



Food Notes

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

February 2015

Food for Today, Policy Change for Tomorrow

By Heidi McHugh, Community Education & Outreach Coordinator

In the last decade, American food banks like ours have seen a rapid rise in the number of people seeking food assistance. More remarkable than the increased need is the shift in demographics of those seeking assistance; namely people with full-time jobs who still do not make enough to pay for their basic needs. In response to this shift, Food for People's policy advocacy focus has expanded beyond policy that increases food access to include policy that addresses poverty and income inequality, as these problems are inextricably tied to each other.

The ways in which we engage in policy advocacy are as varied as the programs we offer. As organizers of the Humboldt County CalFresh Task Force, we

update our community partners on current and upcoming policy change opportunities during our monthly meetings and via email with requests to write legislators, sign petitions, and participate in phone call and social media campaigns.

These same opportunities are shared with our Board of Directors Advocacy, Community, and Education (ACE) Committee. Last year the ACE Committee partnered with California Center for Rural Policy, Locally Delicious, U.C. Cooperative Extension, North Coast Co-op, and Wildberries Marketplace to present two free community screenings of the documentary film "A Place at the Table," which focused on hunger in the United States. On-

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Highlights of Our 22nd Annual Holiday Spirit Food and Fund Drive

By Laura Hughes, Local Food Resources Coordinator

Volunteers and staff at Food for People's Eureka warehouse have been busy sorting the tens of thousands of pounds of food donations brought in from hundreds of local businesses, organizations, and schools that participated in the holiday food drive. The tremendous outpouring of support from so many groups has been extraordinary, bringing in a record 68,988 pounds of food to help feed our friends and neighbors in need. We can't do it alone, and we are truly grateful for all the folks like you who share our vision and have pitched in to help.

Once again, the Redwood Unit of the Backcountry Horsemen of California officially kicked off our holiday season on Nov. 22 with their annual Cowboy Canned Food Convoy. Horses and their riders trekked through Old Town Eureka with saddlebags full of nonperishable food to be donated to the food bank.

Many businesses and organizations hosted community food drives and food collection barrels through November and December; some new donors got involved, and many faithful supporters returned. Some put

on one-time events; others hosted a food collection barrel. The Bayside Grange once again collected nonperishable food items as the price of admission to their annual Holiday Handmade Makers Fair, as did Blue Ox Millworks for their holiday event. Eureka Women's Club, Eureka Brake & Automotive, and Eureka Presbyterian Church also held food drives!

In addition, over 40 of Food for People's food collection barrels and boxes were placed at holiday drop sites throughout the county, including grocery stores, banks, and other local organizations. These drop site locations were listed on our annual holiday food donation bags that were distributed with the Times Standard during the week of Thanksgiving, making it easy for people to donate nonperishable



Melissa and Bill Zielinski and daughter Alex volunteer in the warehouse in December.

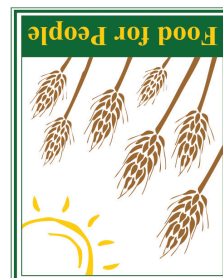
items wherever and whenever it was convenient for them. Thank you to all our barrel hosts!

With 50 Hunger Fighter Teams participating, our Hunger Fighter Challenge was a critical component of this year's drive. This year's teams brought in 11,278 pounds and \$3,055. All the teams were enthusiastic about the cause and had lots of creative ideas and ways to collect food and monetary donations throughout the community. Hunger Fighter highlights include new teams

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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.



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Child Nutrition Programs Update

By Carrie M. Smith, Child Nutrition Programs Coordinator

Backpacks for Kids & After-School Snack Program

Many children in America rely on resources such as free or reduced-cost school lunch during the school year. According to the Humboldt County Office of Education, more than 50% of Humboldt County children are enrolled in the free/reduced-cost school meal program. With over 18,000 students enrolled in Humboldt County Schools according to Humboldt Education Facts 2013, that's a lot of hungry mouths to feed! For many of our

community's children, school meals are a primary source of nutrition.

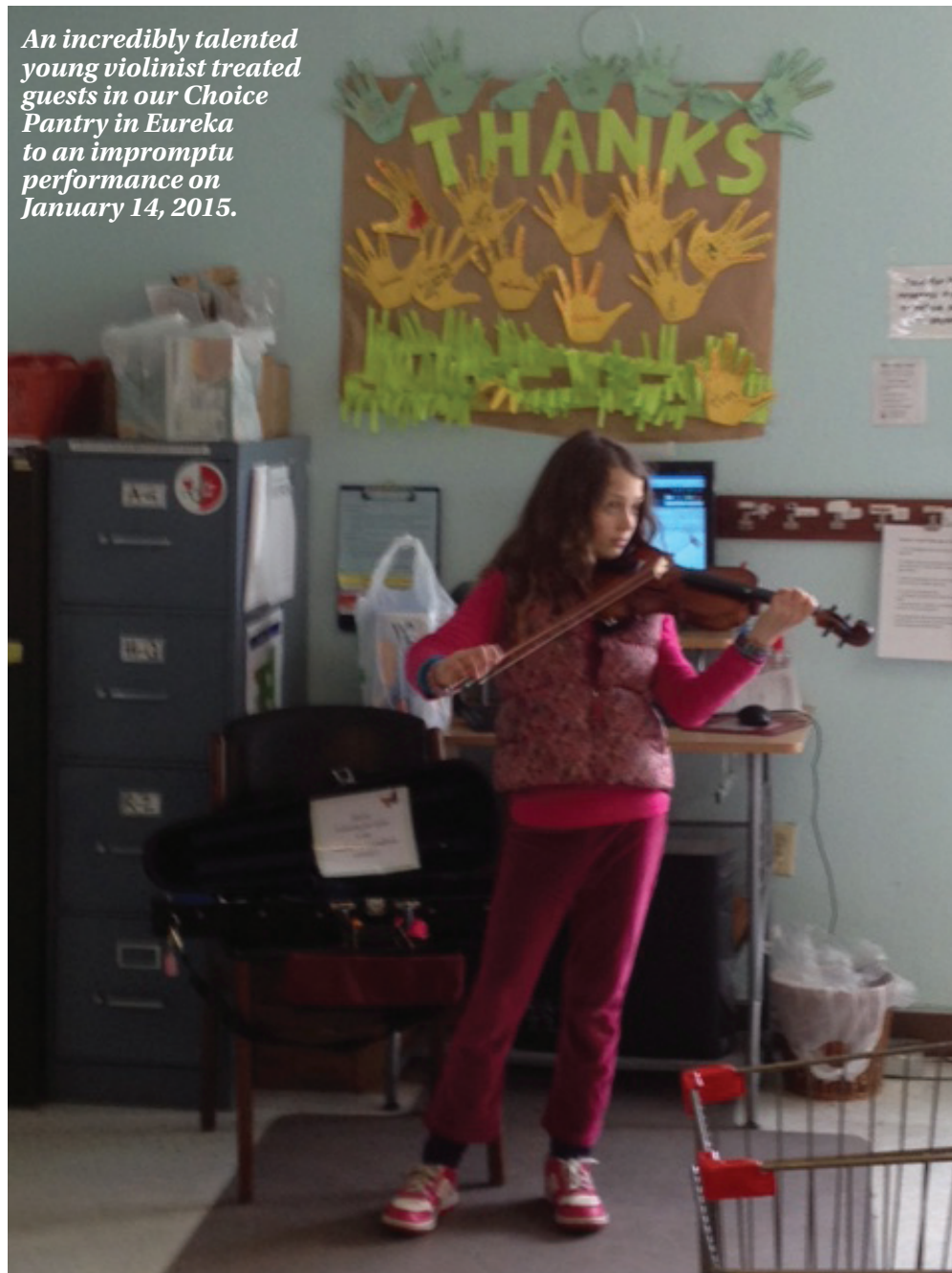
The Backpacks Program is designed to meet the needs of hungry children at times when other resources are not available, such as weekends and school vacations. We purchase the food items in bulk from different suppliers, such as Costco and Grocery Outlet, with the goal of finding the most nutritious foods at the lowest prices.

Children are identified by teachers or administrators at the school as being at risk for weekend hunger. Each child's family must demonstrate financial need and fill out an application form. The number of children we are able to serve is based on community-supplied funding and volunteer support. Because of this, the program usually starts slow and participation increases as the year progresses. This year is no exception. Thanks to charitable

contributions from the McLean Foundation, The Rotary Clubs of Humboldt County, Kiwanis, Umqua Bank, along with many generous donations from the individuals in the community, we started in October with 150 children, and we are now serving 441 children at 24 schools!

Anyone can sponsor a child in the Backpacks For Kids program for \$265 for the whole year. Each sponsorship will go to support another student at one of our partner schools. This donation will make it possible for a child to have breakfast, lunch and dinner at home every weekend during the school year. For more information, you can contact Carrie at (707) 445-3166 ext. 309 or csmith@foodforpeople.org.

An incredibly talented young violinist treated guests in our Choice Pantry in Eureka to an impromptu performance on January 14, 2015.



Shop at AmazonSmile and Amazon will make a donation to:
Food for People

Get started

amazon smile

AmazonSmile is another way to support the food bank.

Whenever you shop on Amazon, start your shopping at www.smile.amazon.com.

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Food for People.

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

Notes from the Director

Warmest Thanks to Our Amazing Community

By Anne Holcomb, Executive Director



It was one of those moments in which the course of many lives changed dramatically in the blink of an eye. Food for People lost a truckload of food that day and the motorist lost his life in a scene that was nothing short of horrific as flames engulfed both vehicles and smoke billowed skyward.

Thanks to the heroic act of a local So-Hum resident named "Six" who was one of the first on the scene of the crash, the driver of the truck was able to walk away from the accident and watch as the truck she had been driving moments before turned into a fireball. We've since learned that he's had his own share of challenges in life but the bottom line is that he didn't hesitate when the crash scene unfolded in front of him, and his fast actions saved a life.

The story of what happened that day is nothing short of remarkable and is one that many of us will never forget. It's a reminder of just how important our friends and loved ones are to us and how the kindness of a stranger can touch a life so deeply. And in the hours and days after the crash, it has also become clear that there are a multitude of heroes among us.

As word of the accident spread, offers of help started to pour in. By the following morning, several local farmers who had heard that we lost 5,000 lbs. of produce stopped by with large donations of squash, root vegetables, and cabbages to help fill the void. A rancher stopped by with boxes of beef. Another person purchased \$400 worth of fruit, concerned that families waiting for their holiday food boxes might otherwise go without. And much to my surprise, my friend Michael Welch started a Facebook event to

channel financial donations in our direction, which was promoted widely by local media. Wildberries offered a \$500 matching donation to inspire others to give and the cashiers at both North Coast Co-op locations encouraged shoppers to round up their purchases or make a donation through the annual "Share the Spirit" campaign. And there were so many other kind people who called to ask how they could help and many more that stopped by with financial donations or made a contribution online. This sort of instantaneous response to an unfolding situation that was less than 24 hours old blew us away and speaks volumes to the core character of our community.

We would like to extend our very warmest thanks to everyone who came forward to help, and we'd also like to thank those who help all year round. The people we serve through our programs are often teetering on the edge financially, just one medical crisis, car repair, job loss, or other personal tragedy away from hunger and possibly homelessness. Our staff and volunteers are rock stars who work hard and never hesitate to go the extra mile to help. They know that something as simple as a little bit of food can make a difference for someone who is struggling, and sends the message that someone cares enough to help. They inspire hope and serve as a reminder that each one of us can make a difference.

As with any tragedy, life goes on and begins to resume some sort of normal rhythm. But as we move forward, we do so with the knowledge that we are surrounded by many unsung heroes who make our community a better place for all. We extend our warmest wishes to each and every one of you for a happy, healthy 2015. 🐾

The winter issue of our newsletter is traditionally focused on thanking all the wonderful people in our community who supported Food for People in 2014, and this year is no different - with one big exception. We never could have anticipated the events that unfolded on December 22 or the amazing community response that followed. I shared some of the details in a My Word column that appeared in the Times Standard on January 9, and you can find a copy of that column on our website. But for those of you who may not read the daily paper, I wanted to do a brief re-cap and include some excerpts here.

On Monday, December 22, a tractor trailer filled with 5,000 lbs. of produce and USDA commodity foods valued at \$25,000 was headed northbound to Food for People to deliver the monthly allotment of food that would be used to supply each of our 16 food pantries. Unfortunately, the truck, which was operated by California Emergency Foodlink, a Sacramento-based food bank that has the contract to deliver to rural food banks such as ours, never made it to Eureka. A motorist traveling southbound crossed over the center line and hit the truck, causing it to burst into flames.

Food School Is in Session!

By Cassandra Culps, Nutrition Education Coordinator



The nutrition education program at Food for People is going strong. Our cooking classes are empowering community members of all ages, from elementary school children to elders. Attendees are learning valuable tips and skills which they can use to prepare healthy meals for their families.

Food for People's free monthly Cooking with Commodities class, taught by volunteer Anne Harris, is one of our most popular classes! Come see what the buzz is all about and join us to learn some simple ways to make delicious dishes! Contact Cassandra at cculps@foodforpeople.org or (707) 445-3166, ext. 305. 🐾

Above: Volunteer Anne Harris made a green bean, pasta, & chicken casserole during a Cooking with Commodities class.

Food for Today *Continued from page 1*

site advocacy opportunities, such as writing postcards to legislators and a post-screening community discussion of how to address hunger in Humboldt County, encouraged people to make their voices heard and to do something about hunger. These screenings coincided with the reauthorization of the Farm Bill, which established funding and regulations for programs like the Supplemental Nutrition Assistance Program (SNAP or CalFresh), and the Emergency Food Assistance Program, which supplies food banks nationwide with commodity foods.

Our advocacy staff members frequently present to classes at Humboldt State University and College of the Redwoods regarding hunger on the local and national level and how policy can either reverse or worsen these problems. This semester, our outreach staff will be advising social work majors on current hunger-related legislative goals in California for their policy class.

Food for People's Hunger Action E-Newsletter is another

avenue through which we share current legislation and encourage our readers to get involved. Current and past editions of the E-News can be viewed on our website. Under the About Us tab, click Newsletters.

It is often said that "the people have spoken" when the final results of elections are determined. That cannot be said of the elections of 2014. Nationally, only 36% of eligible voters participated, the lowest voter turnout in 72 years! Locally, Humboldt County did not fare much better with a 39% voter turnout. When a problem becomes as pervasive as hunger or poverty, policy is needed to address the issue. We can remind our elected representatives of that with every email, letter, phone call, Tweet, and vote that expresses our desire for the outcome of their work. Food for People's first priority is to get food to those who need it in our community today, but we are also working to make lasting change for tomorrow. 🐾

Help Sustain Us: Join the 800 Club

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

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

It's easy to become an 800 Club member. Contact us directly to set up a monthly or quarterly charge on the credit card of your choice. Or fill out the slip on this page and send it to us. You will receive a packet of 12 envelopes to make sending in your monthly donation easy. For more information, contact Amelia Boulware, Fund Development Director, at 707-445-3166 extension 306 or amelia@foodforpeople.org.

Tributes, Memorials, & Gift Contributions

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

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

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

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

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



Above: Daughter and mother volunteers Olivia and Michelle help out in the warehouse in December. Below right: Volunteers from the community, including groups from the American Red Cross and North Bay Rotaract, gather on Saturday, Dec. 10, to process Holiday Spirit Food & Fund Drive food donations.

I'd like to be a regular donor!

Please send an 800 Club Packet to:

Name: _____

Address: _____

City, State, Zip: _____

Please charge my Visa or Master Card:

Monthly Quarterly Amount: \$ _____

Card Number: _____

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

Clip and mail to:

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

In Memory Of

10/01/14 - 01/21/15

Alyx Shea
Bill Cassner
Charles DiCostanzo
Chris Stillman
David Rudin
Diane L. Santigo
Dr. Jack Hemmert
Edward N. Pugh
Father Eric Freed
Florence & Howard Mayer
Gene Plyley
Hal Hummel
Harry Jensen
Isabella Phipps
Jeanne Nash
Jim Maffia
Jon Schmitz
Jose Gallego
Kevin Morgan
Lillian Z. Pease
Marilyn Murphy
Monica Johnson
Ron Young
Sam Brown
Sister Alice Reid
"Sons John & Jason &
Granddaughter Wendi"
"Steven Ray Castillo, who lost his life in
the 12/12/14 truck accident"
Wendy Thom

In Honor Of

10/01/14 - 01/21/15

Amanda Brashear
Ann Mason & Mark Early
Anne Holcomb
Beaupre Family
Bernard & Johnson Family
Betty & Don Hosterman

Cameron & Lisa Appleton
Carol & Jim Johnson
Chris & Leslie Gross
Doug & Nellie
Dr. Halvor J. Braafladt
Dr. Paula Edwards
Erika Makino
"Grandpa Bill"
Fox Olson
Hart & Buckley Families
Heather Quarles
Jan Werren
Jason & Theresa Hood
Jim &Carolynn Wengate
Joan Levy
JoAnn Howell
Joseph Thaler & Ariel Stone
Judy Anderson
Julie Fulkerson & Lynn Evans
KHUM
Killian Family
Kristal Decker
Laura Hughes
Lenny Escarda
Lisa Waters & Larry Dern
Lost Coast Outpost
Lura Winzler
Margaret Lang & Steve Railsbrok
Marian Hastings
Mary Wieland
Michael Welch
"My daughter, Liberty"
Neil Kemp
Peter Aronson
Ron & Juanita Elder
Sally
Sigmund Fruhauser
"Small hardworking farmers"
Suzette Noyokka
Sydney Schwartz
"The truck driver who was in the
accident in Benbow"
Thomas Rowe
"Those who are less fortunate and need
a little assistance in life"
Tim Paik-Nicely
TOPS (Take Off Pounds Sensibly)
Trisha Stulie 🐾



22nd Annual Holiday Spirit Food & Fund Drive

Continued from page 1

and many faithful returning teams. Dell'Arte International held performances of "Pippi Longstocking" across the county, collecting food donations at each show to donate to local pantries. Union Street Charter School held a food drive the last week of school before break, which they have been doing for years. St. Joseph Health brought in lots of donations and monetary support from four locations, as did Open Door Health. CalTrans outdid their previous years' generosity. We can always count on various DHHS departments to pitch in enthusiastically. We have a strong partnership with them and appreciate it. Thank you to everyone who helped make our Hunger Fighter Challenge so successful! More information about our annual Hunger Fighter Challenge, including a list of participating teams and winners, can be found on pages 6-7 and page 11.

Humboldt State University is another important partner in our holiday drive efforts. HSU's Service Learning Department has facilitated its own Hunger Fighter Challenge among both student groups and university departments for several years now, bringing in substantial donations from student and staff communities as well as from residential communities surrounding campus. Thanks to



Tyree Love, Stacy Becker, and the dedicated Service Learning interns for their ongoing support and coordination efforts.

And what would Food for People's Holiday Spirit Food and Fund Drive be without the ever-delightful, and highly anticipated KHUM on-air food and fund drive week? Each year Food for People staff join our enthusiastic and fun-loving KHUM DJs for live broadcasts at various grocery stores throughout the county to highlight our efforts and meet community needs. Some store managers encouraged donations during the drive by donating register round-up totals to the cause, and offering discounts to employees who donated. Thanks to the North Coast Co-op, McKinleyville Ray's, Wildberries Marketplace, Murphy's Market in Cutten, and Eureka Natural



Top: Members of the Redwood Unit of the Backcountry Horsemen prepare for the November 22 Cowboy Canned Food Convey through Old Town Eureka. **Above:** Richard Stancliff, manager at Ray's Food Place in McKinleyville, with Cliff Berkowitz during KHUM Week. **Below:** Anne Holcomb accepts a \$14,453 "Share the Spirit" check from Kelli Reese, General Manager of North Coast Co-op.



Foods for hosting our broadcasts and encouraging donations from December 1-5. Thanks also to KHUM DJs Cliff, Amy, Mike, and Larry for their ongoing dedication to fighting local hunger and supporting the food bank.

Finally, it would not have been possible to collect, sort, and distribute the tens of thousands of pounds of food donated throughout the county during this year's holiday season without the help of our very dedicated volunteers and Pantry Network coordinators. From helping with weekly barrel pickups from over

a hundred drop-site locations, to tracking, sorting, packing, and stocking food donations, Food for People relies on volunteers and our network of pantries to get the job done.

By donating a can, a dollar, or an hour, community members like you have made a real difference in the lives of Humboldt County's most vulnerable residents this holiday season. Thank you for being part of the solution, and may you have a happy, healthy, and prosperous 2015! 🐾



Mission Statement

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

Our Vision

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

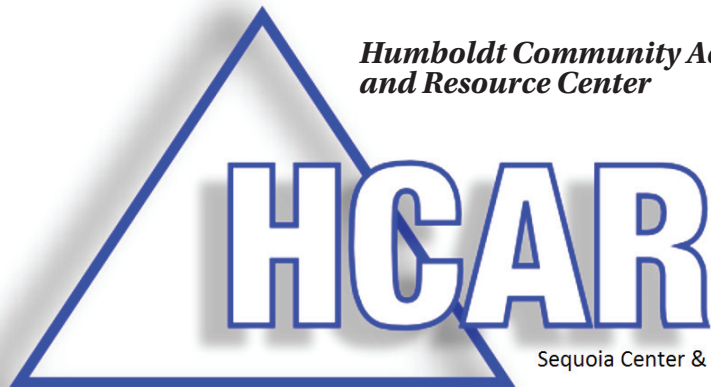
Our Values

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





Federal Building, Arcata



Humboldt Community Access and Resource Center

Sequoia Center & Bay Center

Thank you all for a successful

This year's Hunger Fighter teams were truly champions, bringing in 11,278 pounds and \$3,055 in funds during Food for People's 22st annual *Holiday Spirit Food and Fund Drive*. More than 50 teams participated in this effort to raise the most food and funds possible during the holidays in order to help our

friends and neighbors in need.

Our Hunger Fighter teams were enthusiastic about the cause and had lots of creative ideas and ways to collect food and monetary donations throughout the community this season. Some groups hosted community events to collect

Gold Star Hunger



Redwood Unit of the Backcountry Horsemen of California



HSU Service Learning

Full Hunger Fighter Challenge!

food donations and raise funds through silent auctions or wine pours. Other groups distributed food drive information, donation bags, and donation envelopes to their employees or other community members. Some teams solicited local businesses to host additional food donation barrels. Team

leaders regularly communicated with their teammates, sending progress updates and tips to keep everyone motivated.

Thank you to all our teams, and to everyone who participated this season to help make our Hunger Fighter Challenge so successful! 🍷

Hunger Fighter Teams

Recology Humboldt County



Proud to be 100% Employee-Owned!



Dell'Arte International



St. Joseph • Redwood Memorial

Abel's 6th Birthday Party: Paying It Forward

By Amelia Boulware, Fund Development Director

We receive many creative donations at the food bank from people who go out of their way to give back. We were recently contacted by a family whose young son wanted to donate his birthday gifts to the food bank. We asked his mother Jessica some questions about how a birthday party turned into a chance to give so generously.

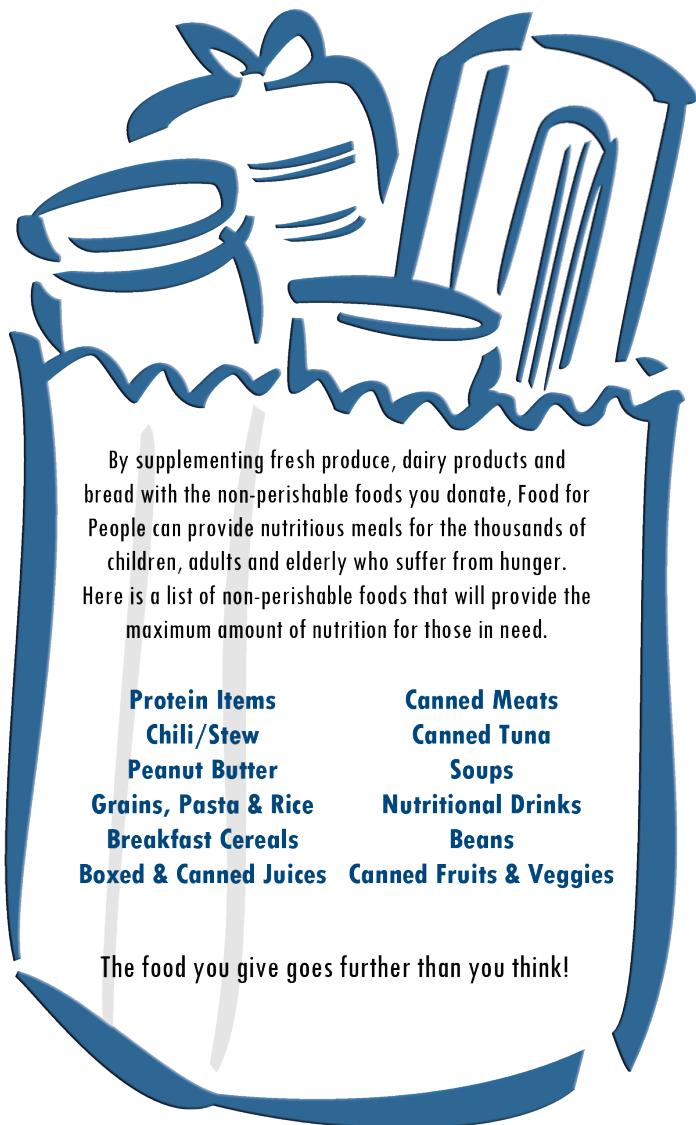
How did you and Abel come up with this idea? We usually tell people presents aren't necessary but we wanted to do something to give back this year. We talked with Abel about the importance of doing good things for other people. We suggested his friends coming to his party bring something he could share with people who needed it. We gave him the option of donating toys or food—he chose food. This experience helped us teach Abel the importance of giving what you can, community

responsibility, and that there is a great big world outside of what he's known. We were so very proud of his willingness to give and excitement about it all. As with any celebration, we believe it's the time spent with those you care about—not presents—but this way we were able to have quality time with our friends and family while giving back to our community.

How did you share your plans with Abel's friends? I created a Facebook invitation and sent it to the parents of Abel's friends inviting them to join us at E&O Bowling Alley for bowling, fun, and cake. In the past we've said presents weren't necessary, but this year we specified if people wanted to bring something it should be a healthy, non-perishable food item to be donated to Food for People by Abel. As we got closer to the party, I called Food for

People to get an idea what type of food was most needed. I found out healthy proteins were always in high demand and I passed this information on to the parents. The party was a huge success! Kids and parents brought in lots of good and healthy food. Some parents told me their children kept reminding them they had to bring food and at least one other child said she wanted to do something similar for her birthday. Not having gift opening at the party didn't come up at all. The children (and parents) had fun bowling, playing air hockey, video games, eating snacks and birthday cake made by Abel's grandma.

After Abel's party we took him grocery shopping to choose some food items he really loves to share with other children. It was fun to go down the aisles and pick some of his special "treats" to share. We were doing some of our own shopping as well, so a few items he insisted we get extra to donate. When we arrived at Food for People we were greeted so warmly. The happiness we felt there really made the importance of Abel's action real to him. We were all so excited as the food was getting weighed—110 pounds! He was lucky enough to be given a Food for People t-shirt, and asked to wear it immediately! We are incredibly thankful to have had this experience with our son and an amazing local organization doing so much good for our community. 🍌



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!

Find us on
facebook



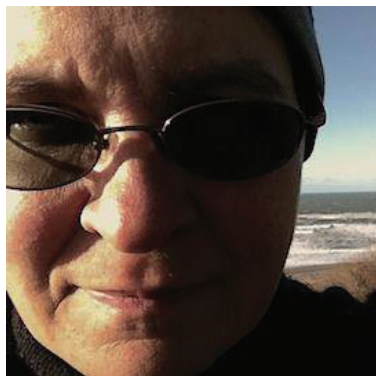
Abel and his parents with the 110 pounds of food that Abel donated to the food bank on December 6, 2014.

Welcome Jules, Ben, and Tim!

By Deborah Waxman, Director of Programs

This winter we welcomed several new staff to our team, and are pleased to introduce them to you and to share a little more about their programs from their perspectives.

Jules Katz started in December as our new Pantry Network Coordinator, managing our county-wide web of partner food pantries and meal programs.



Jules Katz

Welcome to our food bank team, Jules! Tell us a little about yourself and what brought you here. Glad to be here, thanks! After moving back to Humboldt County last summer, I sought out several organizations to volunteer with to get a better understanding of our communities' needs and the successes and challenges in meeting those needs—particularly around food security and local food production. Being a volunteer at Food for People (FFP) last summer and fall gave me insight into those questions and how FFP works to meet the need. When the Pantry Network Coordinator position opened up, I jumped at the opportunity to work here. Getting to know a lot of the staff beforehand, as a volunteer, cinched the deal for me that this is where I belong. Volunteering was fun and rewarding, and being an employee has taken it to another level. As cheesy as it sounds, I do feel honored to be part of the team to help make a difference in all of the communities we serve.

What are some of the things you've been up to as Pantry Network Coordinator the past couple months? Tell us about your job. In a nutshell, I work with all of our pantries to ensure our Pantry Network is running smoothly via project management and relationship building. There are several parts to this position. First off, the position

makes sure all pantries are in compliance with USDA regulations and reports monthly to USDA. I also report data and outcomes to our organization and to the entities that support and provide resources to us. Secondly, there is the physical side of distributing the food. One week out of the month, volunteers help me pack pallets in the warehouse with staple food items, produce and bread, which are then transported out to pantries and meal sites. I tend to get the folks working around me to sing a lot during this week, or at least I sing and they reminisce. It makes for a fun week...I hope. And, thirdly, I develop and maintain open and friendly relationships with all the people I work with, including all of our pantries countywide, volunteers, co-workers, and our clients.

We support communities from Orick to Hoopa to Bridgeville to Garberville and many in between. I am learning about the needs of each pantry community and will be for some time. I am starting to meet the teams at each site to see how their operations run and to get a feel for their successes and challenges. The relationships the pantries have built within their communities are vital to their success in securing local donations and cultivating volunteers to help feed and nourish their communities. I am excited to get out in the field and meet more of the pantry leaders and volunteers around the county!

You spend some of your time providing support and guidance to our on-site Choice Pantry. Can you provide us with a few highlights about that and the team you work with? The team here is amazing. The pantry and warehouse run like a machine, but with the human touch. There is a very strong and genuine "I've got your back" spirit here that has made it much easier to learn the ropes of the operation. A recent highlight was having a 10 year old girl play her violin for everyone in the lobby. It was very impromptu, which made it all that more special for all of us.

What's the best part of your job so far? That's easy: it's the people: the staff, volunteers, our supporters and sponsors, our partners, our clients—and the community for believing in what we do.

Tim Crosby, formerly our Mobile Produce Pantry Coordinator, stepped into the role of Operations Manager in December, and shares with us what it's like.

Tell us a little about yourself and your new role as Operations Manager. I've been with Food for People for the last several years as the Mobile Produce Pantry Coordinator, and as a long term volunteer prior to that. My partner and I moved here to Humboldt about five years ago from Oakland. All those years of vacationing here on the North Coast finally convinced us to make the move. Earlier experiences include stints as a brewer, cabbie, roadie, bartender, and magazine editor. Any spare time I have is usually filled with library visits, small batch coffee roasting, and wrenching on my vintage motorcycle sidecar rig.



Tim Crosby

What are some of the things you've been up to as Operations Manager in your first month? Honestly, I've just been trying to wrap my head around all the various duties involved in this position. My predecessor has left me some big shoes to fill. One example is coping with the loss of one of our commodity supply trucks last month. You may remember the big rig accident and fire near Benbow in late December. While we'll eventually be replenished for some of that load, it has caused a bit of scrambling in the short term. In addition to scheduling, facilitating, and tracking product flow into and out of the warehouse, one of my most important duties is to act as a liaison between all of our various programs (14 in total). Keeping a finger on the pulse of the how, where, and when all our Program Coordinators need food or support for their programs is vital.

What's the best part of your job so far? I like the constant flux between the cerebral spreadsheet and budgetary side of the position and the physicality of stacking boxes, moving pallets, and the daily contact

with staff, volunteers, and community partners.

Ben Allen started in January as our new Mobile Produce Pantry Coordinator, and shares with us what it's like to coordinate Food for People's newest distribution program.

We are excited to start the new year with you on our team. Tell us a little about yourself and what brought you here. I am equally excited to be joining the Food For People team. I was raised in Crescent City, attended HSU, lived in Seattle for a number of years and returned to the area about 3 1/2 years ago. I am heavily involved in many aspects of music and enjoy spending time with my family and friends. I had heard much about Food for People and knew it was an organization I wanted to be involved with. While I was happily employed at Mad River Community Hospital for over three years, after interviewing for the Mobile Produce Panty Coordinator position, I felt strongly that FFP was a great fit for me and where I wanted to be.

What are some of the things you've been up to as Mobile Produce Pantry Coordinator in your first month? I have been to all of our produce distribution locations and distributed produce to hundreds of people. I've thoroughly enjoyed meeting so many people in areas of the county that I had rarely (or never) visited before. It has been a great learning process, and working with and getting to know the staff here has been wonderful.

Each of Humboldt's communities is so unique, and you really get out there, especially to some of the far reaches of the county. What is it like? The scenic

beauty of the rural areas and meeting such a diverse segment of the area's population has been inspirational. It has increased my appreciation for our county and its residents.

It's winter, and our Local Food Resources Coordinator orders lots of fresh produce from local farms for your program. What do your clients think of everything? And how is it going with all that parsnip? I have had almost all positive feedback from clients regarding the fresh produce we provide. I've learned more than I ever thought I would about preparation of root vegetables. It is true there is currently an abundance of parsnip. It seems there is a good number of clients who love it and take large amounts. Others who have never tried it will take just a small amount and ask how to prepare it. If anyone knows of an all-parsnip cookbook, let me know!

You spend almost every day around it, so tell us your personal choice: parsnips or beets? I prefer beets.

What's the best part of your job so far? I have found interacting with clients and coworkers the most enjoyable aspects of the job. ♡



Ben Allen and his dog

I want to become a volunteer at Food for People!

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

Or fill out and send in:

Name: _____

Address: _____

City, State, Zip: _____

Please have someone contact me:

Phone: _____

Email: _____

Clip and mail to:

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

Heartfelt thanks to the businesses that sponsored our **22nd Annual Holiday Spirit Food & Fund Drive**

Janssen Malloy, LLP | JLF Construction Inc.
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Belonging Never Felt Better™





Food for People

The Food Bank for Humboldt County
307 W 14th St., Eureka, CA 95501
(707) 445-3166
www.foodforpeople.org

Thank you to all of the individuals, businesses, churches, civic groups, and organizations who joined us in the fight against local hunger and helped make our **2014 Holiday Spirit Food & Fund Drive** successful!

HUNGER FIGHTER GOLD STAR WINNERS

CalTrans
Cuddly Bear Thrift Shop
Dell'Arte International
Humboldt County DHHS Social Services
Federal Building, Arcata
Humboldt Community Access & Resource Center (HCAR)
HSU Service Learning
Misty Mountain Tree Farm
Recology Humboldt County
Redwood Unit of the Backcountry Horsemen of CA (Cowboy Canned Food Convoy)
Sequoia Gas Company
St. Joseph Health

HUNGER FIGHTER CHAMPIONS

American Red Cross
Area 1 Agency on Aging
Big Brothers Big Sisters of the North Coast
Changing Tides Family Services
Coastal Grove Charter School
Department of Rehabilitation – State of CA
Humboldt County DHHS Social Services– Call Center
Edward Jones Investments
Employment Development Department/The Job Market
Environmental Technology, Inc.
Eureka Physical Therapy Rehabilitation– Eureka
Eureka Physical Therapy Rehabilitation– Fortuna
GHD Inc.
Glen Paul School
Hensel's ACE Hardware
HSU Social Work Student Association
Humboldt County DHHS– Community Wellness Center
Humboldt County DHHS– Older Adult Services
Humboldt County Division of Environmental Health
Humboldt County Office of Education– Court & Community Schools
Humboldt County Planning & Building Dept
Humboldt Independent Practice Association
Kiwanis Club of Henderson Center
LACO Associates
Mothers of Pre-Schoolers (MOPS), Eureka
National Weather Service
Open Door Health Centers
Pepsi Beverages Company
Provident Credit Union
Prudential Redwood Realty
Redwood Coast Energy Authority
Redwood Coast Regional Center
Redwood Curtain Brewing Company
Simply MacIntosh

Umpqua Bank, Henderson
Union Street Charter School
USDA Six Rivers National Forest

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Times-Standard, including the Redwood Times, Humboldt Beacon, & Tri-City Weekly

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North Coast Coop
Philippe Lapotre Architect
Recology Humboldt County
Rings Pharmacy

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Humboldt Area Foundation
Humboldt Redwood Company
Mel and Grace McLean Foundation
Pacific Gas & Electric Company
Patricia D. & William B. Smullin Foundation
St. Joseph's Health Humboldt County
St. Joseph's Health Community Partnership Fund
Union Labor Health Foundation

ADDITIONAL COMMUNITY DONORS

Arcata Bottoms 4-H
Arcata City Hall
Arcata High School
Bayside Grange Holiday Handmade Makers Fair
Baywood Golf & Country Club
Blue Ox Millworks
Calvary Lutheran Church
Christ Church

Dutch Bros. Coffee
E.G. Ayers Distributing
Eureka Brake & Automotive
Eureka Natural Foods
Eureka Presbyterian Church
Eureka Women's Club
First Congregational Church
First United Methodist Church
Humboldt Area Foundation
Humboldt Beer Works
Humboldt County Pioneer Society
Humboldt County Public Health Administration
Humboldt Petroleum
Northwood Chevy
Om Shala Yoga
Redwood Community Action Agency
Scrappers Edge
Six Rivers Montessori School
Tri-Counties Bank
United Bikers of Northern California

FOOD DROP-OFF BARREL HOSTS

Arcata
Advance America
Bank of America
Murphy's Markets
North Coast Co-op
Ray's Food Place
Safeway
U.S. Bank
Wildberries Marketplace

Blue Lake
Blue Lake Community Resource Center

Bridgeville
Bridgeville Elementary School
U.S. Post Office

Carlotta
Swain's Flat Outpost

Eureka
Grocery Outlet
Les Schwab Tire Center
Murphy's Market
North Coast Co-op
Northern CA Community Blood Bank
Safeway
U.S. Bank

Ferndale
Ferndale Community Church
U.S. Bank
Valley Grocery

Fortuna
Les Schwab Tire Center
Safeway
U.S. Bank

Garberville
Community Credit Union
North Valley Bank
Ray's Food Place

Hoopa

Hoopa Health Association Senior Nutrition Center

McKinleyville

CVS Pharmacy
Grace Good Shepherd Church
Les Schwab Tire Center
McKinleyville Home & Garden Center/
Ace Hardware North Valley Bank
Ray's Food Place
Safeway
Umpqua Bank

Orick

Orick Community Resource Center/Orick Elementary School

Redway

Redway Family Resource Center
Shop Smart Food Warehouse

Rio Dell

C C Market

Scotia

Hoby's Market
Scotia True Value Hardware
U.S. Bank

Trinidad

Murphy's Market

Willow Creek

Community Resource Center
Ray's Food Place
U.S. Post Office

Thank you for helping
Food for People make
sure our friends and
neighbors in need have
enough to eat.

This season, community
members donated 68,988
lbs of non-perishable
food. Thank you,
Humboldt County!

Volunteer Spotlight: Q & A with Emily Abfalter from Umpqua Bank



schools, and community development programs. The goal is for us to create a positive change within our community. Since I am a full time associate, I am able to volunteer up to 40 hours a year. In total, associates volunteered more than 53,450 hours through Connect in 2014, each person bettering our communities in their own way.

Each associate gets the opportunity to choose where they volunteer their time. I learned about Food for People from another associate who volunteered there and was moving away from the area. She had nothing but positive things to say so I decided to replace her when she was unable to continue volunteering.

How long have you been volunteering at the food bank? I have been volunteering at the food bank for two and a half years. I try to volunteer for an hour each week and write the thank-you notes for the people in our community who have donated to Food for People.

How has your perception of Humboldt County been affected by your time at the food bank? I've realized the need our community has for programs like Umpqua Bank's Connect and all the great support Food for People offers. I moved to Humboldt County to attend HSU 9 years ago and didn't realize how many families are in need of food assistance until volunteering at the food bank. ♡

We are so very grateful for Emily's generosity, positive attitude, and exceptional work. Thank you Emily and Umpqua Bank!

Tell us about your work. I work at Umpqua Bank in McKinleyville as a Universal Associate. I've been with Umpqua for a little over three years and my title means that I can assist customers with all their financial needs, from opening new accounts, helping with loans, to taking deposits.

Tell us a little about Umpqua Bank's program that allows you to leave work to volunteer on a regular basis. Umpqua Bank's volunteer program, called "Connect," provides associates with paid time off to volunteer at youth-focused organizations,

Make New Friends, But Keep the Old Farewell to Andy and Darci



Food for People bids a tearful farewell to seven-year employee Andy Nieto, who started out as our Child Nutrition Programs Coordinator before moving into the role of Operations Manager, a position she held for five years. Andy continually shaped Operations logistics to best keep up with the details of the food

bank's growing services and opportunities. She developed strategic relationships with a diversity of food vendors, making sure that all of our programs had the food they needed when they needed it. We will miss her dearly and we are thankful for her seven years of exceptional service and support. ♡

Andy Nieto



Darci Gibson

Food for People will miss our hardworking outgoing Pantry Network Coordinator, Darci Gibson. Her friendliness made her a natural at getting to know and support the coordinators and volunteers across our countywide network of food pantries. She was a team player who held our mission close to her heart and always lent a hand to anyone and any food bank program in need of it. We wish her the best in her next adventures! ♡

Your donation is important!

- I am enclosing a donation to help eliminate hunger in our community.
- I would like to join the 800 Club & donate regularly. Please send me a packet of envelopes

~~~~~ or ~~~~~

Please charge my Visa or Master Card:

Monthly  Quarterly  One Time

For the amount of: \$ \_\_\_\_\_

CC#: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Security Code (on back of card): \_\_\_\_\_

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Street \_\_\_\_\_

Town, ZIP \_\_\_\_\_

Please contact me about including Food for People in my Estate Plans

*Food for People, Inc., is a 501 (c)(3). Donations are deductible to the fullest extent of the law.*

### Food for People Wish List

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

An open/closed sign  
Large bookshelf for reception area  
Desk for reception area\*  
Chairs for reception area\*  
Newer delivery van\*

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