



# Food for People

*The Food Bank for Humboldt County*

## Food Notes

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

*October 2017*

### 25<sup>th</sup> Annual Holiday Food & Fund Drive



Fill up a bag and drop in a donation barrel to help feed those in need this holiday season.

The holiday season is quickly approaching, and Food for People is gearing up to host our 25th Annual Holiday Food & Fund Drive! Spanning the months of November and December, the Holiday Food & Fund Drive is our largest food and fund drive effort of the year. More than 100 businesses, organizations and groups participate in various fundraisers, food drives and special events each season, and many individual community members give generously. These combined efforts bring in roughly half of Food for People's total food drive donations for the year – more than 85,500 pounds of food. Food

drives also brought in nearly \$5,000 last holiday season.

2017 has been a difficult year for many, both globally and locally. During this season, we are reminded to reflect on our blessings and renew appreciation for what we have. For low-income families struggling to get by, the additional pressure to provide a special meal or buy gifts during the holiday season can be particularly difficult when resources are already stretched thin. We encourage you to participate in our food and fund drive efforts, to share the "Holiday Spirit," and help make the holidays a little

easier on families who are struggling to put food on the table. Food for People can help, but we can't do it without the generous support of our community.

There are lots of ways to support and get involved with the Holiday Spirit Food and Fund Drive:

#### Holiday Donation Bags & Drop Sites

Food for People makes it easy to donate! We partner closely with our countywide pantry network to ensure that donations made in a particular community stay in that community to help local residents

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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.

www.foodforpeople.org  
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Eureka CA 95501

307 West 14th Street

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



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# FOOD FOR PEOPLE DISTRIBUTIONS & EVENTS NOVEMBER 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>Eureka Choice Pantry Countywide Pantry Network Senior Brown Bag Mobile Produce Pantry Special Events</b></p> <p style="text-align: center;"><b>For locations, times, or more information visit:</b></p> <p style="text-align: center;"><a href="http://www.foodforpeople.org">www.foodforpeople.org</a></p> <p><b>*The Backpacks for Kids, weekend hunger relief program,</b> began the first week of October and runs throughout the school year.</p> <p><b>*Food for People's Congregate Meals Site Partners:</b> North Coast Veterans Resource Center &amp; St. Vincent de Paul.</p> <p><b>*Senior/Homebound Deliveries</b> are made throughout the month in areas throughout Humboldt County.</p> <p><b>*Our seasonal Free Produce Markets</b> will return in May 2018</p> </div>			<p>1 Eureka Choice Pantry. -Arcata Pantry. -Fortuna St. Joseph Pantry. -Garberville Pantry -Hupa Pantry. Fortuna Mobile Produce Pantry.</p>	<p>2 Eureka Choice Pantry. -Garberville Pantry -Hupa Pantry. -Willow Creek Pantry. Eureka Senior Bag Day. Trinidad Mobile Produce Pantry.</p>	<p>3 Eureka Choice Pantry. -Fortuna Pantry. -Hupa Pantry. -McKinleyville Pantry.</p>	4
			<p>5</p>	<p>6 Volunteer Orientation. -Fortuna St. Joseph Pantry. -Hupa Pantry.</p>	<p>7 Eureka Choice Pantry. -Garberville Pantry -Hupa Pantry. -McKinleyville Pantry.</p>	<p>8 Eureka Choice Pantry. -Arcata Pantry. -Fortuna St. Joseph Pantry. -Garberville Pantry -Hupa Pantry. Rio Dell Mobile Produce Pantry.</p>
	<p>13 Volunteer Orientation. -Fortuna St. Joseph Pantry. -Hupa Pantry.</p>	<p>14 Eureka Choice Pantry. -Garberville Pantry -Hupa Pantry. -McKinleyville Pantry. Fortuna Senior Bag Day. Redway Mobile Produce Pantry.</p>	<p>15 Eureka Choice Pantry. -Arcata Pantry. -Eureka Senior Pantry. -Fortuna St. Joseph Pantry. -Garberville Pantry -Hupa Pantry. -Trinidad Lions Club Pantry. Willow Creek &amp; Hoopa Senior Bags Shipped Willow Creek Mobile Produce Pantry.</p>	<p>16 Eureka Choice Pantry. -Arcata Senior Pantry. -Blue Lake Pantry. -Ferndale Pantry. -Garberville Pantry -Hupa Pantry. -Loleta Pantry. -Orick Pantry. -Scotia Pantry. -Willow Creek Pantry. McKinleyville Senior Bag Day. Orick Mobile Produce Pantry.</p>	<p>17 Eureka Choice Pantry. -Bridgeville Pantry. -Fortuna St. Joseph Pantry. -Hupa Pantry. -McKinleyville Pantry.</p>	<p>18 Cowboy Canned Food Convoy  The 25th Annual Holiday Food &amp; Fund Drive Begins!</p>
	<p>20 Eureka Choice Pantry. Volunteer Orientation. -Fortuna St. Joseph Pantry. -Hupa Pantry.</p>	<p>21 Eureka Choice Pantry. -Dinsmore Pantry. -Garberville Pantry -Hupa Pantry. -McKinleyville Pantry. -Trinidad Senior Bag Day. -Weitchpec Senior Bags Shipped. Weitchpec Mobile Produce Pantry.</p>	<p>22 Eureka Choice Pantry. -Arcata Pantry. -Fortuna St. Joseph Pantry. -Garberville Pantry -Hupa Pantry. Orleans Senior Bag Day Hoopa Mobile Produce Pantry.</p>	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p style="font-size: 1.2em; color: purple; margin: 0;"><b>THANKSGIVING</b></p> </div>		25
	<p>27 Volunteer Orientation. -Fortuna St. Joseph Pantry. -Hupa Pantry. KHUM's on air food drive</p>	<p>28 Eureka Choice Pantry. -Garberville Pantry -Hupa Pantry. -McKinleyville Pantry. -Arcata Senior Bag Day. -Manila Senior Bags Shipped KHUM's on air food drive</p>	<p>29 Eureka Choice Pantry. -Arcata Pantry. -Fortuna St. Joseph Pantry. -Garberville Pantry -Hupa Pantry. KHUM's on air food drive</p>	<p>30 -Garberville Pantry -Hupa Pantry. -Willow Creek Pantry KHUM's on air food drive Blue Lake Mobile Produce Pantry.</p>	<p>Dec 1 KHUM's on air food drive</p>	





# Notes from the Director

## Reflecting on Food Relief in an Emergency

As I sat down to write this article, the first real rain of the season started to fall, giving the parched earth its first good soaking in many months. It was an incredibly welcome sight after the weeks of devastating fires that have ravaged neighboring counties and left so many people without homes. Humboldt County was relatively lucky this summer. We had many days of poor air quality as smoke and ash permeated the air from the fires all around us, but fortunately we had no major fires or loss of homes or lives. It's a good reminder for us to both count our blessings and to think about how well we're prepared for a disaster scenario personally, organizationally and as a community.

Two of my food bank colleagues, who serve as the executive directors of the Napa Valley Food Bank in Napa and the Redwood Empire Food Bank in Santa

Rosa, had to launch into full-scale disaster response mode literally overnight. Shirley King in Napa spent the first two days coordinating disaster response with no power, internet or phone service. I was relieved when she finally responded to a text to let me know that she and her family were safe, but she's been almost impossible to reach since then because she's so busy. David Goodman in Santa Rosa had phone, electricity and internet services at their facility, but many of his staff were under evacuation orders and unable to go to work to assist with the response. Knowing full well that this same scenario could have played out here in Humboldt, we wanted to help, so we gathered our team together to talk about what we could do. When I asked David what he needed, he said they could really use warehouse help. They were receiving large donations of food and did not have the

staff capacity to deal with it all as the active fire situation unfolded. Much of this food needed to be connected to evacuation shelters and people who had lost or could not access their homes. They also needed to make sure the people who were already accessing their services would continue to receive the food they needed.

I have to say, I couldn't be more proud of our Food for People team as we talked through the logistics of what was already going to be our busiest week of the month. It's the week in which we make deliveries to each of our pantry sites countywide. There were Mobile Produce Pantry distributions scheduled and we were getting ready for the last free produce market of the season, in addition to all of the usual program activities for children, seniors, outreach, etc. But there was no hesitation. Mike Seeber, our Mobile Produce Pantry Coordinator, offered to drive one of our vans down to Santa Rosa to assist at the food bank, and Carrie Smith, our Child Nutrition Programs Coordinator, arranged for a donation of chicken noodle soup from the Eureka Grocery Outlet so that Mike wouldn't be going empty handed. Mike left

Thursday morning and stayed through Sunday, helping them organize mountains of donated food and armies of volunteers. Our Volunteer and Direct Services Manager, Philip Anzada, left on Monday morning to replace Mike and stayed until Thursday afternoon, utilizing his skills as a former Red Cross disaster relief volunteer coordinator to help them better train and manage the influx of volunteers. Everyone else who stayed behind at Food for People stepped up to cover the gaps so that our own operations didn't suffer.

We are proud and pleased that our relatively small, rural food bank has been able to help our partner to the south, and we're also anxious to compile our notes on lessons learned through this experience. We saw this as both an opportunity to help and an opportunity to learn. A devastating earthquake could strike at any time and fires could easily destroy homes and lives here during our driest months. That's why we need to be prepared. Food for People will be expected to play a leading role in any sort of disaster scenario and will be tasked

with coordinating response efforts with both local partners and state and national resources to make sure our communities have the food they need to survive. We have a disaster plan in place for our organization and we're reviewing it and updating it to reflect what we've learned to date and what we will continue to learn as our partners move into recovery mode and have the space to debrief.

It is always inspiring to see how many people give so generously of themselves when disaster strikes. We're motivated because we care about our friends and neighbors and we know that it could just as easily be us. That's why we take this responsibility so seriously. We're doing our best to be prepared so that we can be there for our community in the event of a disaster, and we encourage each of you to do the same. Review your emergency plan with family and friends, and check your emergency supplies so that you'll be as prepared as possible too. We're all in this together.

With Gratitude,

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

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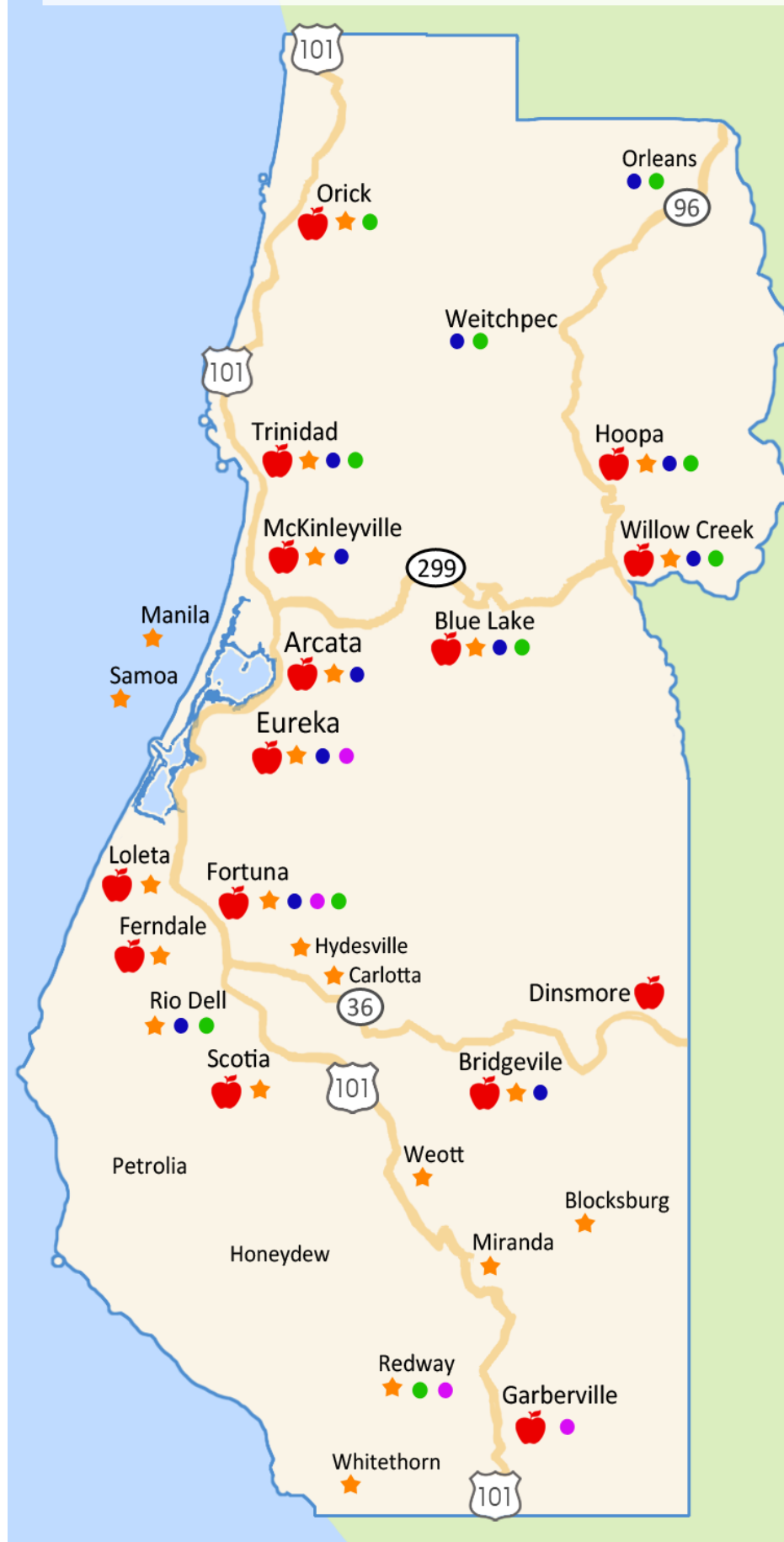
**Staff**





Anne Holcomb  
*Executive Director*  
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*Development Director*  
 Carrie Smith  
*Child Nutrition Programs Coordinator*  
 Corey Tipton  
*Bookkeeper/Business Resources Manager*  
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 Frank DiLorenzo  
*Driver*  
 Erin Tharp  
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 Gustavo Ramirez  
*Receptionist*  
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*Community Education & Outreach Coordinator*  
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*Fundraising Assistant*  
 Karen Asbury  
*Inventory Database Manager*  
 Leah Russel  
*Receptionist*  
 Lori Rudebock  
*Finance Director*  
 Michael Quintana  
*CalFresh Outreach Staff*  
 Michelle Dedekam  
*Warehouse Distribution Specialist*  
 Mike Seeber  
*Mobile Produce Pantry Coordinator*  
 Nia Tikoo  
*Warehouse Inventory Specialist*  
 Philip Anzada  
*Volunteer & Direct Services Manager*  
 Sierra Leash  
*Local Food Resources Coordinator*  
 Tim Crosby  
*Operations Manager*  
 Ysabel Diaz  
*Pantry Network Coordinator*  
 Zack Rouse  
*Community Food Programs Coordinator*  
 Edward Fernandez  
*Graduate Intern*  
 Haley McQuown  
*Client Services Intern*



# Food for People Map of County Services

The Food Bank for Humboldt County



-  **Network of Food Pantries**
-  **Sites with Child Nutrition Programs: Children's Summer Lunch - Backpacks for Kids**
-  **Sites with Senior & Homebound Programs**
-  **Sites with Free Produce Market Distributions**
-  **Sites with Mobile Produce Pantry Distributions**

[www.foodforpeople.org](http://www.foodforpeople.org)



# Backpacks for Kids



With the new school year underway Food for People's Child Nutrition Program has been busy working with 34 schools throughout Humboldt County to identify children who could benefit from receiving a Backpacks for Kids weekend food bag. The Backpack Program is designed to meet the needs of hungry children at times when other resources are not available, such as weekends and school vacations. We purchase

or administrators at the school as being at risk for weekend hunger. Each child's family must demonstrate financial need and fill out an application form. The number of children we are able to serve is based on community funding and volunteer support.

Last school year we had the opportunity to hand out survey's to the children that receive weekend food bags to get an idea of what the

bag of food is enough to cover their needs over the weekend.

"I usually don't eat food after school, but on Friday I do," one local child wrote. Another shared, "We need the food bags because we don't always have enough money."

These comments are the reason why we feel this program is vital to our community. No child should ever have to wonder where their next meal is coming from. 🐣

By Carrie Smith, Child Nutrition Programs Coordinator  
[csmith@foodforpeople.org](mailto:csmith@foodforpeople.org)



Food for People's Child Nutrition Programs work to fill the meal gap for at-risk children on weekends and during the summer when school meal assistance is unavailable

***"I usually don't eat food after school, but on Friday I do,"***

the food items in bulk from different suppliers with the goal of finding the most nutritious foods at the lowest prices.

Children are identified by teachers

kids like and dislike about the program. We got some great and insightful feedback. We learned that 90% of the children who returned the survey share the food with their families and 65% said that the

***"We need the food bags because we don't always have enough money."***



# Holiday Food & Fund Drive

Continued from page 1

through their local pantry.

## • Donation Drop Sites in the Community:

Identified by the Food for People logo, donation barrels and boxes can be found at various grocery stores, businesses and other organizations, making it convenient to drop-off nonperishable items anytime. Thanks to the North Coast Co-op, Safeway, Wildberries Marketplace, Tri-Counties Bank and all our other organizational partners for hosting our collection efforts this season.

## • Holiday Donation Bags:

During the week leading up to Thanksgiving, you will see our red-and-white paper holiday donation bags distributed in the Times-Standard and Redwood Times newspapers. These bags include a list of community drop-sites and most needed items. We encourage everyone to fill their bags with nutritious, nonperishable foods, and bring them to the nearest drop-site to donate.

## Community Involvement

## • Join the Hunger Fighter Challenge:

The Hunger Fighter Challenge is a friendly competition to see which Hunger Fighter teams can collect the most funds and food

from November 1st through December 31st. Our Hunger Fighter teams include businesses, churches, schools, civic organizations and community groups, all with their own unique approach to raising food and funds.

Everyone is welcome to form a team, and Food for People can provide materials to ensure your team's success. Winning teams are featured in a TV 'thank-you' ad after the holidays. Last year's Hunger Fighter Challenge brought in more than 10,000 pounds of food, and more than \$4,500 to help our friends and neighbors in need! For more information and to apply visit [www.foodforpeople.org/hunger-fighter-challenge](http://www.foodforpeople.org/hunger-fighter-challenge).

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

For more than 15 years, Food for People has partnered with local radio station KHUM for the highly anticipated, week-long on-air food and fund drive the week after Thanksgiving. Each day we broadcast live from a different grocery store using this unique on-air opportunity to educate about the work of the organization and programs we run. KHUM DJs are wonderful and well-informed advocates of Food for People. All week long they

motivate and encourage listeners to donate. Consider stopping by to make a donation during KHUM week, and visit us in person! Thanks to our KHUM friends for their dedication and ongoing support.

## • Cowboy Canned Food Convoy:

This serves as the official kick-off event for Food for People's Holiday Food & 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 saddlebags full of nutritious goodies. Once they arrive at our warehouse, the Food for People team and friends feed the horses apples and carrots while their riders unload hundreds of pounds of food. This is a fun family-friendly event, and we invite the community to join us Saturday, November 18th, at 12pm in Old Town Eureka.

## • Senator Mike McGuire's "Humboldt Holiday Food Drive Showdown":

For the second year running, Senator McGuire's team coordinates a large-scale competitive food drive between local high schools to see who can collect the most food donations. Read more on the Humboldt Holiday Food Drive

Showdown on page 12.

These are just a few examples of ways to engage with the 25th Annual Holiday Food & Fund Drive. Many organizations and groups host smaller independent food drives during the holidays, and we have great ideas and resources available to make the most of your efforts. Check out the food drive toolkit at [www.foodforpeople.org/programs/food-drives](http://www.foodforpeople.org/programs/food-drives).

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 of food, every dollar, and every hour you donate can make a big difference in a person's life. Help us ensure that our friends and neighbors are free from hunger not just during the holidays, but through the entire year. Help

us build healthy, self-sufficient, hunger-free communities for ourselves, our friends, our neighbors, and our children. 🐾

By Sierra Leash, Local Food Resources Coordinator  
[sleash@foodforpeople.org](mailto:sleash@foodforpeople.org)

*Pictured Top: one of dozens of Food for People's donation barrels where you can drop a donation this holiday season. Bottom: Food for People staff talk live on air with KHUM DJ Amy Berkowitz at Eureka Natural Foods.*





# Food, Relationships, & Heart

Our Senior and Homebound Delivery Programs operate 16 distribution sites countywide, reaching between 700 and 800 program participants each month. The largest monthly senior food distribution occurs in Eureka at Food for People on the first Thursday of every month. More than 200 Eureka area seniors visit us on this day within the span of four hours, and in addition, 16 volunteer drivers deliver food to 100 homebound clients.

Behind the scenes, staff and volunteers involved in the senior distribution are working at a fast pace to keep everything stocked, help folks bring food to cars, load up volunteer delivery drivers' vehicles, and keep the sign-in table moving as quickly as possible. I recently worked the sign-in table for the four-hour distribution, and I'd like to share a little about the people we get to know better in that process. When sitting face to face with these older men and women, it quickly becomes clear that any one of them could easily be our own parent, no longer able to cook and living on a low, fixed income that isn't enough to make it through each month. And it could also be us one day.

For many in our Senior and Homebound

Programs, pick-up (or delivery) day is a chance to have social interaction with site staff and volunteers who genuinely care. We sat with a senior who had recently lost her own mother -missed her tremendously- and just needed a few minutes to connect. We sat with a woman in her nineties, who is battling several challenging illnesses including cancer, was just recently released from the hospital, and has a joyous spirit and sense of humor toward life. She was intent on making everyone around her laugh, and relished telling me funny stories and jokes. The human spirit, in all of our program participants, is truly remarkable and cherished.

Each program participant has a unique story. Some of our seniors have debilitating health conditions and rely on us as their primary source for food. Some are in relatively good health and appreciate access to the nutritious foods—especially fresh fruits and vegetables—that help them maintain their health. Some live in homes they've lived in most of their lives, some live in apartments, and some live in motels. I wonder how a few would survive without kind friends who drive them to the food bank or pick up their food for them as a proxy. Some have few, if

any, people in their lives to lean on for help.

In our recent Senior Brown Bag and Homebound Delivery Program phone surveys, program participants shared their thoughts on the programs with us: "I like the idea that people of my age with a fixed-income can have some place to go for food." "I am just grateful that the program and people help everyone that needs it. Hunger doesn't have a color, nationality, or race, and we should all just help each other." "This program helps so much because it is a struggle to get through a month." "It means a lot to me, and there is a lot of work that goes into getting us food, so I am very appreciative."

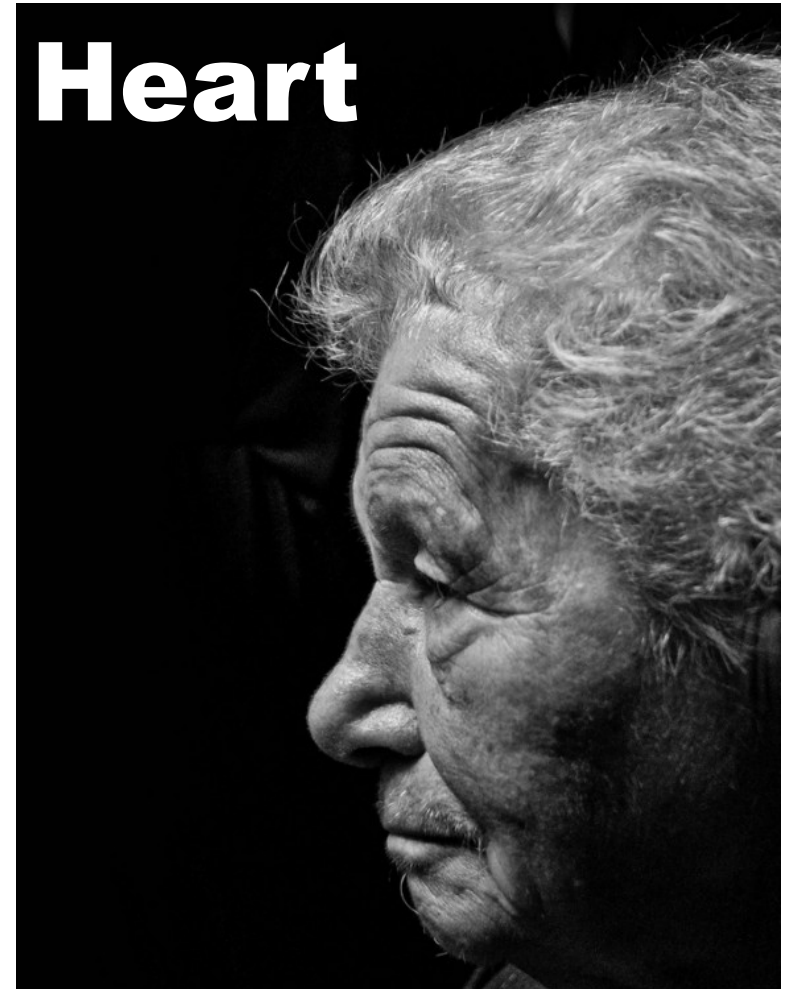
A large team of food bank volunteers delivers to homebound members of our Senior Brown Bag and Homebound Delivery Programs in several communities across the county. Delivery is limited, since it depends on how many volunteer drivers we have to cover all of the deliveries requested. Many have been delivering to the clients on their routes for years, have developed close relationships with them, and feel a deep sense of commitment to their wellbeing. We couldn't be prouder of the kindness and generosity of our volunteers.

While we do offer delivery to homebound members of our Senior Brown Bag Program, our Homebound Delivery Program is designed specifically to meet the needs of people under age 60 who are too ill or disabled to leave their homes. The program is available on a short-term or long-term basis. We accept referrals from hospital discharge planners, social workers, health workers, and medical professionals. Some participants are recovering from surgery or treatments, while others may be coping with a terminal illness.

If you are interested in getting involved with our Senior or Homebound Programs, there are several ways to do so. Volunteer to help at one of our

distribution sites, helping to keep food stocked and carry food to participants' vehicles. Consider becoming a volunteer delivery driver, or a back-up delivery driver that we can call when there is a planned or unplanned absence. We are always grateful for financial support, which helps us coordinate and staff these programs, transport food to 16 senior distribution sites throughout the county, and acquire nutritious foods at a low wholesale cost. For more information on getting involved, please visit the "Get Involved" and "Give" sections of our website at [www.foodforpeople.org](http://www.foodforpeople.org).

By Deborah Waxman,  
Director of Programs  
[dwaxman@foodforpeople.org](mailto:dwaxman@foodforpeople.org)







*Pictured Left: Food is unloaded from Food for People's van into the Christian Science Reading Room in preparation for the Garberville Pantry's Grand Reopening. Above: Garberville Pantry Coordinator Patti Rose, and volunteer Rich Thompson stock shelves in the brand new Garberville Pantry.*

## Food for People's Garberville Pantry Back in Action

The fire that occurred on June 16<sup>th</sup> 2017 at the Garberville Presbyterian Church not only burned a historic local church halfway to ashes, but it also destroyed Food for People's longstanding Garberville Food Pantry. It was a tremendous tragedy. Yet, local community members took this moment as an opportunity to grow positive community partnerships in Southern Humboldt.

Since the fire took place, Patti Rose, the Garberville Pantry Coordinator, and her team of volunteers worked closely with Food for People to continue distributing food monthly through a "pop-up" pantry model in front of the church. These distributions allowed Southern Humboldt community members to have access to the food pantry,

however only once a month for two hours. Before the fire, the pantry was open three days a week, offering its clients flexibility to come in when it fit their schedule.

To meet the needs of the community, a new site had to be acquired. This is when Debra Carey stepped on the scene. Vice President of Affordable Homeless Housing Alternatives and a Southern Humboldt community member, Debra Carey saw that there was a need in her community and took action. Working with Patti Rose and Food for People's Pantry Network Coordinator, Carey helped connect the Garberville Pantry with people who wanted to help. One such connection is Dotti and Graham Russell. The Russells own a building

located across the street from the Presbyterian Church and decided to donate their space as a temporary site while the church undergoes reconstruction. And with this, the Christian Science Reading Room at 438 Maple Lane became the new home to the Garberville Food Pantry!

At the end of September, a clean-up party helped get the Christian Science Reading Room ready to store food. The clean-up of the building was an inspiring moment. Many different people from the community came together to create a new space and start a new chapter as a team. The clean-up crew consisted of Garberville Pantry volunteers Nancy Thompson, Susan Thompson and Rich Thompson, Debra Carey, Dotti

and Graham Russell; volunteer contractors Gary Adams, Steaveau Millard, Pauline Millard, and Bird; community members Okra, Roach, and Steven Adams; and Food for People Staff.

During the day, many people passing by questioned what the team was doing. When told that the Christian Science Reading Room was transitioning into the new food pantry site, community members were excited by the news and offered supportive words to the team. After the clean-up, with a window display reading that the Pantry would re-open October 18<sup>th</sup>, a Chautauqua Natural Foods store manager passed by with his daughter and mentioned his excitement at being able to reinstate donations to the food

pantry. He also took the opportunity to explain to his daughter how the food pantry serves the community.

After months of work, on Wednesday October 18<sup>th</sup>, the Garberville Food Pantry re-opened in the new space. Food for People drove down to stock the pantry with nonperishable items, produce and bread. When the delivery truck pulled in, Southern Humboldt Community Park Program Manager and Food for People board member, Nick Vogel, was already waiting with boxes upon boxes of produce for the pantry sourced from the Park's farm and other local farmers. Quickly the Christian Science Reading Room became filled with applesauce, beef stew,

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# Garberville Pantry

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Staff and volunteers celebrate the reopening of the Garberville Pantry in its new home at the Christian Science Reading Room.

peanut butter, bell peppers, tomatoes and more. As clients waited in line, they offered their gratitude to all those involved. Many shared stories of being in desperate need of food assistance.

On this first day in the new space, the Garberville Pantry served over 40 households. This was a dramatic jump from a typical distribution before the fire, which averaged 20 households per distribution. These numbers confirm what an important resource the pantry is for the Southern Humboldt community, especially in light of the Mateel Community Lunch Program in Redway being suspended at the end of September this year. The Food Pantry is re-opening at a crucial time for Southern Humboldt, and Patti Rose and her team are ready for it. They jumped back in, full of energy, reinstating three days a week of

distributions.

All of the community partners involved in the effort to get the pantry back in action have truly turned a dark moment into an uplifting collaboration. We at Food for People are excited for the future of the Garberville Food Pantry and to see how it will flourish in its new home.

Food for People's Network of 17 Food Pantries provides food to those in need throughout Humboldt County, reaching as far north as Orick, south to Garberville, east to Willow Creek and Dinsmore and many locations in between. For more information visit [www.foodforpeople.org/programs/pantry-network](http://www.foodforpeople.org/programs/pantry-network).

By Ysabel Diaz, Pantry Network Coordinator  
[ydiaz@foodforpeople.org](mailto:ydiaz@foodforpeople.org)



Food for People's Volunteer & Direct Services Manager Philip Anzada helped REFB in Santa Rosa to train volunteers and streamline volunteer workflow for the donation process.

## Hunger Relief Efforts for Sonoma County Fires

A few Food for People staff members had the opportunity to assist Redwood Empire Food Bank with the local response to the Sonoma County fires. Through the devastation, the resilience and heart of the community shone bright, with volunteer and food resources arriving on a continuous basis after the fires. It was a wonderful experience, watching the community work together to pick up the pieces and serve a now even larger population in need. It also provided a learning experience for how our own Food Bank operation would respond to a local disaster. I have no doubt that our Humboldt community would respond with the same level of excellence shown in Sonoma County.

For more information on Food for People's Emergency Food and Disaster Program visit [www.foodforpeople.org/programs/disaster-response](http://www.foodforpeople.org/programs/disaster-response).

By Philip Anzada, Volunteer and Direct Services Manager, [panzada@foodforpeople.org](mailto:panzada@foodforpeople.org)



Food for People's Mobile Produce Pantry Coordinator Mike Seeber went to REFB in Santa Rosa to help in the warehouse. Mike drove one of our cargo vans filled with donations thanks to Eureka's Grocery Outlet!





## Gleaning with Little River Farm

As we move towards winter, the 2017 gleaning season is winding down. This year, many local farms faced challenges after an exceptionally long rainy season coupled with strong winds and early blooms. Some farmers had to replant their crops multiple times, and the volume of fruit produced in the community was significantly lower than years past. Despite these challenges, Food for People was still blessed with more than 56,000 pounds of gleaned produce from farms and individuals throughout the community!

One of our long-time farm donors is John Severn of Little River Farm. Specializing in salad mixes and micro (baby) greens, Little River Farm grows a rotation of up to 200 different varieties of

greens on their 3.5 acre farm on Ole Hanson Road in the Freshwater area. From familiar items like spinach, kale, arugula and various lettuces, to more novel and exotic varieties of greens like purslane, watercress, pea shoots and edible flowers, Little River Farm has something for all tastes.

Little River Farm regularly invites our gleaning team out to the farm to harvest whole beds of greens and beets once they have grown past the “baby” stage and are ready for the next round of planting. This season alone Little River Farm has donated more than 1,500 pounds of gleaned produce. I sat down with Farmer John to discuss why he chooses to donate to Food for People:

SL: How did you learn about Food for People’s Gleaning Program and

why do you choose to donate to it?

JS: “My first farm experience was gleaning as a volunteer, and as I’m now in more of a position to be able to donate, it’s a feel good thing knowing that we’re doing something to directly help our community. I don’t see all the people it will go to, but I know it’s a broad spectrum of the people in this community. I feel fortunate to be in a position to donate to the food bank, and strategically, to overproduce is better than under-producing and. Gleaning has helped me feel like I’m not wasting anything, because I know that it can be used and go to people in need.”

SL: How long have you been donating to Food for People’s Gleaning Program?

JS: “When I started it was such a difficulty to produce anything, but it was always in my mind to donate. I started by donating from market leftovers and special events. It wasn’t until about 10 years into farming that I was in a position to have gleaners out [to harvest] or be able to donate significant amounts. Every season is a little different, but with every year, I’ve been able to donate more, and I’m inspired by the ‘Plant a Row for the Hungry’ program. I feel like if it’s within my means, I’ll plant....LOTS.”

SL: How has it been working with Food for People over the years?

JS: “It takes collaboration, and I feel like I am so maxed out, it is difficult to network with people and make connections. I would love to give directly to

people, but my time is consumed on the farm and it takes an organization to be able to make it happen. I really appreciate the effort and coordination Food for People offers.”

SL: Final thoughts on your support for the Gleaning Program?

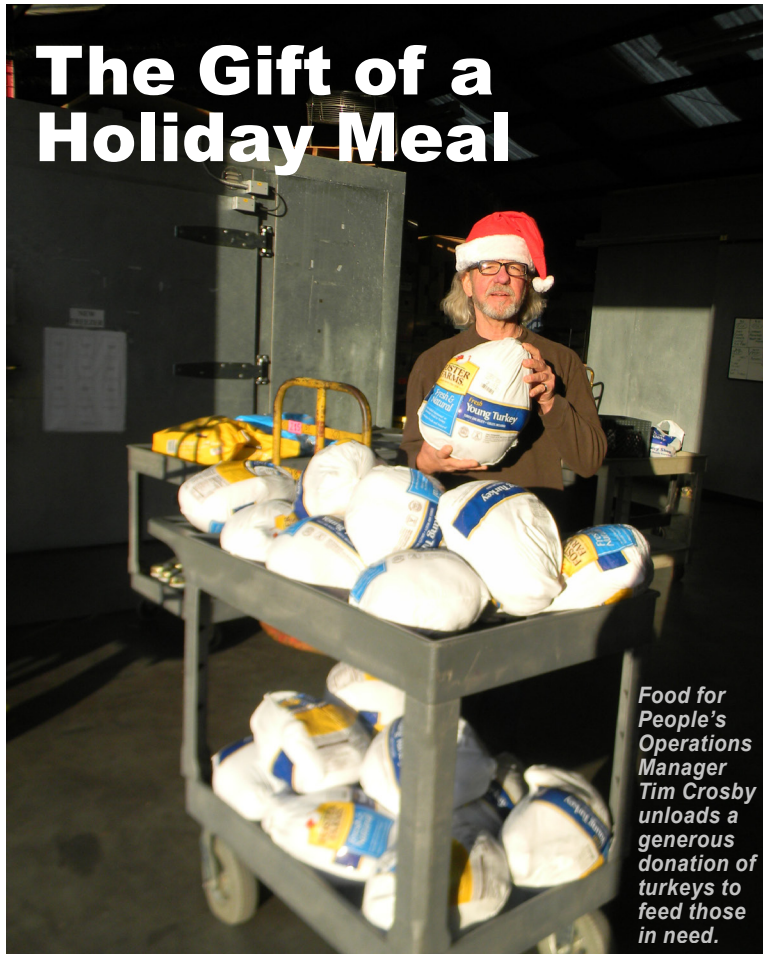
JS: “I am confident that healthy food will make an enormous difference in making this community a better place for everybody.”

We appreciate everything that Little River Farm does for Food for People! To learn more about our Gleaning Program, visit [www.foodforpeople.org/programs/gleaning](http://www.foodforpeople.org/programs/gleaning).

By Sierra Leash, Local Food Resources Coordinator  
[sleash@foodforpeople.org](mailto:sleash@foodforpeople.org)



## The Gift of a Holiday Meal



Food for People's Operations Manager Tim Crosby unloads a generous donation of turkeys to feed those in need.

of feeding extra mouths with the added expense of Halloween costumes, school breaks, and holiday presents, can seem downright impossible.

Like many parents, I understand what it means to worry about making the holidays special for my kids. I've stood in the grocery store aisle with my measly food budget, worried about how I was going to buy enough to feed the extended family that will be visiting. I see that same look of anxiety with our clients, when they don't dare to let themselves hope that we can actually help them this year. The best part about working at Food for People during the holidays is witnessing the pure relief when families realize they can get their turkey (or chicken, ham, etc.), and stuffing, and maybe even cranberry sauce

and other fixings, in addition to their regular food from our pantry.

Just that little bit of help can make the world of difference to a family on the edge. We understand the need to supply this extra food, but with close to 1,200 families visiting our pantry in November alone, we rely heavily on donations from the community. You can help! Pick up an extra turkey or ham when you do your holiday shopping and donate it to Food for People. Or consider an extra financial donation this season to allow Food for People to purchase holiday fixings. You can make all the difference for a local family this holiday season. 🐾

By Erin Tharp,  
Choice Pantry Coordinator  
[etharp@foodforpeople.org](mailto:etharp@foodforpeople.org)

For many, the holidays symbolize the joining of families to share meals, spend time together, and celebrate traditions. These traditions are usually

centered around food, which can be stressful for families on a tight income. Many of our clients already struggle to put meals on the table, and the thought

## Volunteering at Food for People

*"There is so much suffering in the world, we see it and hear about it all of the time and it can make you feel like you are helpless to do anything about it. Its easy to feel defeated. I've found that volunteering at Food for People lets me feel like I am doing a small part to help lessen suffering. It helps me to help them."*

- Melissa Zelinski, Food for People Voluneer

To find out how you can join the Food for People Volunteer team visit [www.foodforpeople.org/volunteering](http://www.foodforpeople.org/volunteering) or call us at (707) 445-3166. Volunteer orientations are held every Monday at 2:30 PM at Food for People in Eureka.



Volunteer Melissa Zelinski helps distribute oranges during a Free Produce Market at Food for People.

## Tribute & Memorial Gift Contributions

You can honor a friend or family member by making a donation to Food for People. Simply add a notation to your gift. If you include an address, we'll send a card to let that person know about the donation. It is a great way to celebrate and/or honor the memory of someone you love. 🐾

### In Memory Of

8/12/17 - 10/23/17

Bob Coffee "James, Carl Co"  
Charles Daniels  
Charles McDaniels  
Debbie Morehead  
Florence & Harold Mayer  
Gerald Baird  
Helen Bartscht  
Isidore Molofsky  
Jamie Stephens & Kiya Kitchen  
Laurey and Jay Sullivan  
Marlene Laidlaw  
Patricia Kitt  
Sally Calligan. C  
Sons John & Jason Diamond, & Granddaughter Wendi Diamond

### In Honor Of

8/12/17 - 10/23/17

Bonnie Lowry  
Calvin Sway  
Elizabeth Baker  
Fred Nevers. "Happy Birthday"  
Mr. & Mrs. Jim Renner  
Scott Sway 🐾

You can make a difference!

Join the



**FULL PLATE**  
partners

Giving Monthly to  
Food for People

[www.foodforpeople.org](http://www.foodforpeople.org)





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

## Our Values

- **Integrity:** We will demonstrate the highest ethical standards in all interactions.
- **Stewardship:** We will be accountable to all through the efficient and environmentally responsible use of resources.
- **Teamwork:** We will foster cooperation and a sense of empowerment amongst our diverse staff, volunteers, and community partners.
- **Respect:** We will treat all of our relationships with respect.
- **Innovation:** We will continually seek to provide excellent service through the development of new and improved methods to reduce hunger.
- **Empathy, Passion, Empowerment:** We encourage and support the best in ourselves and those we serve and provide opportunities for everyone to participate in fulfilling our mission.

# Senator McGuire's Humboldt Holiday Food Drive Showdown

Food for People is thrilled to announce the second annual Senator McGuire's Humboldt Holiday Food Drive Showdown! Last year's inaugural event brought in more than 3,000 pounds of food and nearly \$2,000 that helped Food for People stock the shelves during the busy holiday season and into the winter months. Through driving rain that cold December night, our community shared so much warmth and caring for those struggling with hunger in Humboldt County.

Senator McGuire and his team are eager to break last year's record and will invite six local high schools to help them in this effort. Last year's competitors: Arcata, McKinleyville, and Eureka (last year's winner) high schools will be joined this year by Ferndale, Fortuna, and St. Bernard's high schools and will

compete for the chance to win the prestigious Golden Can Award.

Participating schools will host food drives in the weeks leading up to the big "Drop-Off and Donate" event to be held at the Eureka Safeway on December 13th from 3:00 PM to 6:00 PM. The students will drop off their collected food to see who will host the Golden Can Award for the next year. The community is also encouraged to drive through and drop off donations of food and funds. Senator McGuire's goal for the 2017 Humboldt Holiday Food Drive Showdown is to collect 5,000 pounds of food and \$5,000 in financial donations.

Senator McGuire is a true partner in the fight against hunger. He has taken the lead on issues surrounding hunger, poverty, and

economic inequality in his time with the California legislature. He has written and sponsored bills that increase access to school meals for low-income children and affordable housing. McGuire's 2017 bill, SB138, was signed into law by Governor Jerry Brown on October 12, 2017. This bill will seamlessly enroll more than 650,000 students into school meals through Medi-Cal Direct Certification and will ensure that high-poverty schools make

breakfast and lunch available free of charge to all students through federal universal meal provisions. His dedication to ending hunger and his support of our efforts is greatly appreciated by Food for People and Humboldt County. 🐾

*By Heidi McHugh, Community Education & Outreach Coordinator*  
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