

Food Notes

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

October 2015

Hunger Action Month 2015

By Heidi McHugh, Community Education & Outreach Coordinator

September was Hunger Action Month, and Food for People joined the Feeding America network of food banks in an effort to raise awareness about food insecurity both nationally and here in Humboldt County. According to Feeding America, more than 49 million Americans were food insecure in 2013. In Humboldt County more than 25,000 residents (18% of adults and 27% of children) reported not knowing where their next meal was coming from at some time in 2013.

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Senator Mike McGuire.

We feel it's important to keep you updated on our programs, policy work, and the progress we are making at the food bank.

IF YOU DO NOT WISH TO RECEIVE A NEWSLETTER, please don't hesitate to contact us and have your name removed from our newsletter mailing list.



Food for People's Holiday Spirit Food & Fund Drive runs from November 1st - December 31st. Left: Barrels are filled with nonperishable food donations from last year's drive. Right: A rider loads up her horse with food donations during the Canned Food Cowboy Convoy in Old Town, Eureka. This year's Convoy kicks off on November 21st.

The 23rd Annual Holiday Spirit Food & Fund Drive

By Laura Hughes, Local Food Resources Coordinator

The holiday season has arrived, and here at Food for People we have been gearing up since late September to host our annual Holiday Spirit Food & Fund Drive. The Holiday Spirit Food & Fund Drive is our largest and most comprehensive food and fund drive effort of the year, spanning from early November through the end of December and engaging communities throughout Humboldt County. Almost 100 different businesses, organizations and groups participate in various food drives, fundraisers and fun special events each season. These annual efforts typically bring in almost half of Food for People's total food drive donations for the

year - over 63,800 pounds of food last holiday season!

During this time of year, many of us are reminded to reflect on our blessings, and renew our appreciation for what we have. As we make plans to see loved ones, enjoy special meals, share gifts and celebrate, we also know that the holiday season can be a difficult time for many of our neighbors. For low-income families struggling to get by, the additional pressure to provide a special meal and buy gifts for loved ones can be particularly overwhelming when resources are already stretched thin. Food for People can help, but we can't do it

without the support of people like you in our communities.

That's where the "Holiday Spirit" comes in. We encourage you to participate in our Food & Fund Drive efforts this holiday season, to help make the holidays a little easier on families who are struggling to put food on the table, and to ensure our friends and neighbors have enough to eat now and on into the winter months. There are lots of ways to get involved, so read on!

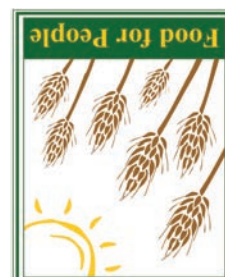
Holiday Donation Bags and Drop Sites

You may notice a proliferation of our food donation barrels and

boxes adorned with Food for People's lovely logo and a list of most needed foods, popping up at various grocery stores, businesses



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Food for People, Inc.
The Food Bank for Humboldt County
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Eureka CA 95501
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Hunger Action Month Continued from page 1

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

This year, Food for People encouraged our community to take action with the "30 Ways in 30 Days" calendar of activities for Hunger Action Month. The calendar can be found online at www.foodforpeople.org/hunger-action-month. Food for People also posted activities and events daily on their Facebook page www.facebook.com/FoodforPeopleInc. Last year we invited community members to share how hunger affects their lives through the #HungerHurts project. People were invited to take a picture of themselves holding a sign that states how hunger hurts them or their students, patients, coworkers,

or neighbors. Local doctors, politicians, teachers, students, and chefs shared their unique perspectives of the broad impact of food insecurity in Humboldt County. Food for People once again invited the community to share how #HungerHurts for Hunger Action Month 2015. This year's participants included Representative Jared Huffman, State Senator Mike McGuire, and State Assemblymember Jim Wood. Photos from last year and this year can be viewed at the webpage listed above.

There was something new added this year: #HungerHeroes. Hunger Action Month not only raises awareness about hunger in Humboldt County, but also about taking action to end it. There are so many ways that our community has stepped up to fight hunger; volunteering, holding food drives, and donating to the food bank are just a few, and Food for People is highlighting everyday heroes making a big difference in our neighborhoods. Last year, 502 community members donated over 34,000 hours of their time to the food bank! With their help, the food bank distributed 2.2 million pounds of food last year and reached more than 12,000 individuals in Humboldt County monthly through 14 different programs. Help us honor #HungerHeroes at our Hunger Action Month webpage noted above. To learn more

about hunger in Humboldt County, visit the Hunger Education section of Food for People's website at www.foodforpeople.org.

Hunger Action Month also happens to occur at the same time as Local Food Month. It is a great time for highlighting the connection between the two, and the wonderful contributions local farmers, backyard gardeners, and food producers make toward the goal of reducing food insecurity in Humboldt County (certainly some of our community's #HungerHeroes!).

Last year, Food for People's Gleaning Program brought in donations of close to 85,000 lbs of fresh fruits, vegetables, and beef from 49 farms, orchards, ranches, and local food producers, plus many individual community members. Close to 33,000 lbs. of the total were donated by home gardeners through the Plant a Row for the Hungry campaign. Food for People's CalFresh Nutrition Education Coordinator, Cassandra Culps, compiles and distributes recipes featuring this fresh produce and other foods available at food bank distribution sites. Many recipes are also available in Food for People's online recipe box at www.foodforpeople.org/recipe.



Above: Lisa Rossbacher, president of Humboldt State University, poses for a Hunger Action Month Photo, "Food for People = #HungerHeroes." Below: burgeoning humanitarians Becca, Lily and Jessica share their #HungerHurts photo.



Food for People board member, Caterina, and partner Michael, owners of Fresh Roots Humboldt, share their #HungerHurts photo!



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Notes from the Director

By Anne Holcomb, Executive Director



CEO of the Economic Policy Institute.

The statistics for poverty provide an easy segue into the story about hunger, because the two go hand in hand. As we head into what is sure to be (and in fact already is) a very contentious election cycle, it is important for us to understand the depth of the problem and the long term implications if we don't act. One of the most recent threats, which is likely to surface again in December when Congress faces the next deadline to pass a budget, was that the USDA was poised to cut all CalFresh (food stamp) benefits as of October 1st, stating that they did not have the cash available to fund the program if the government shut down. This meant that the 45,510,153 people (as of June 2015) who were enrolled in the program nationwide, including the 21,392 individuals in Humboldt County, would have lost their benefits and their ability to purchase food until Congress passed a budget. In other words: no food on the table for more than 45 million of America's most vulnerable households until further notice. We can only begin to imagine the level of anxiety and the negative impacts on the health and well-being of these individuals, 47% of whom are children. It would also be difficult to quantify the enormous strain it would place on the charitable organizations, such as Food for People, that are already struggling to meet the need. And as noted above, we may face this challenge again in December - just in time for the holidays.

What do the Poverty & Hunger Stats Tell Us?

Numbers never tell the full story, but they do provide some important benchmarks for measuring our progress. Unfortunately, recent census data indicates that there has been virtually no progress in terms of decreasing poverty over the past several years. According to a recent article written by Jesse J. Holland of the Associated Press, "The country's median income and poverty rate were statistically unchanged in 2014 from the previous year." In 2014, the poverty rate was 14.8%, the same as in 2013, which is down just slightly from 15% in 2012; the first such drop since 2006. That translates into 46.7 million people living in poverty in one of the richest nations in the world, five years into our so-called economic recovery. The fact that the unemployment rate has dropped has provided some encouragement, but those gains are offset by the fact that wages have been broadly stagnant for a dozen years, according to Lawrence Mishel, President and

Some of the rhetoric around the topic of hunger suggests that we make it too easy for people to access benefits and that we should cut back on some of the safety net programs that have been proven to work, while others clearly see that in a nation with such high poverty levels, a more integrated, long term strategy is needed to turn the tide. We would prefer to focus on the latter. As many of my colleagues have said, "We can't food bank our way out of hunger." We need to engage community members and community leaders at all levels to find solutions.

So what are the next steps each one of us can take? We can stop stereotyping people living with hunger and poverty and start telling their real life stories of struggle. We can challenge the notion that safety net programs create more people in need of a safety net. We can look at the long term costs of poverty and hunger and reprioritize our resources to tackle it head on. And we need to acknowledge the fact that it will take bipartisan, person-to-person communication and resolve to have the tough conversations that lead to solutions. It is definitely not an easy path, but it is one that will ultimately yield a much better quality of life for each one of us; and healthier, more resilient communities.

With best wishes to all,

Anne Holcomb

Taking a Look at What Hunger Costs us Annually as a Nation

According to the Center for American Progress:

- The impact of being held back a grade or more in school, and high school absenteeism as a result of hunger, led to a loss of \$19.2 billion in lifetime earnings in 2010.

- \$130.5 billion in health care costs due to illness linked to hunger and food insecurity.

- \$17.8 billion in annual charitable donations to hunger relief organizations to address the problem, which generally offer a month to month, short-term fix.

- Total annual cost of hunger = \$167.5 billion.



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.

KHSU's Wildberries Food Challenge

By Carly Robbins, Fund Development Director

Food for People would like to thank everyone who participated in KHSU's "Wildberries Food Challenge" on the morning of October 2 during KHSU's on-air pledge drive. Listeners were challenged to match Wildberries' pledge of \$3,000 in food, supplemented by food donations from KeHE Nature's Best and United Natural Foods, Inc. Generous listeners called in and met the challenge

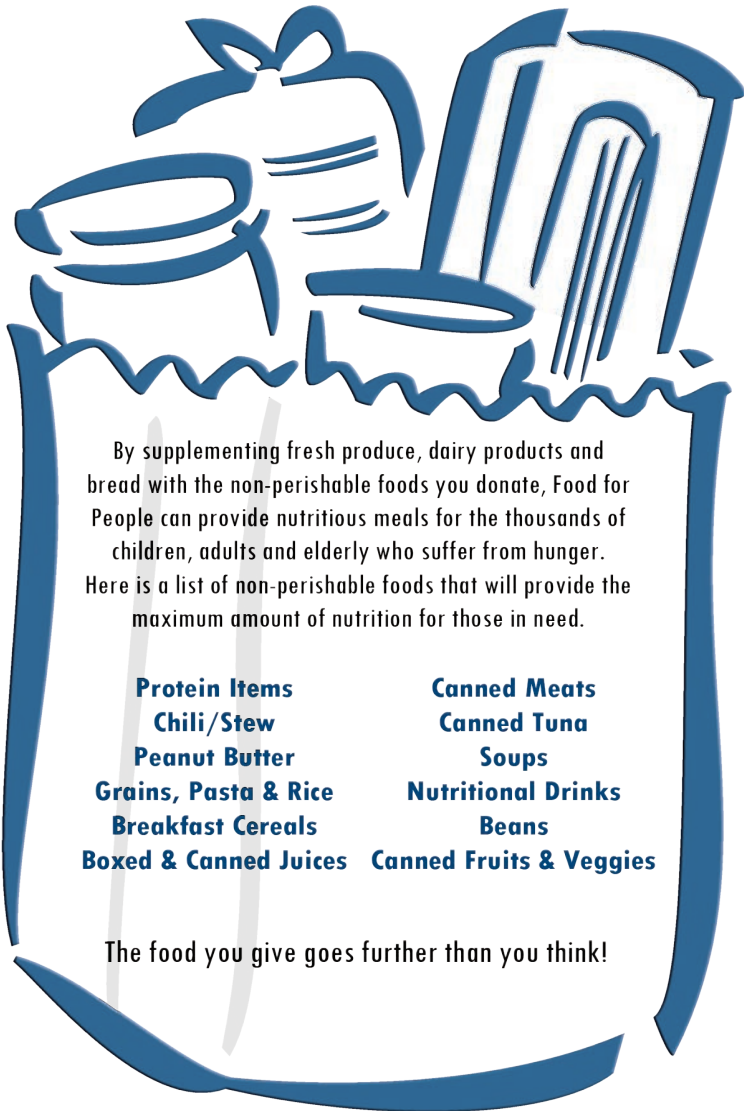
in under one hour! Every dollar donated to KHSU by listeners was matched by a donation of food to Food for People from Wildberries and their partners.

Special thanks to community leaders Ed Subkis and David Reed of KHSU and Aaron Gottschalk, Phil Ricord, and Amber Madrone of Wildberries. 🍓



Anne Holcomb, Executive Director of Food for People with Phil Ricord of Wildberries at the KHSU studio.





Black Friday. Cyber Monday.

#GIVING LOCAL TUESDAY™
December 1, 2015

Save the date,
and give to a cause close to your heart

#GiveBack, #GiveLocal,
#GiveFoodForPeople



Continued from page 1

and other organizations in communities throughout the county. These donation sites have generously agreed to host food collection efforts for the holidays, and are listed by community on our red-and-white paper holiday donation bags. These holiday bags are printed each year, and inserted into the Times Standard to be distributed the week leading up to Thanksgiving, making it easy for people to donate wherever they can. Food for People then works with our network of local pantries to coordinate regular pickups of these donations to be distributed to local households in need. Thanks to the Northcoast Co-op, Safeway, Murphy's Markets, Grocery Outlet, Wildberries Marketplace, Ray's Food Place, Tri Counties Bank, U.S. Bank, Les Schwab Tire Centers, and all our other organizational partners for hosting our collection efforts this season.

Did you receive your holiday donation bag yet this season? Go ahead and fill it with nutritious nonperishable foods and bring it to your nearest drop site to donate! Didn't get a bag but you would like to donate anyway? Just let us know and we'll tell you where your closest donation drop site is, or send you some bags. We strive to ensure that donations made in a particular community stay in that community to help local residents, and we partner closely with our county-wide Pantry Network to make that happen.

Hunger Fighter Challenge!

One of our most essential components of the Holiday Spirit Food & Fund Drive is the Hunger Fighter Challenge. The Hunger Fighter Challenge is a friendly competition to see which Hunger Fighter team can collect the most food and raise the most money

from the beginning of November through the end of December. Any group can participate and put together a Hunger Fighter team. Our Hunger Fighter teams include businesses, churches, schools, civic organizations and community groups, all with their own unique approach to raising food and funds, and we truly appreciate the creativity and enthusiasm of all our participants.

Not only does the Hunger Fighter Challenge bring in much-needed food, it is also a fun way to get people involved and educate them about the realities of how hunger touches the lives of people we care about in our communities. Winning teams are featured in a TV thank you ad after the holidays, and last year's Challenge efforts brought in over 10,000 pounds of food and over \$3,000 to help our friends and neighbors in need. If you're interested in getting involved this season, just let us know and we'll get you started. Contact Laura Hughes at (707) 445-3166 extension 312, or at Lhughes@foodforpeople.org.

Holiday Spirit



KHUM Week: On-Air Food & Fund Drive

Another fun part of our holiday efforts is the highly anticipated, week-long, on-air food and fund drive we host in partnership with KHUM the week after Thanksgiving. Each day we broadcast live from different grocery stores throughout the county, and the KHUM DJs invite various Food for People staff members to speak on air about their programs and the work of the organization. Cliff, Amy, and Larry are wonderful and well-informed advocates of Food for People, and do a great job of motivating listeners. We look forward to working with KHUM's new DJ, Bayley, this season as well! In addition to creating a fun, festive atmosphere that encourages folks to donate with challenges, matches and so forth, we also have the opportunity to educate our community about the work we do, and have fun while doing it. Consider calling in and making a donation during KHUM Week, or stop by and visit us in person. We might play your request! Thanks to our KHUM friends for their



KHUM's Amy and Cliff Berkowitz with Food for People's Executive Director during the On Air Holiday Spirit Food & Fund Drive.

Food & Fund Drive

For Holiday Spirit Food & Fund Drive Questions Contact:
 Laura Hughes, Local Food Resources Coordinator
 (707) 445-3166 extension 312
lhughes@foodforpeople.org



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dedication and ongoing support!

Other Food Drives & Events

A great event for families and kids is the annual **Cowboy Canned Food Convoy**, which serves as the official kickoff event for Food for People's Holiday Spirit Food and Fund Drive. Each year, the Redwood Unit of the Backcountry Horsemen of California collects nonperishable food items, and makes the trek on horseback across Eureka with saddle bags full of nutritious goodies that are donated to the food bank. Once they arrive, the Food for People team feeds the horses apples and carrots while their riders unload hundreds of pounds of food. Come join this year's kickoff festivities on Saturday, November 21st in Old Town, Eureka.

Local schools, colleges and universities also participate in our Holiday Spirit Food & Fund Drive through a number of efforts. For example, HSU's Service Learning Department has partnered with Food for People for several years, hosting their own Hunger Fighter Challenge on campus with students, faculty and administrators involved. HSU Staff and long-time supporter, Stacy Becker, works with Service Learning interns to coordinate food donation collection efforts on campus and in surrounding neighborhoods, involving students, faculty and staff in the fight against hunger.

Many other organizations and groups host smaller independent food drives during the holidays as well. Blue Ox Millworks in Eureka puts on a holiday open house and collects food as the price of admission. Dutch Brothers Coffee in Eureka hosts a "Cans for Coffee" holiday food drive each

year, where customers receive a free drink if they bring in 4 or more nonperishable food items to donate to Food for People. Would you like to host your own holiday food drive, but don't know where to begin? Just let us know and we'll give you some great ideas and resources to make the most of your efforts.

Volunteer!

Still looking for another way to help out this season? The holidays are one of Food for People's busiest times of the year, and we rely on volunteers to make everything happen. There are many ways you can help - assist shoppers in our Choice Pantry, sort food donations in our warehouse, deliver food boxes to seniors and homebound individuals, pick up food donations from drop sites, table at food drives and other special events, or a number of other possibilities. It is a wonderful way to help our neighbors in need and spread holiday cheer. If you have some time to give, please let us know.

There are many ways to participate in our Holiday Spirit Food & Fund Drive this season, and even more reasons to do so. This year your donations are just as important as ever. Requests for assistance increased dramatically during the Recession and have continued to inch higher. They have since leveled out somewhat, but despite reports that the economy is recovering, we continue to see high numbers of people in the community coming to us for help, putting sustained pressure on our very limited resources.

We cannot serve the people we do - more than 12,000 a month - without thousands of generous people in our community coming

together to give what they can. Every can, every dollar, every hour you donate can make a big difference in a person's life. Help us share the Holiday Spirit by helping families put a special holiday meal on the table. Help us ensure that our friends and neighbors are free from hunger not just during the holidays, but through the winter months as well. Help us build healthy, self-sufficient, hunger-free communities for ourselves, our friends, our neighbors, our children. Food for People is certainly blessed with the wealth of caring organizations and individuals that regularly contribute to our Food & Fund Drive efforts. Every donation is important, no matter how small. If you would like to participate in this year's Holiday Spirit Food & Fund Drive, please get in touch with us, we'd love to hear from you. We wish you and yours a happy, healthy holiday season. 🍷



Below (Top), the HSU Service Learning Hunger Fighter Team poses in food donation barrels. Below (bottom) Members of the Redwood Unit of the Backcountry Horsemen of California deliver food donations to Food for People's Operations Manager Tim Crosby during the Cowboy Canned Food Convoy.



Eureka Backpacks for Kids: Set for Success!

By Carly Robbins, Fund Development Director

Food for People would like to send a huge THANK YOU to the Times-Standard, Eureka Broadcasting, Lost Cost Communications, North Coast News, the Rotary Clubs of Eureka, Old Town, and Southwest Eureka, Soroptimist International of Humboldt Bay, and 101 Things to Do for their fundraising efforts for Food for People's Child Nutrition Program, Backpacks for Kids. In addition we would like to thank our community, whose outpouring of support raised more than \$20,000 for the Backpacks for Kids program's Eureka sites. Thanks to these contributions, the Backpacks for Kids program started off this school year stronger than ever!

Hungry children have higher rates of illness, missing important time in the classroom; have trouble concentrating, and may experience more emotional and behavioral problems, which can have severe consequences for their development. Sadly, more than half the children in Humboldt County are eligible to receive free or reduced-cost meals while at school. Many of them rely on the breakfast and lunch they receive at school as their only source of food for the day, and those same children may go hungry over the weekend when those meals are not an option. Hungry children not only have numerous health issues, the effects of hunger have been proven to cause concentration and behavioral issues in school, and that can have serious consequences for their long term health, well-being, and future prosperity.

Unlike many child nutrition programs, Backpacks for Kids does not receive any government financial support. Funding for Backpacks for Kids is provided by local service clubs, grants, and individual donors in the community. Combined with the funding from partner clubs and organizations, enough funds were raised to sponsor 143 children in the Backpacks for Kids Program in Eureka for this school year!

Thank you! 🌻



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

Get started [amazon smile](https://www.amazon.com/amazonsmile)

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. Call us at (707) 445-3166 extension 306 if you have questions!

Eureka School Children Needed Your Help...

THANK YOU HUMBOLDT COUNTY!

143 KIDS RECEIVED YOUR SUPPORT!

Backpacks For Kids

The **Backpacks for Kids Program** provides income-eligible children with a bag of kid-friendly food on Fridays during the school year. **\$265 feeds a child every weekend** throughout the school year. Combined with funding from partner clubs and organizations we have **raised enough funds to sponsor 143 children** in the Backpacks for Kids Program for the coming year!

Each square represents a \$100 donation...

Jason Eads Attorney At Law	BikesThere.com	Corrie & Michael Pedrotti	Recology Humboldt County	Mr. X	Ma'mie & Jaime Christopher	Walden & Rusdiye Freedman	Bal & Jean Harvey	Brad & Rev. Diane Mettam	Ruth Needham	Dale & Cindy Stockly	C. West	Lorraine Miller-Wolf & Richard Wolf	Lewis & Judith Norton	
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Employees of ARS Insurance	Employees of ARS Insurance	Keith Crossley	Dale Warmuth & Leon's Car Center	Dale Warmuth & Leon's Car Center	Sue Bosch	Ray Wickel	Dan Heinen	Shafer's Ace Hardware	Shafer's Ace Hardware	Matthew Owen	Bruce Rupp	Barnes Arcata Family Drug Store, Employer & Employee Team	Ross & Geraldine Larson	
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Helen Person & Patricia Person	Lon & Lauren Wixson	Lon & Lauren Wixson	Lon & Lauren Wixson	Humboldt Grange	Anonymous	Anonymous	Anonymous	Anonymous	Anonymous	Anonymous	Anonymous	Anonymous	Anonymous	

And THANK YOU to the campaign sponsors!

We would like to recognize the following organizations as vital partners in the Eureka Backpacks for Kids Program and thank them for their commitment to eliminating childhood hunger in our community:



For more information about the Backpacks for Kids Program visit www.foodforpeople.org or contact Carrie Smith at (707) 445-3166, ext. 309, or csmith@foodforpeople.org.

Food for People, Inc. is a 501(c)(3) corporation.

Child Nutrition Programs: Providing Support to local Children in Need

By: Carrie Smith, Child Nutrition Programs Coordinator

As Food for People's Child Nutrition Programs Coordinator, it is an honor to supply food to children who are dealing with food insecurities in our community. It's a sad reality that there are children who depend solely on school meals to supply their daily food intake. Each of the three programs I coordinate are designed to feed children during the times when they are out of school and may not be getting enough to eat to carry them through.

The Backpacks for Kids Program works in partnership with school personnel to identify children who are at risk of going hungry over the weekend. Each Friday during the school year, participating students receive a backpack filled with kid-friendly meals and snacks including milk, whole wheat bread, fruit, peanut butter, tuna, soup, macaroni & cheese, granola bars and 100% fruit juice. The foods included are determined by availability, USDA nutritional guidelines, and the expressed preferences of parents and children. Last year we fed 465 children throughout the school year. We serve children at sites that include Trinidad, McKinleyville, Blue Lake, Samoa, Arcata, Eureka, Loleta, Fortuna, Hydesville, Carlotta, Rio Dell, and Willow Creek.

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. We are currently serving approximately 300 snacks daily at 11 sites around Humboldt County. This program is designed to bridge the gap between lunch and dinner for local children.

The Children's Summer Lunch Program is the nutritional link between the end of one school year and the beginning of the next. This summer, children enjoyed nearly 15,000 sack lunches at 21 sites between McKinleyville and Scotia, and as far out as Willow Creek.

Children are our future and it is vital they get the nutrition they need to learn and grow. As the saying goes, it takes a village to raise a child. These children, in turn, will grow to be productive adults who carry a sense of understanding and appreciation that there was a safety net in place during tough times.

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.



Children enjoy snacks and sack lunches provided through the Child Nutrition Program.



Join the **FULL PLATE** partners

*Because Sustained Giving
Turns into Something
Powerful*

When you join the Full Plate Partners, 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 set your donation frequency to monthly. 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 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.



I'd like join the FULL PLATE PARTNERS!

Please send a Full Plate Partners Donor Packet to:

FULL PLATE
partners

Name: _____

Address: _____

City, State, Zip: _____

Please charge my Credit Card:

Monthly Quarterly Amount: \$ _____

Card Number: _____

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

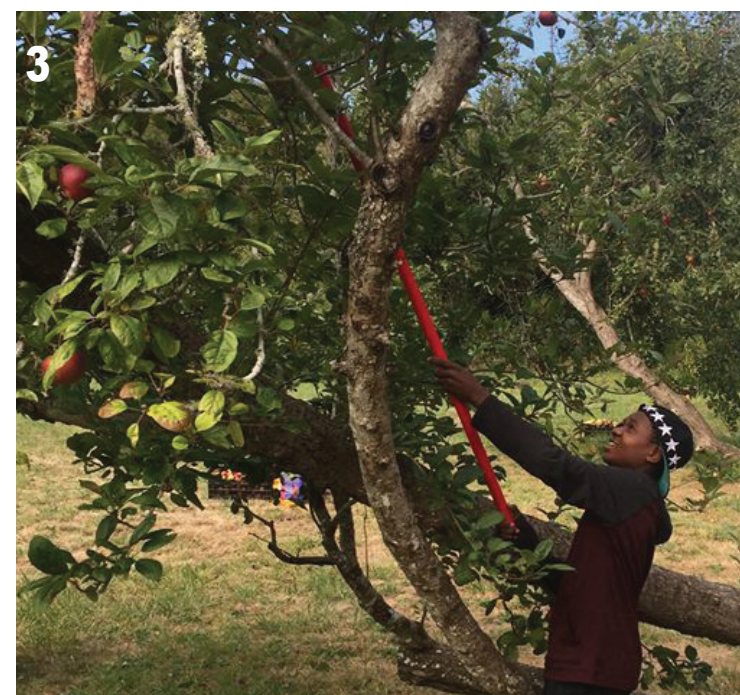
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Full Plate Partners, Food for People, 307 W 14th St., Eureka, CA 95501

"Children are our future. Teach them well and let them lead the way."
- Whitney Houston

Gleaning Wrap-up

By Laura Hughes, Local Food Resources Coordinator



Food for People's Gleaning Program has had another successful season, bringing in 84,342 pounds of local fruits, vegetables and meats from farms, gardens and ranches throughout Humboldt County to help our friends and neighbors in need!

Our on-farm harvests have continued going strong into the fall. Food for People volunteers have harvested thousands of pounds of potatoes and winter squash from Warren Creek Farms; broccoli from Mad River Community Hospital Farm; beets, carrots and tomatoes from Valley Flower Vegetable; and cabbage and cauliflower from Organic Matters Ranch. In addition, we've picked up produce leftovers from Deep Seeded Farm, Redwood Roots, Willow Creek Farm, and of course, Northcoast Growers Associations' weekday farmers' markets. The Jacoby Creek Land Trust also partnered with us again this season, donating beef raised on their land for our Senior and Homebound Delivery Programs.

On the other end of the Gleaning Program, our Plant a Row for the Hungry Campaign brought in 27,686 pounds of produce in the last fiscal year from local residents with gardens and fruit trees. Speaking of trees, local fruit trees have certainly kept us on our toes this season (and on ladders up in the trees), with numerous calls

from area residents requesting volunteers to harvest their pears, apples, plums, asian pears and more. Fruit tree harvest requests have been the bulk of our calls this fall, and in the month of September alone, donations from local fruit trees and gardens brought in over 9,000 pounds of food.

This collective bounty would not be possible without the hard work and enthusiasm of dozens of volunteers who have helped pick fruit trees, dig carrots and beets, pick tomatoes and beans, climb ladders, schlep boxes, clean

produce and much more. Their hard work and valuable time is what makes the Gleaning Program successful, and we're grateful for their help! Food for People would like to thank all the hardworking and generous farmers, ranchers, gardeners, volunteers and community members who donate the fruits of their labor to join in the fight against hunger in Humboldt County. Here's to another bountiful growing season, and thank you for being part of the solution. 🍎



1: Gleaning volunteer Casandra Kelly harvests fresh greens at Little River Farm. 2: Volunteer gleaners work hard harvesting extra produce from Valley Flower Vegetable in Shively. 3: Foreign exchange student and volunteer gleaner Kris Garjay picks apples from a residential apple tree to give to the food bank. 4: Volunteer Rachel Zerbian & Intern Katharine Laub harvest tomatoes at Valley Flower Vegetable. 5: Junior gleaner August "Juice" hands a pumpkin to Katharine Laub, Food for People's Local Food Resources Intern at Warren Creek Farms.

My Internship at Food for People

By Katharine Laub, Local Food Resources Intern

Gleaning can be described as a process of collecting something gradually—bit by bit—to eventually create something more. My internship with Food for People over the last six months can be described in the same way. What I learned was not instantaneous, nor was it rushed, but rather it was an accumulation of experiences that has since expanded my understanding of hunger and the small, but meaningful, contributions that can be made every day to eliminate it.

I didn't really have many expectations going into this internship. I knew that I had a deeply rooted passion for food politics based upon personal experience and academic research, but was a little unsure of where or how to apply that passion. I was a recent graduate of HSU with a chip on my shoulder and a point to prove. I admired the work that Food for People was doing in the community and thought it would be a great place to start transcending my academic understanding into experiential learning.

The day I met Laura Hughes, the Local Food Resources Coordinator, I was completely enamored and intimidated with her sharp personality and dry approach to getting things done. I felt she had sized me up as a college girl not ready to get her hands dirty yet, and being the stubborn girl I am, I was determined to prove her wrong. My first day, I sat with her upstairs in her office, which I'm pretty sure couldn't have been any hotter, trying to write things down as quickly as they were being thrown at me...without dripping sweat all over my notebook. Within an hour, she had not only explained to me the entire inner workings of the organization, but also my timeline of tasks I would need to accomplish over the next several months. I was in love.

Initially the internship consisted mostly of campaigning and educational outreach, but as soon as harvest season started it quickly transitioned into driving all over Humboldt County to glean

fruits and vegetables from private and professional farms alike. The experiences were all unique in and of themselves. From the farmers we met to the people who just wanted to be a part of something more, there was so much excitement and respect for what this organization was doing. Some days were harder than others, and some mornings I could've thought of a million other things I could do with my day, but when it came down to it, what I was doing was making me happy, and the hard work didn't really feel like work when it was all said and done. I was slowly beginning to realize that being a part of the solution wasn't a part-time lifestyle; it was a full-time commitment with personal dedication at its core.

There are periods in everyone's lives, I believe, where the things we've spent our lives building begin to crumble around us. It's almost like a domino effect, yet we are helpless to stop it. For me, the peak of harvest season so happened to coincide with the peak of my own personal strife. My life was out of control. I was physically and emotionally depleted, and Laura, along with this internship, was literally all I had keeping me from a complete breakdown. I threw myself into the work, and the angrier I got, the more I gleaned, and the more I gleaned, the better I felt. Pulling life-sized weeds in the middle of summer and throwing them as far as I could never felt so good. I can't describe in words the feelings of accomplishment that came from not quitting; that came from harvesting 1,300 pounds of cucumbers in the summer heat of Shively, or troubleshooting how to get a volunteer towed out of the sand, because it was hot and I



Katharine Laub, Local Food Resources Intern, and Andy pose for a #HungerHeroes photo for Hunger Action Month "Gleaning for Meaning."

really just wanted a drink. Nor can I explain the gratitude for having Laura push me harder, while telling me to be kind to myself, and finally understanding what the balance of both of those were.

I have learned that nature can heal all things, if you allow it to, and that the strength you carry within yourself is what can lead you to the other side. If it wasn't for this organization or the people that choose to dedicate their lives to it, I wouldn't be here now. I started this internship with a hunger inside myself, a determination to do more, and to do it better. I wanted to be a part of the solution, and to put food into the hands of the people that don't have it—it doesn't matter the reason—we all deserve equal access to one of life's most vital resources. What I didn't realize, however, was that the changes I was making in the community were also happening inside myself. I was gleaning for a purpose, for a meaning, and slowly—bit by bit—I found that meaning. ♡

Get Back to Your Roots: How to Love Winter Vegetables

By Ben Allen, Mobile Produce Pantry Coordinator

As the colder months begin to approach in our area, our community is privileged to still have an assortment of options for freshly harvested produce. Rutabagas, parsnips, turnips, carrots and beets thrive in these environmental conditions. Roots serve as storage organs, enlarging in order to store carbohydrates. These are an excellent source of natural sugars and starch. You'll also find mushrooms, kale, potatoes and radishes emerging during the cooler months.

"I don't like how that stuff tastes!" "I don't know what that is." These are the types of comments that often arise in regard to root veggies. There are an abundance of recipes to tantalize your taste buds and appease even the most finicky eaters. Think of roots as potatoes; any way you can prepare spuds, you can apply to roots. Try slicing a rutabaga into thin strips,

lightly salting it and baking it. Take a single beet and boil it with five or six potatoes, then mash it up for a tasty, pink treat. Try smaller portions like cutting them into cubes for a stew or shredded into your salad.

Beets, in particular, are basically nature's medicine. They contain as much potassium as a banana, which makes them excellent for combating dehydration. Although it's not the first component you'd consider, beets are exceptionally high in natural sugars, especially when roasted. If you're struggling with high blood pressure, the beetroot works as a natural diuretic, flushing toxins out of your body.

This winter, be brave and try something different. Who knows, you may discover that your passion for parsnips surpasses your cravings for chocolate. ♡



A delicious array of root veggies: red & golden beets, parsnips & turnips.

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

Local Child Nutrition Education

By Cassandra Culps, Nutrition Education Coordinator

With the arrival of fall, school is back in session and so are the popular cooking classes at Eel River Community and Court School. This year, we are taking a slightly different approach to this cooking class. A student will be selected as "Head Chef" and he or she will create the menu. The menu will include a main dish, side dish, and feature local produce. The Head Chef is responsible for leading the cooking class with the assistance of a team of peers, while the Food for People Nutrition Educator assists and provides guidance or feedback, as needed.



Students prepare a healthy egg burrito bar using fresh produce during a class at the Eel River Community and Court School.

This is the second year of collaboration between Food for People and the Loleta Boys and Girls Club's After School Program located at Loleta Elementary School. Food for People provides hands-on cooking classes with the after school students in order to teach them the importance of cooking healthy meals with fresh produce. Each class focuses on simple dishes that 3rd-6th grade students prep, cook, and taste test during the class. Students leave each class with the recipe, skills, and some ingredients so that they can recreate the dish at home for their family to enjoy. Local and seasonal produce is the star of each dish, using fruits and vegetables provided through the Locally Delicious Food Fund which provides grants to Humboldt County farmers to grow food for Food for People's distribution programs, and this collaboration creates a win-win for both local students and farmers. 🍌



Kids make tasty snacks during a cooking class with the Boys and Girls Club in the Loleta Community Resource Center with our Nutrition Education Coordinator Cassandra Culps.



Events Around Town

Retired Geology Professor and Food Bank Supporter Dallas Rhodes hosted a beautiful event for Food for People at Baywood Golf and Country Club on September 23rd coinciding with Hunger Action Month.



Above (Left), Dallas Rhodes & wife Lisa Rossbacher chat with Food for People Board President Nick Vogel. Top (Right) Arcata City Councilmember Mark Wheelley talks with Food for People's Executive Director Anne Holcomb. Left: Dallas Rhodes presents his reasons for supporting Food for People and our programs.

Mad River Brewing Company and Tap Room hosted a Pints for Nonprofits benefit for Food for People on September 2nd, and local band Kingfoot provided rocking tunes.

Pictured, American trio Kingfoot, with members Kevin Johnson on Bass, and Joe King and Jimmy Foot on Guitar, rocked out hard for an excited crowd at Mad River Brewing Co. Tap Room in Blue Lake.



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.)

Office Chairs
Carpet Sweeper
Electric Cordless Drill
Help us buy a Delivery Van*

“Living Under a Microscope”: The Truth About SSI

By Heidi McHugh, Community Education and Outreach Coordinator

According to the U.S. Census Bureau, nearly 29.5 million Americans are living with a disability. 12 million of these Americans depend on the critical lifeline provided by Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). Currently, SSI provides income for 1.2 million children. These programs are intended for people with the most severe conditions that prohibit “substantial gainful activity,” and both programs rely on medical evidence that is verified by a physician to determine eligibility. SSI also serves a dual purpose in providing supplemental income to more than 2 million seniors whose low Social Security benefits place them at risk for poverty.

The list of debilitating conditions and diseases that cause an individual’s disability is long and varied. Multiple Sclerosis, stroke, kidney failure, congestive heart failure, cerebral palsy, mental illness and blindness are a small handful of serious disabling conditions. These are conditions we hear and read about, and most of us are familiar with their physiological effects on the human body. Many Americans are suddenly afflicted with a serious disability in adulthood, while some are born with a lifelong disability.

These illnesses change all facets of everyday life. For many, these conditions mean that going to work is no longer a possibility, or they suddenly find that they are deemed unemployable. Workplace discrimination is still a persistent threat in a disabled American’s life. For some, work is still possible, but

with limitations that reduce their earning capacity.

What would you do if your body or mind prevented you from working and earning a wage? How would you purchase food or keep a roof over your head? If your child was born with a permanent disability, what does their future look like after you are no longer able to care for them?

It is certainly not easy to receive disability benefits. According to the Social Security Administration, only 40% of SSDI and SSI applications were approved between 2006 and 2008. Some applicants will struggle through years, and even decades, of appeal processes that require them to share embarrassing and intimate details about their daily lives and their bodily needs, in order to receive these benefits. Once they do receive approval, they are often relegated to living in poverty.

California has the embarrassing distinction of having the highest poverty rate of any state in the nation. In California, the maximum SSI benefit an individual can receive is \$889. That equates to 90% of the Federal Poverty Level. In all 58 California counties, more than half of one’s disability check will go to housing alone. In 16 California counties, a disability check doesn’t come close to paying for housing.

The Fair Market Value for a studio apartment in Humboldt County is \$630. Even if a person received the maximum amount of SSI benefits possible, this leaves \$259 for an entire month for this same individual to pay for food, transportation, healthcare needs not covered by Medi-Cal, laundry, personal care items, and more. It’s easy to see why many people with disabilities end up homeless.

Sadly, California is also known nationwide for an unconscionable restriction put on its poorest citizens. California is the only state that denies Supplemental Nutrition Assistance Program benefits (known as CalFresh in California) to SSI recipients. In other words, if a Californian receives SSI, they are not permitted to receive even a small amount of CalFresh benefits each month

to help her pay for food.

A senior who makes \$1,300 in Social Security (SSA) might be eligible for CalFresh, but a disabled senior with a combined income from SSA and SSI that totals \$1,000 is not eligible for this crucial food assistance.

Due to the low benefit levels and the lack of access to CalFresh, food banks throughout California are often the primary source of food for low-income seniors and Californians with disabilities. At Food for People, 45% of the households served every month at our Choice Pantry contain at least one SSI recipient. At our affiliated network of 16 pantries throughout Humboldt County, 35% of the households contain at least one SSI recipient. These numbers only paint part of the picture.

In my work at Food for People, I have met many people who live on SSI. This summer I carried food to the car of a woman who suffers from permanent back and neck injuries. She described the gradual deterioration of her life after this on-the-job injury. The apartment building, from which she rents a small unit, was sold to a new owner that has significantly raised the rent twice in the last five years. If the landlord raises the rent again, she will need to find a new home. Her home has been the only stability she has known since her injury. She describes a life of living in fear, a life of “living under a microscope” because of the scrutiny she faces in trying to maintain the meager benefits for which people with disabilities



are eligible. Despite all of this, she is a clear optimist, who dreams of working again. She asked me:

“Is this all we get for doing everything right and working hard?”

Her question was not rhetorical.

Here’s the good news: California’s flawed response to poverty can be fixed. Every single one of the 1.3 million Californians and approximately 6,500 Humboldt County residents who receive SSI benefits can be lifted out of poverty and away from food insecurity. We need Senator Mike McGuire and Assemblymember Jim Wood to forcefully lead the charge in Sacramento to raise the benefit levels and eliminate the draconian CalFresh restriction.

Beginning in 2009, the state of California opted to cut its portion of the SSI grant that is intended to “replace” CalFresh benefits in order to address the state budget deficit. The state also declined to beef up the meager Federal Cost of Living Adjustment (COLA) that states with high costs of housing typically increase.

Californians For SSI (CA4SSI), a statewide coalition of over 200 organizations reports: “The SSI/SSP caseload has

climbed by some 75,000 since 2007, yet the Administration proposes to spend \$2.5 billion – a \$1.4 billion cut from the \$3.9 billion spent in 2007-08, after adjusting for inflation according to the California Budget Project. Over this period of cuts, the cost of living has risen by roughly 14 percent. These cuts are being absorbed by persons with limited access to the essentials of life.”

The state’s budget was balanced with sharp reductions in assistance for the poor. Now the state has a growing budget surplus. If Humboldt County residents want to take huge and important steps toward resolving poverty in our community, we must urge our state representatives to raise the SSI benefit levels, and to eliminate the CalFresh restriction on disabled Californians. On **November 10th** CA4SSI will be holding a Statewide Day of Action to educate communities and bring attention to local governments about the impact that below-poverty level disability benefits has on all California communities. For information about the CA4SSI Statewide Day of Action events in Eureka, please contact (me) at (707) 445-3166 or hmcugh@foodforpeople.org.

Heidi McHugh represents Humboldt County as the Lead Advocate for Californians for SSI. She is also the Community Education and Outreach Coordinator at Food for People. ♡



Introducing Our HSU Interns!



Hi, my name is Erik. I'm originally from Fresno and I've been in and out of Humboldt for the last four years. I'm a Social Work major at Humboldt State University and I have always enjoyed helping people. Growing up in a food insecure household, I know what it's like to try to survive on 29 cent cheeseburgers, and I know that I will be able to learn and grow as an intern at Food for People.

As a part of my internship, I have been learning how to manage and run the two food pantries in Arcata and how to effectively manage our wonderful volunteers, and also how to deal with the very unique situations that occur at our sites. I have also helped out with the various food distributions in the Eureka location.

It's been fun learning all of the different aspects of Food for People's Pantry Network and getting to see how food distribution is handled in a county as big and diverse as Humboldt is. I love that I am able to directly help families in our community.

After graduation, I hope to use the skills that I learn here in the Peace Corps and work on a food security project somewhere in Eastern Europe or Asia.

When I'm not at school or my internship I direct the program Golden Years at Humboldt State University. We are a student led group that focuses on bridging the intergenerational gap between students and the elderly in our community through direct home service and companionship. Even when I'm not in class or at my internship, I get the most pleasure out of helping people. ♡



Hello, my name is Mariah Negrete. I am 22 years old and grew up in the Fresno area. I currently live in Eureka with my boyfriend, Logan, and my cat, Newton. I have been in the area just over a year and so far I love it here! My Social Work major classes at HSU connected us to organizations taking on interns this school year, which lead me to Food for People. I had heard many positive things about the organization and I thought it would be a place where I could learn a lot about community needs and strengths, as well as the tremendous help Food for People offers to the entire county.

So far, as a part of my internship I have gone on CSFP distributions and learned about Food for People's different Senior Programs. I have been able to go on a few deliveries as well as work in the Eureka Choice Pantry helping people shop and am starting to help do intake interviews. I have been working closely with Nick Gauger, Food for People's Community Food Programs Coordinator, and we are currently brainstorming possible ideas that may improve areas of the delivery programs.

The best part of my internship has been getting to know the people we work with and the clients we serve. Everyone has been super friendly and helpful, which I really appreciate. I enjoy getting to talk to different people and hearing the stories and ideas they have. Seeing the good that this organization does and how it really does impact the community in a good way has been great for me to see.

I plan to apply for the Masters Degree in Social Work at Humboldt State University. If all goes according to plan, I will be working toward that degree while working at a job where I can do some good for the community.

In the extra time I can find, I like to go to the gym, hike, go to the beach, read, spend time with my partner, watch Netflix, hang out with friends, and really just relax and enjoy the everyday things. ♡

In Memory Of

08/13/15 - 10/12/15

Ardene Jassen
Bette Dobkin
Carolyn Honda
Charles Verhaegh
Denise Beaupre
Francis Lambert
Goh Huu Kwan and Chung Kim Lieu.
Mother Musso
Patricia James
"Sons, John & Jason Diamond & grand-daughter Wendi Diamond"

In Honor Of

08/13/15 - 10/12/15

Dorothy Rivers
Ed Christians
Eureka the Pentacostal Church
The Hart and Buckley family
Jeremiah Haumeder
Jimmy and Jacque Smith
Petra Kuhfuhl Md
Mrs. Phil Wentworth
Sally Hewit
Sally
"The marriage of Karyn Neklason & Mark Leonardini"

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. ♡

Remembering Carolyn Honda

By Anne Holcomb, Executive Director

We lost a powerful advocate for social justice issues recently, with the passing of Carolyn Honda on July 29, 2015. I first met Carolyn back in 2001, when she was working as a paralegal with Legal Services of Northern California, and she attended our Food Stamp Task Force meetings. The focus of the meetings was on eliminating the barriers that made it difficult for people to sign up for and receive their benefits, and she never missed an opportunity to advocate on their behalf. She was a strong and intelligent woman who made it her business to know the rules inside and out and use her knowledge to help people with limited resources navigate the complexities of a variety of legal issues. As a long time resident of Arcata, Carolyn was instrumental in the development of River Community Homes, and served as President of the Innovative Housing Cooperative for many years. To quote her obituary, "Carolyn's passion for social justice, her assertive style, and her intellectual skepticism leave an indelible mark on her community and her daughter Dr. Adria Honda." Carolyn had asked that memorial gifts in her name be made to Food for People, and we thank all those who have sent in their personal notes and donations. Her passing is a huge loss for her family, her friends and our community. ♡



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