

Food Notes

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

February 2016



Left: Food for People's Local Food Resources Coordinator, Laura Hughes, and Director of Programs, Deb Waxman, talk on air with KHUM DJ, Larry Trask, to promote the 23rd Annual Holiday Spirit Food & Fund Drive. Middle: The Redwood Unit of the Backcountry Horsemen kick-off the Holiday Spirit Food & Fund Drive with the Cowboy Canned Food Convoy through Old Town Eureka. Right: Nathan Davis-Floyd staff member at Redwood Curtain Brewing Company shows off their Hunger Fighter Challenge Donation Barrel.

The Roots of Hunger are in the Roots of Poverty

By Heidi McHugh, Community Education & Outreach Coordinator

Like other food banks throughout the nation, Food for People continues to serve a diverse group of community members finding themselves in need of food assistance; some were ushered in with the start of the Great Recession. Those who found themselves without jobs, or those who had lost money tied to investments, suddenly discovered they needed the assistance of food banks. What was not expected was that as the recession shrunk in our rearview mirror, and jobs came back, requests for help did not diminish. The recession was officially declared over in 2009, yet the emergency food pantry has remained part of

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Highlights of Our 23rd Annual Holiday Spirit Food and Fund Drive

By Laura Hughes, Local Food Resources Coordinator

The holiday season is one of our busiest times of year at Food for People. In addition to coordinating our usual year-round programs and services, we take on a number of additional tasks during the months of November and December to facilitate our largest and most comprehensive food and fund drive effort of the year. We increase the number of households we serve in our Choice Pantry to accommodate the extra community demand, provide bonus holiday food items to shoppers, distribute and collect

food donation barrels throughout the county, recruit extra volunteers to help sort them, promote special events, and more. We're operating at maximum capacity this time of year.

With the holidays now behind us, we at Food for People can take a moment to breathe and reflect on the tremendous outpouring of support we've received from our community this season. Thanks to the generosity and enthusiasm of hundreds of businesses, organizations, groups,

and individuals, the 23rd Annual Holiday Spirit Food & Fund Drive brought in almost 80,000 pounds of food to help feed our friends and neighbors in need. This food helps us during the holidays and also through the tough winter months that follow. We can't do it alone, and we are truly grateful for all the folks, like you, who have pitched in to help.

Once again, the Redwood Unit of the Backcountry Horsemen of California officially kicked off our holiday season with their annual

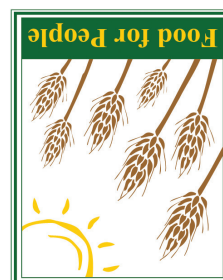
Cowboy Canned Food Convoy in mid-November. Horses and their riders trekked through Old Town Eureka with saddlebags full of nonperishable food to be donated to the food bank. Excited onlookers and passers-by got the chance to feed apples and carrots to the horses while the food was unloaded at Food for People's Old Town warehouse.

The Backcountry Horsemen were one of 52 Hunger Fighter

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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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www.foodforpeople.org

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North Coast Co-op's Share the Spirit Goes Above & Beyond!

By Carly Robbins, Fund Development Director



North Coast Co-op cashiers present checks to Food for People for \$27,173.17. Left: Left to right - Co-op cashiers Emily Rood, Kimmy Misiasz, & Janet Prentiss with Food for People's Executive Director Anne Holcomb at the North Coast Co-op, Arcata. Right: Left to right - Co-op cashiers Joel Grosh & Ree Stevens with Food for People's Development Director Carly Robbins & Executive Director Anne Holcomb at the North Coast Co-op, Eureka.

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If you shopped at the North Coast Co-op during the holidays, chances are you contributed to their Share the Spirit campaign to raise funds for Food for People. This year's efforts raised \$27,137.17 - more funds than ever before! For this fundraising campaign, cashiers at the Arcata and Eureka stores held a friendly competition to see how much money they could raise for Food for People. They asked customers to round-off their purchases or add a little bit extra to their grocery total to donate to the food bank. In addition to the amount donated at the registers, the North Coast Co-op matched their customer

donations up to \$5,000.

In the end Arcata finished with \$11,600.68 and Eureka finished with \$10,572.49, for a total of \$22,173.17! With the additional \$5,000 matched by the North Coast Co-op, all told they were able to donate an incredible \$27,173.17 to Food for People! Special mention must be made of some of the exemplary staff members who went above and beyond to raise funds. In Arcata, Kimmy Misiasz raised \$4,282.09, Emily Rood raised \$2,660.71, Janet Prentiss raised \$854.39, and Diane Mollring raised \$729.45 (working only 24 hours per week)! In Eureka,

Ree Stevens raised \$3,275.24, Joel Grosh raised \$2,196.13, and Margaux Chelemengos raised \$1,683.04. Special recognition also goes to Amber Gillespie, who had to move back to Washington during the first week of December, and managed to get \$1,753.76 during the first two weeks alone. It must also be noted that Carrie Newman, Assistant Store Manager, went the extra mile to create a chart to track donations and make the competition fun.

This money was donated to Food for People in support of our programs, which are 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. The success of this fundraising effort is a great example of an involved and generous community and local business getting into the spirit of sharing.

Food for People's staff, Board of Directors, and volunteers extend their sincere thanks to all the Co-op employees and shoppers who made this year's Share the Spirit campaign such an enormous success! 🍌

Child Nutrition Update

By Carrie Smith, Child Nutrition Coordinator

Two of the three Child Nutrition Programs are in full swing as we are almost halfway through the school year and we are already gearing up for this summer. Our Child Nutrition Programs are designed to help feed children when school lets out.

The Backpacks for Kids program provides a weekend food bag that supplies children with healthy, kid friendly, easily prepared nonperishable food items. It is already serving more than 360 children at 30 school sites throughout Humboldt County. These numbers are steadily increasing as more funding becomes available.

The After School Snack Program works with academic, recreation, and community after school programs

in low-income neighborhoods to serve healthy snacks to students. The snacks often include items such as string cheese, granola bars or trail mix. This school year we have been serving approximately 300 snacks daily at 11 sites around Humboldt County.

The Summer Lunch Program serves a free, healthy lunch Monday through Friday during the summer months when school is out. By winter, it is already in its planning stages for the summer ahead. I recently attended the 2016 Summer Meals Summit in Oakland to discuss and explore topics with others who are also coordinating this program. We looked at ways to grow summer meals programs, created shared community goals, learned about

changes in policy and funding, and found new ways of collaborating and partnering within our home communities to further bolster the Summer Meal mission. I was especially taken by a small group discussion that focused on hurdles that rural communities specifically must overcome when exploring ways to feed children. Networking with others and sharing a common goal was really amazing, and I hope that energy will continue when the Summer Lunch Program is up and running starting June 2016!

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



Local children enjoy nutritious sack lunches provided by Food for People's Children's Summer Lunch Program.

Notes from the Director

Sharing Our Gratitude for the Holidays and Beyond

By Anne Holcomb, Executive Director



We've just wrapped up an incredibly busy holiday season and have devoted a significant chunk of space in this issue to say "thank you" to our community. Your support, whether it's offered in the form of food donations, financial donations or your gift of time as a volunteer, means a lot to us and is critical to our ability to maintain the services we provide countywide. Please know how much we appreciate the opportunity to partner with all of you as we work to create a healthier, hunger-free Humboldt County!

The response to the holiday food drive this year was outstanding, bringing in a record of almost 80,000 lbs. of food countywide! This includes the efforts of our Hunger Fighter Teams, as well as all of the individuals and businesses that dropped off food at our warehouse or in one of our food donation barrels. Donors also responded to our requests for turkeys and hams so that the people we serve could enjoy a holiday meal with their loved ones. And we thank the grocery stores like Ray's Food Place, Shop Smart and Safeway that made a big push to sell the preassembled bags of food that

were received by our pantries in McKinleyville, Fortuna, Arcata, Garberville and Eureka.

All of this activity has kept our amazing volunteers busy throughout the holidays and beyond; sorting all of the food donations, assisting our clients with their pantry appointments and generally keeping our warehouse humming on the busiest of days. Our volunteers match our full time staff in terms of the hours they donate annually and to say they are the lifeblood of our organization is a bit of an understatement. Some of them have worked with us for up to a decade or more and know our staff and clients well, building a sense of trust and continuity that we all value.

Another key component is the financial support offered during the holidays and throughout the year, providing an important level of security and stability for our programs, and filling in the gaps that government funding and grants don't cover. Without it, our programs would be vulnerable, and we would be forced to cut back on services or eliminate programs. One example is the government funding we receive to offset the cost of receiving,

storing and distributing the USDA commodity foods. This funding covers barely 20% of the total costs involved, leaving us dependent on other sources to offset the shortfall. Many of the grants we receive also have limitations on how they can be used; some cover employee costs, others will only pay for food, and some are specific to equipment purchases. It's a bit of a jig saw puzzle sometimes to piece it all together, but thanks to you we are able to make it work.

And then there are the truly unique donations, such as the solar panels that were installed on our roof in late summer. Chip Sharpe and Celestine Armenta donated the solar panels; Fronius donated the inverter; Iron Ridge donated the racking; and Roger and his "Merry Band of Solar Installers" completed the installation - all at no cost to Food for People!! We look forward to the savings on our PG&E bill that will result, freeing up some of those funds to cover other essential program costs.

We are incredibly grateful for the level of caring and compassion that helps fuel your donations of food, time and money and we are committed to

using your "investment" wisely. This commitment is always at the forefront for our Board and staff, and it influences our advocacy work as well. On the surface, it might appear that investing time in advocacy work with our regional and statewide partners and our elected officials would be considered a lower priority, but as long as we must rely on our local, state and federal government to define program eligibility and service criteria and provide funding for a portion of our operational costs, we see it as a necessity.

For example, when Congress debates the reauthorization of the Farm Bill or the Child Nutrition Act we pay attention because we know what a huge impact any changes can have on funding and the structure of program services. This includes the volume of USDA commodities made available to us, and the funding needed to store and distribute them; funding and program requirements specific to the CSFP (Commodity Supplemental Food Program) program for seniors; and funding and rules surrounding access to SNAP/CalFresh (food stamps), to name a few. The bottom line is that organizations

like ours that run these programs often have to work hard to help a bipartisan array of elected officials understand which of their proposed changes will help the programs and which ones will undermine their effectiveness. If you'd like to learn more about our advocacy work, please click on the Hunger Education tab on our website and then follow the link to Legislative Advocacy.

In closing, I would once again like to extend our sincere and heartfelt thanks for the many forms of support that you, as members of the community, have offered; we see you all as partners in our efforts to create a healthy, hunger-free community for all. We look forward to another busy year in 2016 and hope that you will join us in whatever capacity is comfortable for you.

With best wishes for a healthy, happy and peaceful New Year,

Anne Holcomb

Cooking with Commodities Class Continues

By Madelene McCann, Nutrition Education Coordinator

Food for People's free monthly Cooking with Commodities Class will be continuing in the new year. Our wonderful volunteer, Anne Harris, will be cooking up delicious meals with us once again. Anne brings her love of spices to transform an ordinary dish to an extraordinary one. Attendees will come away with

valuable tips and skills to create healthy meals for themselves and their family using commodities available at the food bank. This empowering class is for all community members, and takes place at the Eureka Co-op's community kitchen. Come learn new and simple techniques that create delicious and healthy meals.

Upcoming dates for the Cooking with Commodities Class:

Canning with Commodities - Thursday, February 19th, 2016 - 12:00 PM to 3:00 PM

Cooking with Commodities - Thursday, March 24th, 2016 - 12:00 PM to 1:00 PM

Cooking with Commodities - Thursday, April 28th, 2016 - 12:00 PM to 1:00 PM

**Registration is required.*

For more information and to sign up, contact Madelene McCann at mmccann@foodforpeople.org or (707) 445-3166 ext. 305.



Mission Statement

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

Our Vision

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

Our Values

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



In Memory Of

10/01/15 - 01/21/16

Alfred Fredstrom
Betty Braver
Bill Carsner
Billy Boak
Bud Jackson
C.C.
Carolyn Honda
Debbie D.
Dennis Murray
Donna York
Dorothy Stringer
Eleanor Sullivan
Evelyn Leeper
Florence & Harold Mayer
Guy Kuttner
Henry Jutje
James Yeths
Joan Bronder
John Jones
Margaret Stratton
Mario & Jane Brenta
Mary Moore
Mary Wieland
Marylee Bytheriver
Mel Mattila
Michael Gompertz
Mike Etter
Patricia L James
Patricia Loretta
Phil De Long
Dr. Richard Wolf
Roger Murphy
Sam and Sarah Bornstein
Tom Rowe
Tony Sedito
Violet
"Brother Kevin S. Morgan"
"Danielle Patrice Saffell, Carolyn Honda, & Miss Helen Cat P"
"Daughter April Conant"
"Grandma Ruth"
"Son John, Jason, and Granddaughter Wendi Diamond"

In Honor Of

10/01/15 - 01/21/16

Alan & Rosalind Meisel
Alexandra & Sydney Gellner
Angela Mollet
Ann and Attila Gyenis
Ann Jones
Anne Holcomb
Berget Jelane
Betty Chin
Bev Hood's 80th Birthday
Bil Coleman

Bill and Gayle Sides
Bruce & Shirley Miner
Bruce Chatfield
Bud & Missy Talbot
Carl Klarner & Adrian Emery
Chris and Leslie Gross
Chris, Jenifer, & Colin Doane
Dan Plato
Deb D.
Dianne O'Day
The Donald Quintrell Family
Eddie Jessup
Edith Stein
Erika Makino
The Hart & Buckley Families
Heidi & Kevin O'Neil
Jack & Peggy Irvine
James
Janette Garrison, Kim Rios, Tamara Jenkinson
Jason Hood
JoAnn & Rory
Kathy Galbreath
Leslie Stalder & Family
Linda & Joe Doody
Lorraine Miller-Wolf's 65th birthday
Lura Winzler
Maggie Shaeffer
Marion Barry
Mark Early & Susan Cobb
Maureen Kearns & Bob Kammerrer
Merritt Minnick
Mike & Katy Yanke
Mike Lowry
Nick & Linda Lucchesi
Noel & Ina Harris
Norman & Barbara Kingshill
Pamela Walsh
Paul & Carla Kraus
Peggy & Chas Dreyfus
Ralph & Nona Kraus
Rebecca Simone
Rebecca Stauffer
Roberta Nebergall
Roger MacDonald
Ron and Linda Hartmen
Sally
Sally Hewitt
The Family of Sandra Mayes
Santa CON
Sid Dominitz
Sydney Schwartz
Tony & Holly Lucchesi
Troy & Ken Dean
UC Cooperative Extension Staff and Volunteers
"Daughter Diane Sandigo"
"Killian's, Ramacciotti's, Hosmer-Hughe's, Julie, Matt, Linda, Jim Michelle, Deborah, S., Sue, Beth, Olga, and Mari"
"You all . ♥ Thank You!" 🌿

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. 🌿



Top: Eureka Natural Food's Store Manager Ray Markland presents a check from their Change 4 Change fundraiser for Food for People to Anne Holcomb, Food for People's Executive Director. Bottom: Mary Barber, Owner of the Eureka Grocery Outlet, drops off her donations to Food for People during KHUM's on-air broadcast to support Food for People's 23rd Annual Holiday Spirit Food & Fund Drive.

23rd Annual Holiday Spirit Food & Fund Drive *Continued from page 1*

teams participating in this year's Hunger Fighter Challenge - a new record! - making up a critical component of our Holiday Spirit Food & Fund Drive efforts, and bringing in more pounds and dollars than last season. Most previous Hunger Fighter teams returned again this season, and we also welcomed some new teams this year, adding energy and enthusiasm. More information about our annual Hunger Fighter Challenge, including a list of participating teams and Challenge winners, can be found on pages 6 & 11.

In addition to our Hunger Fighter teams, a plethora of businesses and organizations hosted their own community food drives and food collection barrels during November and December. Some new donors got involved, and many faithful supporters returned. Some groups put on one-time events; others hosted a food collection barrel over a period of time. As an annual effort during the week leading up to Thanksgiving, Dutch Bros. coffee shops in Eureka collected nonperishable food donations from customers in exchange for a free drink, bringing in 1,727 pounds in one day. Blue Ox Mill Works in Eureka collected food donations during their holiday open house event, as did the Bayside Grange during the Holiday Handmade Makers' Fair. Both the Times-Standard and Redwood Community Action Agency held a mini competition between internal departments to see who among

their employees could raise the most food and funds for the food bank. Eureka Brake & Automotive hosted their own impressive food drive once again this season, as did the Eureka Women's Club. The Local Beer Bar raffled off a tasty beer basket and donated the proceeds to Food for People.

A particularly fun and unique food drive and fundraising event was put on at the Redwood Curtain Brewery in collaboration with the Neighborhood Board Shop in Arcata, surf company Eidon, and local painters Matt Beard and Spencer Reynolds. Nonperishable food donations were collected at the door, and guests enjoyed viewing a live collaborative painting during a funky set by local band Absynth Quartet. Half of the proceeds from the sold painting were donated to Food for People.

Beyond these events and coordinated efforts, hundreds of generous families and individuals donated food and funds as well, stopping by our facilities to drop off holiday turkeys and hams, potatoes, nonperishable items, and even warm brand-new crocheted hats. These are just a few of the ways in which generous folks in our community stepped up to get involved this holiday season.

On top of these community-based efforts, a fleet of food donation collection barrels and boxes were placed at sites throughout the county, including grocery stores, banks and other

local organizations. These locations were listed on our annual holiday food donations bags that were distributed with the Times-Standard newspaper during the week of Thanksgiving, making it easy for people to donate nonperishable items wherever and whenever it was convenient. Thanks to Grocery Outlet, North Coast Co-op, Wildberries Marketplace, Safeway, Ray's Food Markets, Murphy's Markets, Eureka Natural Foods, Tri-Counties Bank, US Bank, Les Schwab Tire Centers, and many others for hosting our collection barrels.

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 the enthusiastic and fun-loving KHUM DJ's for live broadcasts at various grocery stores throughout the county, to educate the community about Food for People programs on-air. This year we broadcasted live all day throughout the week and encouraged people to donate. During one live broadcast at Eureka Natural Foods, there was even a dance party with Food for People staff and KHUM's midday DJ Bayley Brown, adding to the humor and fun of the week.

This year's KHUM drive was a success, bringing in more dollars/pounds than ever before. Some store managers helped encourage giving during the drive by donating additional food products to beat daily goals, adding register round-up totals to the cause, and matching donations made by other generous community members. Thanks to the Northcoast Co-op, McKinleyville Ray's, Wildberries Marketplace, Grocery Outlet, and Eureka Natural Foods for hosting our broadcasts and encouraging donations. Thanks also to KHUM DJs Cliff, Amy, Bayley and Larry, not only for motivating listeners, but also for their ongoing



Top: Members of the Redwood Unit of the Backcountry Horsemen parade through the streets of Old Town Eureka on November 21 for the annual Cowboy Canned Food Convoy. Bottom Left: Eureka Natural Foods cashier Steph, KHUM DJ Bailey Brown, and Food for People's Development Director Carly Robbins boogie down during KHUM Week. Bottom Right: Eureka City Council Member Natalie Arroyo challenges her fellow council members to donate to the Food Bank live on air with KHUM DJ Larry Trask and Food for People Board President Nick Vogel.

dedication and support of Food for People.

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 pick ups from over a hundred donation barrel locations, to tracking, sorting, packing and stocking food donations, Food for People relies on dedicated volunteers and our network of pantries to get the job done.

In the end, Food for People's 23rd Annual Holiday Spirit Food and Fund Drive was wonderfully successful and helped bring in the vital resources necessary for us to serve our communities and work to achieve our mission. Reflecting on the enormous scope of what we set out to accomplish each holiday season is humbling. It inspires deep gratitude for the people and communities whose compassion and generosity make our work possible. We cannot pull

it off without the support of thousands of donors, volunteers, advocates, allies, and supporters like you. 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 2016! 🍀





This year's Hunger Fighter teams were truly champions, bringing in 11,235 pounds of food and \$5,046.23 in funds during Food for People's 23rd annual Holiday Spirit Food & Fund Drive! Nearly all of our previous teams returned this season, and several new teams joined as well. In all, a record 53 teams participated in this annual effort to raise the most food and funds possible during the holidays to help our friends and neighbors in need.

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

Thank you all for a successful

offered incentives for teammates to donate. Other groups distributed food drive information, donations bags, and donation envelopes to their employees or other community members. Team leaders regularly communicated with their teammates, sending progress updates and tips to keep everyone motivated.

For example, Six Rivers Charter High School put in a tremendous effort to raise food and funds through the Hunger Fighter Challenge. Each grade competed to bring in the most donations. The teachers even got into the fun; one pledged to shave his beard in funny ways, while another pledged to be taped to the wall if their class made the goal. Dell'Arte



Gold Star Hunger



Federal Building, Arcata



l Hunger Fighter Challenge!

International collected nonperishable food donations during their annual holiday show tour of "Li'l Red Riding Hood in the Redwoods," as they do every year, bringing in more than 1,400 pounds from multiple communities throughout the county and beyond!

The Service Learning department at Humboldt State University also puts together a creative and comprehensive effort each year to collect food both on campus and from the surrounding residential neighborhood. With guidance from Service Learning Coordinator Stacy Becker, students spearhead efforts to place food collection barrels around campus, as well as distribute food donation bags to residences near the

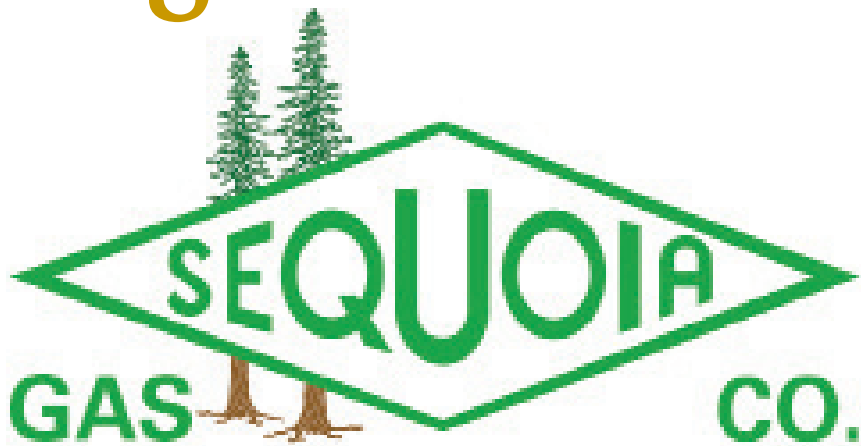
University, returning later to collect donations from their neighbors.

That's not all! The wonderful folks at the Department of Environmental Health held a mini competition within their division (ladies versus gents) to up the ante and bring in more donations as a team. Several other teams held internal competitions as well, with positive results. These are just some of the fun and creative ways the amazing folks in our community stepped up to support our work this holiday season. Thank you to all our teams, and to everyone who participated this year to help make our Hunger Fighter Challenge so successful! 🐾



St. Joseph Health 
St. Joseph • Redwood Memorial

er Fighter Teams



Six Rivers Charter High School



HSU CENTER FOR SERVICE LEARNING

Food for People Goes Solar!

By Anne Holcomb, Executive Director

Last fall, Food for People took its first steps towards reducing our electric bill and our carbon footprint. A total of 32 solar panels were donated by longtime food bank supporters Chip Sharpe and Celestine Armenta, who also helped cover permit fees and other installation costs. Local solar legend, Roger, and his “Merry Band of Solar Installers” spent several days scampering across our roof top installing the panels and getting everything set up. Roger also coordinated donations of an inverter from Fronius USA LLC, a solar technology company based in Portage Indiana (thanks to a connection with an HSU

graduate who now works for Fronius), and racking from Iron Ridge, a Hayward, California-based solar company. Roger has worked on numerous solar installation projects in our region, ranging from homes and businesses to housing complexes and schools. Food for People typically spends \$2,000 to \$2,500 or more each month on electricity costs, so the savings achieved will be greatly appreciated. Although it is gray and rainy right now, we look forward to charting the reduction in electricity use over the course of the next year. Thank you Chip, Celeste and Roger, and thank you to the folks at Fronius and Iron Ridge! 🐾



Solar expert Roger and his “Merry Band of Solar Installers” hard at work installing the solar panels donated by Chip Sharpe and Celestine Armenta.



The Roots of Hunger *Continued from page 1*

many working families’ budgets. Incomes are too low to enable self-sufficiency, while the basic costs of living continue to rise.

In September of 2015, the Census Bureau reported that the U.S. poverty rate remained stubbornly high at 14.8%, and median incomes declined 6.5% below 2007 levels. But the post-recession data is only showing the tail end of a stagnation (and then decline) in wages that has spanned decades. Analysis from the Economic Policy Institute shows that between 1979 and 2012, the income for median workers has only risen 5%, while productivity has risen 74.5%. Between 2000 and 2012, wages declined for the bottom 60% of workers, while productivity increased 25%. Simply put, Americans are working harder for less money.

Americans are also struggling with a record amount of part-time and “contingent” jobs. The United States Department of Labor defines contingent work as, “Temporary, contract, or other forms of nonstandard employment arrangements in which they may not receive employer-provided retirement and health benefits, or have safeguards such as job-protected leave under the Family Medical Leave Act, even if they have a traditional employer-employee relationship.” Many of these jobs are unsecured, low in pay,

lacking in benefits, and can be exempt from the protection of certain labor laws. A new report by the U.S. Government Accountability Office offers a startling statistic: 40.4% of the U.S. workforce is now made up of contingent workers.

As incomes and job security have decreased, the cost of housing has skyrocketed, especially in California, where low-income households must spend more of their income on housing than in other states. The non-partisan California Legislative Analyst’s (CLA) office reports “An average California home costs \$440,000, about two-and-a-half times the average national home price (\$180,000). Also, California’s average monthly rent is about \$1,240, 50% higher than the rest of the country (\$840 per month).” Since 1937, the U.S. government has defined affordable housing as costing 30% or less of household income. Anything above 30% is considered a “housing burden.” According to the CLA, the poorest 25% of California households are spending 67% of their income on housing. Harvard’s Joint Center for Housing Studies research shows that households that spent more than half their incomes on rent spent 38% less on food, 55% less on healthcare and 45% less on retirement savings than those in affordable housing. For some

households on the edge, this drives the need for regular visits to food pantries and reliance on nutrition assistance programs like the Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps.

Increased housing burdens are not unique to California. Harvard’s Joint Center for Housing Studies reports that nearly half of all renters are cost-burdened, and that burden also affects middle-income earners who rent in high-cost areas like California. Here in Eureka, more than half of renters are paying more than 35% of their income towards rent. The Census Bureau reports that there are 3,608 households making less than \$25,000 annually, and 730 households making less than \$10,000. The Fair Market Value in Humboldt County ranges from \$633/month for a studio to \$1,375 for three bedrooms. The studio apartment is the only option that falls at the ideal 30% “non-burdened” rate for a household making \$25,000. A household making any less will be cost-burdened. A recent United Way report on California’s high cost of living estimates 45% of Humboldt County households are cost-burdened.

We can’t talk about the roots of hunger, and why so many are in need of our services, without talking about poverty. Monthly

choices between food and medicine, food or car repair, and food or rent, have become the “norm” for people with incomes far above the official poverty lines.

Nationally, working families account for 56% of participants in public assistance programs. What is missing from that statistic is the number of working families who do not qualify for public assistance, but still find themselves falling short every month. The decades-long decline and stagnation of wages, coupled with increases in housing and healthcare costs, has created an America of “invisible poor.” In the past, these workers were able to make ends meet but now find they don’t have enough to cover the basics. However, they still have incomes too high to qualify for public assistance programs. Instead many find themselves visiting a food pantry every month and keeping their fingers crossed that the car doesn’t break down, because that would be a disaster they may not recover from financially.

In testimony before the National Commission on Hunger, Joel Berg, Executive Director of the New York Coalition Against Hunger, stated that, “In 1981, there were only a few hundred emergency feeding programs in America, most of which were traditional

soup kitchens serving mostly the people who had been historically the most hungry – single men with substance abuse or mental illness problems. There are now more than 40,000 such programs in America, and roughly two-thirds of them are food pantries, where parents and their children, the elderly, and working people obtain free groceries. Pantries didn’t exist in any great numbers in the years between World War II and the 1980s.”

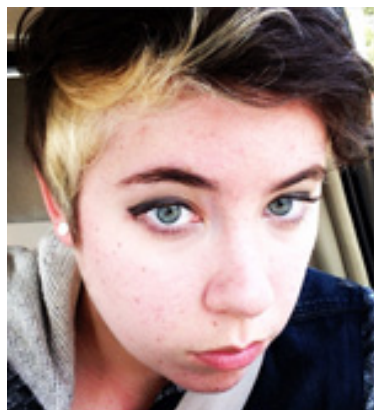
We want to invite you to join us as we advocate for policies and explore solutions that address the bigger picture of poverty and food insecurity. The Hunger Education page at www.foodforpeople.org has information about current legislation, advocacy opportunities, and links to anti-poverty organizations we follow. There is no “one size fits all” solution to these problems, but we can work together as a community and a nation to reduce poverty and end hunger. 🐾

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Food for People
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Welcome Leah & Madelene!

We are thrilled to welcome two wonderful new additions to our Food for People team and let them share a little about what they do at the food bank.

Leah Tanguay started in November as our Volunteer & Direct Services Training Coordinator, a complex job in which Leah is responsible for recruiting and coordinating all of the volunteers who help at Food for People. Volunteers donate close to 2,500 hours of their time and talents on behalf of Food for People's programs each month and play a critical role in our ability to provide food for thousands of households. Leah brings her considerable experience working with local nonprofits to Food for People's programs.



Leah Tanguay

Welcome Leah! Tell us a little about yourself and what brought you to Food for People. I originally moved to Humboldt County from the Bay Area six years ago to attend Humboldt State University. I graduated with a Bachelors Degree in Critical Race, Gender, and Sexuality Studies and have worked in various nonprofits since graduating. I was drawn to Food for People because youth I worked with at a previous job would do volunteer hours at Food for People and always had positive things to say about their experiences here.

What are some of the things you've been up to as Volunteer & Direct Services Training Coordinator since starting here?

The biggest projects that I worked on were cultivating more volunteers for the holiday season and getting to know all of the amazing long-term volunteers who

donate so much of their time to us already.

You spend a lot of your time providing support and guidance to our various volunteers. Can you provide us with a few highlights about that and the team you work with? All of the volunteers that come here contribute to our mission in many different ways. Some of the highlights I've seen are when volunteers who are here to gain work experience start building confidence through the work they do here so they can utilize their skills in employment elsewhere. I also get to see firsthand the caring and compassionate nature that our volunteers possess.

What's your favorite part of your job so far? I think the best part of my job is how much I still get to interact directly with clients, since I often back up the Choice Pantry during distribution. You get a very clear sense of what we do here when you're literally handing food to our clients who are incredibly appreciative. Another favorite part of this job is that we work with everyone who wants to volunteer. Food for People makes volunteering very accessible. I love volunteers who want to give back to their community by volunteering with us. If people want to donate their time to us, we fit them in the best position possible, working with their schedules and abilities. The volunteers really see our commitment to them!

What do you like to do in your free time? In my free time I'm kind of a pop culture nerd. I love comic books, music, and binge watching TV shows. I also like to break up all the time I spend on the internet with trips to the beach and going to local shows.

Madelene McCann started in December as our CalFresh Nutrition Education Coordinator and has been hard at work developing nutrition education activities and materials for Food for People's distribution and outreach programs.

We are excited to have you on our team! Tell us a little about yourself and what brought you here. For over eight years I have

worked and managed organic farms and school gardens, which has cultivated a strong belief in me that food is our best medicine. That belief led me to become a Holistic Health Practitioner. I have been supporting individuals in the health journey, with the help of whole foods since 2012. At Food for People I hope to share my passion for nutrition and health with our community. I feel that Food for People's mission and outreach create a perfect platform to bring that awareness and education forth.

What are some of the things you've been up to as the Nutrition Education Coordinator? I have been working on creating nutrition education curriculum for classes that will be offered to volunteers and community members. I have also been cooking up yummy samples of recipes for people to enjoy and get inspired to make at home.

What's the best part of your job so far? The best part of the job thus far is being able to work and connect with so many wonderful people and organizations. I am also enjoying seeing so much beautiful produce being brought to Food for People from all of our local farmers. Way to go farmers!



Madelene McCann

What do you like to do in your free time? In my free time I enjoy being outdoors and soaking up the sun and the splendors of nature. 🌿

Join the



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partners

Giving Monthly to Food for People

*Because Sustained Giving
Turns into Something
Powerful*

When you join the Full Plate Partners and make a monthly or quarterly donation, you will join a special group of people helping us reach out each month to provide food assistance to those in need in our community. Together, we can ensure everyone in Humboldt County has access to good quality, nutritious food, creating a healthy community for us all.

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 our Full Plate Partners; your commitment is making a difference and is allowing us to help where we are needed most.

It's easy to become a Full Plate Partner. Go to www.foodforpeople.org, click DONATE and choose your donation frequency. To receive envelopes to send in funds monthly or to set up a monthly credit card charge by phone contact Carly Robbins, Fund Development Director, at 707-445-3166 ext. 306 or crobbs@foodforpeople.org. 🌿



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Clip and mail to:

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Heartfelt thanks to the businesses that sponsored our 23rd Annual Holiday Spirit Food & Fund Drive



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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 **2015 Holiday Spirit Food & Fund Drive** successful!

HUNGER FIGHTER GOLD STAR WINNERS

CalTrans - District 01
Cuddly Bear Thrift Shop
Dell'Arte International
Federal Building, Arcata
GHD Inc.
HSU Service Learning
Lost Coast Rotaract
Redwood Unit of the Backcountry
Horsemen of CA (Cowboy Canned Food Convoy)
Sequoia Gas Company
Six Rivers Charter High School
St. Joseph Health Humboldt County

HUNGER FIGHTER CHAMPIONS

Area 1 Agency on Aging
Berkshire Hathaway Home Services Redwood Realty
Big Brothers Big Sisters of the North Coast
California State and Federal Employees Credit Union
Chance 4 Change
Changing Tides Family Services
City of Arcata
Department of Rehabilitation - State of CA
Edward Jones Investments
Employment Development Department/The Job Market
Environmental Technology, Inc.
Eureka Physical Therapy Rehabilitation
Glen Paul School
Humboldt Beer Works
Humboldt Community Access & Resource Center (HCAR)
Humboldt County DHHS - Community Wellness Center
Humboldt County DHHS - Older Adult Services
Humboldt County DHHS Public Health
Humboldt County DHHS Social Services
Humboldt County DHHS Social Services - Call Center
Humboldt County Division of Environmental Health
Humboldt County Office of Education - Court & Community Schools
Humboldt County Planning & Building Dept.
Humboldt Independent Practice Association
LACO Associates
The Local Beer Bar
Mad River Brewing Company
Mad River Community Hospital
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Recology Humboldt County
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Umpqua Bank, Henderson Center Branch
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Mel and Grace McLean Foundation
Pacific Gas & Electric Company
Patricia D. & William B. Smullin Foundation
St. Joseph's Health Humboldt County
Union Labor Health Foundation

ADDITIONAL COMMUNITY DONORS

Arcata High School Class of '05
Bayside Grange Holiday Handmade Makers Fair
Baywood Women's Golf Association
Beck's Bakery
Blue Ox Millworks
Bloom Salon
Central Labor Council of Humboldt & Del Norte Counties

Christ Episcopal Church
Christine & Jalmer Berg Foundation
The Church of Jesus Christ of Latter-day Saints
Don's Rent All
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Eureka Brake & Automotive
Eureka Elk's Lodge
Eureka Natural Foods
Eureka Women's Club
First Congregational Church
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Grocery Outlet
Humboldt Area Foundation
Humboldt State University Staff
Matt Beard & Spencer Reynolds
Myrtle Avenue Market
Natural Decadence
Neighborhood Board Shop
North Coast Co-op
Northern California Community Blood Bank
Northern Humboldt for Bernie Sanders
North Coast CWFT
Oe Federal Credit Union
Pacific Gas & Electric
Patricia D. & William B. Smullin Foundation
Redwood Community Action Agency
Rotary Club of Eureka
South Bay School
Temple Beth-El
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Umpqua Bank, Arcata
United Bikers of Northern California

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North Coast Co-op
Ray's Food Place
Safeway
U.S. Bank
Wildberries Marketplace
Bridgeville
Bridgeville Elementary School
U.S. Post Office
Carlotta
Swain's Flat Outpost
Eureka
Eureka Natural Foods
Grocery Outlet
Les Schwab Tire Center
Murphy's Market
North Coast Co-op
Safeway
Tri-Counties Bank
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
Ray's Food Place
Hoopa
Hoopa Family Resource Center
Hoopa Health Association Senior Nutrition Center
McKinleyville
CVS
Les Schwab Tire Center
McKinleyville Family Resource Center
Tri-Counties Bank
Ray's Food Place
Safeway
Umpqua Bank
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

And all the individuals in our community who gave food, funds or time to help others during the holiday season!

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

This season, community members donated almost 80,000 pounds of non-perishable food. Thank you, Humboldt County!

Your donation is important!

YES! I want to support Humboldt County residents who have trouble making ends meet by donating to Food for People, the Food Bank for Humboldt County.

I am enclosing a donation to help eliminate hunger in our community.



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I would like to join the Full Plate Partners & donate monthly.

Please send me a packet of envelopes

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Please charge my Visa or Master Card

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Exp. Date: _____ Sec. Code: _____

Name: _____

Address: _____

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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.

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

The Lesson of Giving By Carly Robbins, Fund Development Director



Anne Holcomb, Executive Director for Food for People accepting Moses' generous donation.

4 1/2 year old Moses decided to do something nice for others during the holidays and donated his savings to the food bank! His decision came about after a conversation with his mom.

When Moses asked why he couldn't have more presents, and why their family couldn't celebrate all the holidays - so they can get more presents - his mother sat him down to have a thoughtful conversation about appreciation for what you have and the condition of others. She told him that there are many children in our own community, as well as the world, who don't have enough to eat on a daily basis, much less extra presents at the holidays. Moses sat and thought about this and decided he wanted to help the children out there who might not have food to eat. He had his dad take him to the store to trade in all his saved coins, and then he brought his crisp \$20 bill to Food for People to donate along with his very own Star Wars drawing.

It is by teaching our children the value of what they have and to have compassion for others that we create a better tomorrow for us all. We are honored by Moses' generous donation and his empathy for others. Thank you, Moses! 🐾

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.)

-Help us buy a Delivery Van*

-Electric Cordless Drill

-Carpet Sweeper

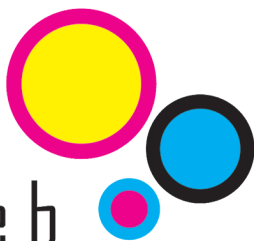
-Air Compressor, such as: Dewalt Heavy Duty
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Volunteer Spotlight: Brittany Sears

By Leah Tanguay, Volunteer & Direct Services Training Coordinator



Brittany Sears

When our clients walk through the door, the first person they see sitting at the front desk is Brittany Sears: friendly, compassionate and always wearing a big smile. Going to a food bank (especially for the first time) can be intimidating. Brittany provides the first point of contact for many of our clients, in addition to all of the

volunteers and employees coming in for the day. We are lucky to have her working with us. Her sense of humor and warm disposition make her a great fit for the work we do here. In addition to her positive attitude, she is what we would consider a Choice Pantry "jack of all trades." Since starting here in June 2015, Brittany has worked in almost every volunteer position. We often joke that she had to train me at the front desk when I first started as the Volunteer Coordinator. I asked Brittany to share a little about her experience volunteering at the food bank:

What do you like about volunteering at Food for People? The people! Helping people. I've always wanted to do that.

Can you tell us what your job is here? I run the front desk, but I do everything and anything that's needed: helping clients, doing interviews, and answering the phone.

Tell us something you've learned since working here. I've learned to not take anything for granted. I've also learned that you never know what other people are going through, and everyone needs help. You don't know everyone's situation.

What do you like to do in your free time? Play with my kids! Tonight I'm having a date with my kids. We are getting a pizza and watching a movie. I have two boys. They are 2 and 4.

What do you want to do in the future, or with your Food for People experience? I want to keep helping people. The other day a woman came in with her daughter, and when I got her an appointment, she started crying because she was so happy. She really needed help. I want to brighten people's lives. It makes my day. 🐾