May through October, Food for People's parking lot transforms into a bustling farmers' market-style event, with tables lined with fresh produce, a booth for recipe tasting, and live music.

The Free Produce Markets—offered monthly at four locations—are designed to bring fruits and vegetables to hundreds of children, families, and seniors in Humboldt County who might not otherwise have access to the fresh produce needed for good health.

They also support our ongoing efforts to make farmers' market-style produce shopping available to everyone, including people receiving nutritional assistance.

No registration is necessary for the outdoor distributions, which are offered in Eureka, Fortuna, Redway, and Garberville. Participants can simply show up on distribution day to select from a variety of fresh, seasonal produce provided by the California Association of Food Banks' Farm to Family program and California Emergency Foodlink's Donate Don't Dump program. Additional support is provided through a Care for the Poor grant from St. Joseph Health.

Sometimes there is produce that people may not have heard of or don't use often. To get people excited about trying new foods, we provide food samples and recipes to encourage people to eat healthy and try new foods. At a recent produce market in Eureka, where plums and zucchini were available, Nutrition Education Coordinator Kayla Watkins handed out zucchini plum skewers drizzled in a balsamic reduction.

In addition to receiving recipe ideas, people can meet with outreach specialists to learn about CalFresh and other benefits. Local social service groups also participate. At a recent Eureka market, Smile Humboldt handed out oral hygiene items—including toothbrushes, toothpaste, and pamphlets—to encourage healthy dental habits.

Our produce markets wouldn't be possible without the help of our amazing volunteers, who help stock tables, break-down boxes, and distribute food. Interested in helping? Please email [volunteer@foodforpeople.org](mailto:volunteer@foodforpeople.org) or visit [foodforpeople.org/volunteering](http://foodforpeople.org/volunteering).



**Photo captions: Local musician Dale Winget serenades the crowd—live music is a popular feature at our Free Produce Markets (top); Nutrition Education Coordinator Kayla Watkins hands out plum zucchini skewers at a recent Eureka market.**

# Advocacy Corner

## Proposed SNAP Changes to Increase Hunger

By Heidi McHugh, Community Education & Outreach Coordinator

On July 23, 2019 a Federal rule was proposed which will deny Supplemental Nutrition Assistance Program (SNAP, known as CalFresh in California) benefits to an estimated 3 million individual Americans, including more than 120,000 California households. The impact of this proposed rule is worth understanding, and we will walk through examples that put it in local context.

This proposed change is based on the Federal Poverty Line (FPL) that is used to determine eligibility for federal programs. A family of four with two working parents and two children at 100% FPL earns \$25,750 annually. SNAP eligibility is based upon earnings at 130% FPL or under; \$33,600 or under for our family of four. The Self-Sufficiency Standard determines the amount of income required for working families to meet basic needs at a minimally adequate level, taking into account family composition, ages of children, and geographic differences in costs. This same family of four would need to earn a minimum of \$62,331 to be self-sufficient in Eureka, Ca; a difference of \$28,731 between qualifying for nutrition assistance from SNAP and self-sufficiency. In Humboldt County 57% of all households earn less than \$49,000. Personally, I have spoken to many people who access Food for People's programs that are frustrated they cannot afford to put food on their tables yet do not qualify for SNAP.

Broad Based Categorical Eligibility (BBCE) is an option offered to states by the federal government. According to the Center for Budget and Policy Priorities "BBCE enables states to raise SNAP income limits somewhat so that many low-income working families that have difficulty making ends meet, such as because they face costly housing or child care expenses that consume a sizable amount of income, can receive help affording adequate food. This policy also lets states adopt less restrictive asset tests so that families, seniors, and people with a disability can have modest savings without losing SNAP." Forty states, including California, currently use BBCE that allows households to receive SNAP if their income is below 200% FPL (\$51,504 or under for a family of four) as long as they meet other eligibility criteria (simply earning less than 200% FPL does not guarantee qualification for SNAP). The proposed rule change announced in July would eliminate BBCE through executive action. Michigan Senator Debbie Stabenow, a member of the Senate Agricultural Committee that is pivotal in shaping SNAP policy through the Farm Bill reauthorization, said what this action does is "circumvent Congress and make harmful changes to nutrition assistance that have been repeatedly rejected on a bipartisan basis."

This proposal has SNAP recipients and advocates concerned for many reasons. The estimated 120,000 California households that would lose benefits may spike with the rise in minimum wage, pushing more people over what is known as the "benefit cliff." In this scenario a small rise in income results in a complete loss of benefits that are often substantially more than the gain from their raise. BBCE allows families to ease

off of benefits as their incomes rise. Workers that depend on eligibility-based programs are well aware of their benefit caps, and this can influence the decision to accept a raise or promotion, because they will lose substantially more in benefits. BBCE also simplifies the administration of SNAP for county agencies, because eligibility workers do not need to analyze assets under a certain limit, and fewer households are bouncing on and off of benefits if their income fluctuates.

For food banks like Food for People, policies that take federal nutrition benefits away from low-income households impact our ability to provide food assistance as the need increases. Bread for the World, a faith-based collective working to end hunger, says that for one bag of food provided by a charitable organization, 19 bags of food are provided through federal programs. Cutting federal programs does not take the hunger away; it sends more people through our doors. Food banks across the country are already operating at capacity and cannot fill in this gap.

*"The estimated 120,000 California households that would lose benefits may spike with the rise in minimum wage, pushing more people over what is known as the 'benefit cliff.'"*



As it is, 44% of the households served by Food for People are receiving SNAP benefits; a reflection of the inadequacy of benefit amounts.

In addition to increased hunger, local economies will be impacted by a reduction of SNAP benefits. If these individuals don't have money to replace their SNAP benefits, the local grocers, retailers, and farmers' markets that accept SNAP lose the business. The USDA Economic Research Service calculated that the federal dollars from SNAP brought \$7.2 billion into California's economy in 2016.

Of greater concern than economic loss is the increase in hunger. SNAP keeps people healthy and fed. Children are particularly vulnerable to the effects of hunger: poor health, higher rates of hospitalization, increased risk of asthma, and delays in cognitive development are associated with food insecurity. More than 74% of California's SNAP recipients are children.

A public comment period for such proposals is required by federal law. To have your voice heard, please visit [www.foodforpeople.org](http://www.foodforpeople.org), click on Get Involved, and select "As an Advocate." There you will find "Proposed Change to SNAP Categorical Eligibility: Submit Comment Here." Comments will be accepted until September 23, 2019.

# Tribute & Memorial 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 Honor Of

Don, Lily, & Sherman Dixon  
Elisha Green's Graduation  
Garrett Winuk  
Humboldt County Democratic Central Committee

Jacque Kessenger  
Linda Swanson  
Michael Billington  
Mike Taylor

## In Memory Of

Bonnie Lowry  
David Aldinger  
Faye & Willard Darman  
George & Pat Pozel  
Henry Lutje  
HSU Football  
Jacque Kesinger  
James Barry  
Jay & Laurey Sullivan  
Jim Titus  
John Losa

Laura Barbata  
Laurie Anderson  
Wainwright  
Mario & Jane Brenta  
Mary Tanferani  
Millie Anderson  
Nancy Only  
Patric Nagle  
Patrick Riggs  
Rose Losa



**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).

# Backpacks for Kids

for Eureka School Children

Feed a child through the school year

No child learns well on an empty stomach.  
It affects how they learn and develop.

Backpacks for Kids provides a bag full of nutritious food for children in need on the weekends for the school year.

Sponsor a child today!



Rotary Club of Old Town Eureka						George Petersen Insurance Agency			Recology Humboldt County		
Perricelli Family											
Anonymous	Ted & Shelly Stewart	First Covenant Church of Eureka	Kim Brown, Ming Tree Realty	The Tangled Tiki	Jennifer Turley	Sale & Cindy Stockly	Brad & Diane Mettam	Lew & Judie Norton	Stephanie Coffey, RE/MAX		
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		Ed & Pat K.	Anonymous		Howard & Peg Gardner	Janet A. Nelson					

— Join these Backpacks for Kids partners and help local children —



Please fill out this form and send your donation to Food for People

**Backpacks for Kids** Give Online  
[www.foodforpeople.org](http://www.foodforpeople.org)

Amount \$ \_\_\_\_\_  Check

Credit Card \_\_\_\_\_

Ext. Date \_\_\_\_\_ Card CV2# \_\_\_\_\_

Billing Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Name of Donor \_\_\_\_\_

Name or Company to be used for recognition: \_\_\_\_\_

Permission to Print Name

Make payable to **Food for People**  
(Please specify "Backpacks newspaper ad" in the memo line)

**\$600**

**\$300**  
 will sponsor a child for a full year in the program!

**\$100**





Last year, Food for People's Backpacks for Kids Program served a record number of children at 36 sites throughout our county.

# Backpacks for Kids

## Sponsor a Backpack, Feed a Child

By Carrie Smith, Child Nutrition Programs Coordinator

Food for People's Backpacks for Kids Program works in partnership with local schools to identify children who are at risk of going hungry over the weekend. Each Friday during the school year, participating students receive a backpack filled with kid-friendly meals and snacks including milk, whole wheat bread, fruit, peanut butter, tuna, soup, macaroni & cheese, granola bars, and 100% fruit juice. Last year we fed a record number of kids at 36 sites throughout Humboldt County. At its peak we served 597 children! That is an increase of more 100 kids over the last couple of years. We serve children at schools in McKinleyville, Blue Lake, Samoa, Arcata, Eureka, Loleta, Fortuna, Hydesville, Carlotta, Rio Dell, Scotia, Hoopa, Ferndale, Orick, Bridgeville, Redway, Weott, Blocksburg, Miranda, Whitehorn, and Willow Creek.

This last year we sent out a survey to participating kids in the program as a way to get feedback about how the program is being utilized and which food items are most desired. We learned which foods kids like the best and least. 93% said that the food bag has enough food to get them through the entire

weekend, and 76% of the kids reported sharing the food with their families. This is great information for us to work with, so we can make adjustments to the food bag contents to better align with how the foods are being received and used.

We also got some great anecdotes from the kids who receive backpacks. One child responded: "Sometimes we're out of food, so it's nice to have food on the weekends." Another child reflected that they like the food bag "because we don't have to buy food and we never know when my dad is going to get paid."

Applications for the backpack program will be going out the next few weeks at participating schools. The first food bag will be distributed the first week of October. The cost of sponsoring one bag of food for one child for the entire year is \$300. Please contact Carrie Smith at **(707) 445-3166 extension 309** or [csmith@foodforpeople.org](mailto:csmith@foodforpeople.org) for more information or to give to the program.

# Volunteer Spotlight - Gleaning

## Harvesting excess produce for the Food Bank

### What do you like about gleaning with Food for People?



"For me, it is a good way to get to know the community members who are donating, and to gain inspiration and ideas for my personal garden at home."

– Judy



"I get to help the food bank and community, while exposing my baby to the sights and smells of the garden."

– Katrina with baby Myko in tow



"I have my small apple orchard and all the tools needed to pick the apples. So I enjoy getting calls to glean the apple trees of generous people of Humboldt County. It's fun to visit with them, talk about their apple trees and gardens and leave them with an estimated weight of apples that they have contributed to help feed their fellow Humboldters."

– Neal

#### GLEANNING VOLUNTEERS NEEDED!

Want to help harvest fruits and veggies from farms and backyard fruit trees? Scheduling is flexible and some projects can be done on your own time. The busiest time is now, but the gleaning season continues into November. If you're interested in finding out more or getting involved, contact our Local Food Resources Coordinator Allison Kenney at [gleaning@foodforpeople.org](mailto:gleaning@foodforpeople.org), or (707) 445-3166 ext. 312.

## Thank You for Voting Us

### "Best Local Non-Profit" and "Best Volunteer Organization"

in the *North Coast Journal's* 2019 Best of Humboldt contest!

The annual awards were voted on by readers.

North Coast  
**Journal**  
of Politics, People and Art

# Autumn Fruits and Vegetables

## Beet, Apple, and Carrot Salad

By Kayla Watkins

With summer coming to a close and autumn approaching, we start seeing rich root vegetables and orchard fruits at the food bank. Autumn brings the chance to enhance our plate with raw, nutrient-dense foods. As Food for People's Nutrition Education Coordinator, I have the opportunity to use these seasonal gems in recipes for our program participants.

One of my favorite recipes is Beet, Apple, and Carrot Salad. The base ingredients are apples, beets, and carrots, all shredded. With this pairing, there are endless possibilities. I even paired coleslaw with pulled pork sandwiches, a perfect summer BBQ option. My favorite part about this recipe is the concept. You can choose almost any three items to serve as your base, increasing the nutrient content in your meal.

At Food for People, we work hard to emphasize healthy, nutritious foods. However, for many people visiting our Choice Pantry in Eureka, some produce can be unfamiliar. A few weeks ago, I had the opportunity to demonstrate making shredded beet, apple and carrot salad in our pantry. You could feel the excitement in the air, and the smiles on people's faces. As I walked out with each sample tray, I noticed people whispering to each other about how delicious the food looked. One shopper was overjoyed to find a meal that contained the ingredients she was shopping for at that moment. Not only was the meal quite delicious, it was wonderfully balanced. Try it yourself!



Paired with sandwiches made from USDA pulled pork, Beet, Apple, and Carrot Coleslaw makes a filling summer meal packed with nutrition.

### SHREDDED BEET APPLE & CARROT SALAD

#### Ingredients:

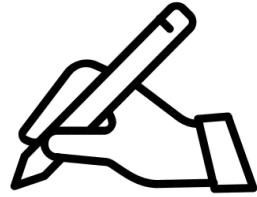
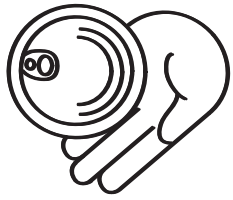
- 2 medium beets, peeled and grated	1/2 cup chopped cilantro
1 large, firm, tart apple with peel, grated	3 tablespoons cider vinegar
2 large carrots, peeled and grated	3 tablespoons olive oil
4 scallions, green and white parts, chopped	Salt and pepper, to taste

#### Directions:

1. Combine the beets, apple, carrots, scallions, and cilantro in a bowl, and toss to mix.
2. Whisk together the vinegar and olive oil. Pour over beet mixture, stir well. Season to taste with salt and pepper.
3. Serve immediately, or chill for up to 6 hours.

# September is Hunger Action Month

## You can make a difference in local hunger!



**H**unger affects far too many children, seniors, and families in Humboldt County.

Twenty-one percent of our county lives at or below the poverty line and the number of those affected by poverty and hunger is increasing in rural areas.

Hunger affects work, mood, and health. In our community, hunger is a daily experience for many people. Food for People has been working for 40 years to eliminate hunger and address the root causes of hunger and poor nutrition. To raise awareness of this huge national issue, Food for People is asking you to get involved and help make an impact this September during Hunger Action Month. It's a month to spread the word, take action on the hunger crisis, and dedicate ourselves to a solution. Whether it's by advocating, giving, volunteering, or taking action, you can find a way to make a difference!

**Give.** Food for People relies on financial contributions to sustain our hunger relief programs. Your donations help provide food to more than 12,000 people each month who struggle to make ends meet in Humboldt.

**Volunteer.** Volunteers are the heart of Food for People. It takes a community of volunteers to make our programs successful. Come out to our monthly 2nd Saturday Volunteer Day! You can also email [volunteer@foodforpeople.org](mailto:volunteer@foodforpeople.org).

**Educate.** Educate yourself about hunger and its effects. Follow Food for People on Facebook, Twitter, and Instagram, or sign up for our e-newsletter for updates on our programs and what we are doing to fight hunger locally.

**Advocate.** Contact your local state or national legislators about issues impacting hunger and poverty. See our Advocacy Corner article on page 7.

**Donate.** Pick up a few extra cans from the store or bring in excess harvest from your backyard garden or fruit trees. Food donations help us to stock our shelves and provide a variety of options.