



Food Notes

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

Spring Issue, 2011

Pantry Summit 2011

By Jason Herwin,
Pantry Network Coordinator

Spring is upon us and the rains are finally subsiding! The sun is starting to peek out reminding us what it looks like and letting us know it is time to get outdoors, plant crops and attend the annual Pantry Summit. This will be the third year of the Pantry Summit, an event that brings together our amazing group of pantry coordinators. The Summit provides an opportunity to update coordinators on policy changes, host informative workshops, network with each other and make time for strategizing sessions which help identify room for improvement and plan for continued progress.

Our Summit is given in an interactive workshop format meant to give the participants the knowledge of each topic, but also the chance to ask questions, share their experience and collaboratively plan on implementing needed improvements in pantries.

We are excited to have some of the coordinators help facilitate topics and give real examples of how pantries have successfully adopted these improvements and how other pantries can do the same.

An encouraging sign over the last year has been the many Pantry Network successes which we will be highlighting, including McKinleyville's building renovations and transition into a Choice Pantry, increased access to funding with many of our pantries and enhanced community partnerships.

The event will be held May 10th at the Humboldt Area Foundation. Our agenda includes program presentations from Food for People staff, and opportunities for pantries to incorporate some of our programs into their pantries. There will also be guest speakers from the McLean Foundation presenting on the importance

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Fifteen Years of Summer Lunch for Kids

By Nicole Gribi, Child Nutrition Coordinator

Food for People's Children's Summer Lunch Program will kick off its 15th year this June. We are hard at work preparing for another summer of providing delicious, healthy sack lunches to low income children throughout Humboldt County.

Hunger is a reality for thousands of children in our communities. According to California Department of Education data, 52.7% of our children qualify for free or low cost school meals. This statistic means nearly 10,000 children in Humboldt County are living at or below the federal poverty line and are either suffering from hunger or at-risk of going hungry. For many of these kids, school breakfasts and lunches may be the only food they get each week.

These meals are not provided when school is out for the summer. Unfortunately, hunger does not take a vacation.

Our Summer Lunch Program provides free lunch to children and youth age 18 and under every weekday during the summer. This program helps bridge the food gap between one school year and another, helping kids return to school healthy in the fall. Last year, we provided 12,797 lunches at 19 different sites throughout the county. We anticipate an even greater level of need this summer as the impact of high unemployment rates, job losses, furlough days and other economic challenges take their toll on family budgets.

Partnerships and collaborations make this popular program

a success. We could not reach as many children as we do without the generous contributions of time and resources from local organizations and individuals. Key partners include the Humboldt Area Foundation, Green Diamond Resource Company, Humboldt Sponsors, McLean Foundation, Smullin Foundation, St. Joseph Health System Humboldt County, Union Labor Health Foundation, North Coast Co-op, Humboldt Senior Resource Center, Humboldt Transit Authority, UPS, Parks and Recreation Programs, Boys and Girls Clubs, Family and Community Resource Centers, staff and volunteers at sites across the county, and individual donors who contribute to our No More Hungry Kids Campaign. Thank

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We feel it's important to keep you, our supporters, updated on the programs and 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.

Interview with a Silvercrest Service Coordinator

By Christopher Smiley, Community Foods Coordinator

Laurie Frasier has a long history of working for the benefit of the community in social work and non-profits. She has lived in Humboldt County for eight years and worked as the Service Coordinator at Eureka Silvercrest Residence for the past three. While originally pursuing a business degree, she worked as an aide to the adult day program for Easter Seals. The job proved to be a turning point for Laurie. One year working with seniors was enough for her to switch majors. Soon after obtaining a Bachelor's Degree in Social Work at Humboldt State University, she received an internship with the Humboldt Resource Center for Senior Information and Assistance as a resource specialist. She became a certified caregiver through the official caregiver registry. Since then, Laurie has worked with CASA, Area One Agency on Aging and "Grandparents Raising Grandchildren". I had the opportunity to sit down with Laurie after one of our distributions at Silvercrest and talk to her about the work she does there.

How did working at Silvercrest come about?

"I interviewed for a couple of other positions when I interviewed at Silvercrest. The reason I chose Silvercrest was that it was going to be a challenge. It was going to be a huge challenge. I went down the checklist of requirements for the program and I had all the neces-

sary experience, so I thought I had just as good a chance as anybody else for the job. The whole idea was that I could take all that I had learned, take my experience and exposure, and really put it to use in helping a lot of people here. That's been my goal, to help as many people as I can, and do that in the most comprehensive environment as I can and that was Silvercrest."

What is your job like in day to day operations?

"Well, we have over 150 tenants here, so I serve over 150 people in one capacity or another. I may see a client once a month or every week or if there is a crisis/emergency. I could be talking to someone, being with someone for hours, all day long. It just depends upon the situation and crises may vary. It could be someone having a medical crisis, a family crisis, an economic crisis or sometimes there is a need for mediation between tenants. It could be anything like that as it really varies. In addition to the Food for People programs, I also facilitate a diabetes support group, a garden club and act as a resource specialist in refer-



Laurie Frazier is the Service Coordinator at Silvercrest Residence and shares her love of working with seniors.

ring people to care providers in the community. Connecting people here to the community resources with food, health/safety and education is a large, important part of my job and responsibilities. Lately I've also been actively recruiting social work interns from HSU. I really believe and have seen from my personal experience that listening to someone lecture and reading about issues is completely different than actually helping people in the community. I think it is really important for these students to get that hands-on learning experience. I also would like to point out that Silvercrest is not an assisted living facility, but an apartment complex

that is able to provide some services to help the comfort and lifestyle of its tenants. So we are still able to accomplish a lot without the staff required by assisted living facilities.

Are you involved in any organizations or activities outside of Silvercrest?

I'm the secretary on the Board of Directors for Butler Valley, which is a residential and day program for adults with developmental disabilities. This is a really great organization. I love attending fundraisers, the Rotary Club and charity dinners such as the one benefiting the Arcata Fire Department. The firehouse puts a lot back into the community so I enjoy supporting them. Fundraisers are a great way to have fun and benefit a cause at the same time.

Thank you Laurie, for all your hard work and talking with us about what you do here at Silvercrest.

Food for People does a distribution once a month at Silvercrest, currently serving 62 clients with two different senior food programs and a Homebound Delivery program. We greatly appreciate the help of Laurie and all of the staff and volunteers there that make it possible.



Anne Holcomb, Executive Director of Food for People, speaks at last year's Pantry Summit held at Humboldt Area Foundation.

Pantry Summit 2011

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of community partnerships and what funders are looking for when community based organizations apply for grants. The North Coast Community Garden Collaborative will be presenting on the benefits of pantry gardens, what the Garden Collaborative can offer, and possibly having one pantry garden give an example of how it has helped their pantry. This year promises to be a great event, and we are looking forward to spending the day with our Pantry Network team.



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DONATE ONLINE BY GOING TO: www.foodforpeople.org

CLICK ON THE LINK:



Network for Good™

REDWOOD ACRES

Recycling Center

Redwood Acres Recycling Center's Community Contribution Program gives you the opportunity to donate your California Redemption Value (CRV) refund to Food for People. Just tell the scale operator the next time you are at the center and use your recycling for donation dollars!

Notes from the Director

The Economics of Poverty and Hunger

By Anne Holcomb



Discussions about budget cuts and what they will mean for our communities are such hot topics right now that I thought it would be timely to update an article I had written for the September 2004 edition of "Food Notes". This article referenced local wage and cost of living information that demonstrate how difficult it can be to survive in Humboldt County. Given the draconian cuts being proposed right now at the state and federal level, I felt it would be a good time to revisit this information to help us gain a better understanding of the implications.

It's hard to believe, in this day and age, that we have increasing numbers of hungry and malnourished people living in our communities. How does one of the richest nations on earth come to grips with the fact that one in five of our children is living in poverty or that one in six Americans is considered food insecure? But that is the unfortunate reality after more than two years of financial setbacks that have played havoc with our economy and with our lives. The downturn in the economy has left many low-income households, including seniors, individuals making \$10 or less per hour, people with disabilities and increasing numbers of once middle-class families, struggling to keep up with constant increases in the cost of living. Food costs are up, gas prices have skyrocketed and many of the safety net programs designed to help soften the blow during tough times are faced with huge cuts or complete elimination.

One of the challenges facing Humboldt County residents is that the job market is relatively flat and wages have not kept pace with the

rising costs of rent, utilities, medications, food, gas/fuel, etc. This leaves many living paycheck to paycheck with no health benefits or savings to fall back on. These households are particularly vulnerable when the car breaks down, an unexpected medical emergency arises, work hours are cut back or costs increase. One seemingly "small" or "temporary" emergency of this sort can be enough to send the individual or family into crisis.

These are the people we see at the Food Bank every day. Almost 20% of the people we've served have never had to ask for help before. They are often ashamed that they are unable to feed themselves or their families, and feel embarrassed that they have to ask for help. A large number are senior citizens or persons with disabilities living on fixed incomes of less than \$1000 per month. They do not fit the stereotype of the homeless person on the street, but they are still subject to the undue stigma associated with depending on public assistance for survival.

So how do we change this dynamic in our communities? Those of us working at Food for People have come to the realization that we can't change the face of hunger and poverty in our community without looking at the relationship between local wages/incomes and the cost of living. These factors have a direct impact on a household's ability to survive. That's why we would like to share information we have gathered about the financial challenges facing working families and seniors living on fixed incomes in our community. This information is taken directly from the Humboldt County Self-Sufficiency Calculator, a software program housed at the United Way that identifies household budget options based on local cost of living data.

The scenarios we are using to illustrate these household budget realities are based on three person and four person households with one school-age child and one pre-school age child and the adults in each household working full time.

A car payment of \$200/month would add an additional \$2400/year in transportation costs. Keeping in mind that our county is very rural

with limited public transportation and long distances between communities, these estimated costs could be considered fairly conservative. We would also note that for households with two working adults it is often necessary to have two cars, which would roughly double total transportation costs to \$8,048/year or \$12,848 with car payments.

This same family of four would spend \$752/month on food. Unfortunately, this part of a family's budget is often the first sacrificed when times are tough. This is done by purchasing low-cost, overly processed foods with little nutritional value or by some members of the household skipping meals on a regular basis. Neglecting the dietary needs of a family can easily lead to serious health problems, which will put an even greater strain on the family's budget in the future and dramatically decrease their likelihood of escaping poverty.

Based on the figures provided, the annual expenses for a two parent household working full time at \$10 an hour with one child in day care and another in school, living in a two bedroom rental house or apartment with minimal transportation costs would be \$40,012, not including car payments, a second car, phone, etc. Compare that to annual wages of \$20,800 for a single parent household and the wage-earner would have to earn \$20.08 an hour to meet the basic needs described through the Calculator, more than double the minimum wage!

The average monthly Social Security benefit for a retired worker is \$1,177 a month, annually just \$14,124. An elder person, living alone, accessing only the basics described in the Calculator, would need \$1,655 a month to be self sufficient or \$19,855 annually. The situation is far worse for a senior or person with a disability living on SSI (Supplemental Security Income), as they only receive \$845 a month or just \$10,140 annually. California is also the only state that prevents people receiving SSI from accessing CalFresh (formerly food stamps), making it that much more difficult for them to access the foods they need for good health.

As you can see, the incomes in the scenarios described above do

not begin to cover basic expenses, including food. Many households must choose each month between adequate food, shelter and necessary medical expenses. This is why so many low-income households and people on fixed incomes (Social Security, SSI, etc.) must turn to the Food Bank for assistance.

So what can we do? There is clearly no "quick fix" on the horizon as our state and federal governments struggle to cut costs and services in the wake of major budget shortfalls. But it is imperative for each of us to stay informed and participate in a dialogue about the future economic health of our communities. Should we continue cuts in K-12 and post secondary education that compromises the future ability of our youth to get a decent job that can support a family? Should we reduce or eliminate funding for Adult Day Health or In Home Support Services, which will force family members to decide whether they should stop working to provide care or place their loved

ones in nursing homes or other institutional settings that can cost upwards of \$40,000 a year? These are all tough decisions with long term implications.

Policymakers need to understand what the impact of their decisions mean to some of our most vulnerable citizens - children, seniors, and people with disabilities - now and into the future. Somehow, we need to make sure, as concerned citizens and voters, that all of our county's residents have access to a living wage, affordable housing, adequate health care and a good education.

There are lots of hard questions that must be asked as we determine where to cut and how much to cut. I urge you all to engage at whatever level is comfortable for you. Let our Congressional representatives, Legislators and local decision makers know what you think! In the meantime, we thank you for partnering with Food for People through your donations of food, volunteer time and funding!

Annual Income

\$20,800 - Gross wages for 1 adult working 40 hrs./week x \$10./hour

\$41,600 - Gross wages for 2 adults working 40 hrs./week x \$10./hour

Annual Expenses

\$14,400 - 3 bedroom house/apartment @ \$1200/month, including utilities (no phone)

\$6,720 - \$560/month for full time child care in licensed, center-based care

\$1,624 - Fuel costs, 20 miles/day @ 20 mpg with gas at \$4.45/gallon

\$1,200 - Vehicle maintenance & repair @ \$100/month

\$1,200 - Vehicle insurance @ \$100/month

\$5,844 - \$487/month includes share of employer-sponsored health insurance (assuming this is provided) plus out of pocket medical costs

\$9,024 - Food (\$537.mo. for family of 3; \$752/mo./\$9,024/yr. family of 4

\$40,012 - Total annual expenses, not including car payments, phone, etc.

New Scotia Pantry Location

By Jason Hervin, Pantry Network Coordinator

Our Scotia Bread for Life Pantry has found a new home in the former Scotia Utility Company building next to the fire department on Main Street in Scotia. With ample parking, easy access, and a convenient location, it is an ideal space for a food pantry. The building, which is owned by the Town of Scotia, provides one large distribution room, two additional rooms for intake interviews and storage, a mini-kitchen and a bathroom. The first distribution at this new site occurred on April 21st.

The Bread for Life Pantry was established as an outreach of the Scotia Union Church and has partnered with Food for People for over 25 years to serve their

community. The pantry was previously located in the basement of the church. The location provided an adequate space for distribution - including plenty of storage - but had limited access due to a steep staircase dangerous for seniors and handicapped persons to get into the pantry.

Food for People has been working for over a year to establish a location with the capacity to absorb both the Scotia and Rio Dell pantries into one pantry serving both communities. We feel optimistic that this new site can be that location. Currently, there are two pantries that both serve primarily Rio Dell clients, with each site

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800 Ways to End Hunger in Humboldt County!

The 800 Club is our regular giving program that supports Food for People. Having money we can depend upon is a powerful tool in accomplishing our goals. Your commitment adds up to a major annual contribution and allows us to make long term plans while building a strong foundation for our programs.

In 1982, Food for People's yearly budget was roughly \$48,000. Calculator in hand, it was determined that if 800 Humboldt County residents gave only \$5 each month, the total operating costs would be met. Since then, we have greatly increased our services to children, seniors and working families in need throughout our community. We currently feed over 12,000 people a month and our yearly budget has increased to over \$900,000 to accommodate our many programs.

It's easy to become an 800 Club member. Just fill out the slip below and send it in. You will receive a packet of 12 envelopes that makes sending in your monthly donation easy. Or contact us directly to help you set up a monthly or quarterly charge on the credit card of your choice. You can also set up an automatic fund transfer with your bank. For more information, contact Harriet Pecot, our Fund Development Director, at 707-445-3166 extension 306 or email her at harriet@foodforpeople.org.

Only with the support of a caring community can we accomplish our mission to end hunger in Humboldt County. Your contributions as part of the 800 Club make it possible for us to help when needed most and thanks to you, no one has been turned away. Thank you for your continued support that allows us to feed people and also provides hope and dignity to the most vulnerable members of our community.

Please send me an 800 Club Packet

Name: _____

Address: _____

City, State, Zip: _____

Please charge my credit Visa or Master Card:

Monthly Quarterly Amount: \$ _____

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



Photo by Ginny Dexter

Honor an Entire Lifetime, Planned Giving for Future Generations

By Harriet Pecot, Fund Development Director

Food for People envisions a community where no one is hungry and everyone has access to good quality, nutritious food. But the success of our mission is dependent upon each one of us doing our part to make a difference.

"Alone we can do so little; together we can do so much" are words of inspiration from Helen Keller that I see at work every day at the food bank. We are grateful for the wonderful Humboldt spirit that surrounds us and our community of dedicated donors. But what happens when the people who are giving are no longer here? By leaving a legacy to Food for People in your will or estate plans, you can continue the fight against hunger in our community and leave an imprint of compassion and generosity for others.

The following are stories of two wonderful people who recently passed away but left a legacy to Food for People. Because of their love of life and concern for those more vulnerable, their memories will continue to live on in their good works and the difference they continue to make in the lives of others.

Father Ken Samuelson . . .

. . . was an old fashioned type of priest who would visit people



in need and loved the liturgy of his faith. He was described as full of life; a kind, generous and intelligent man who lived a life of quiet and simple values. Native to Humboldt, he left a legacy of caring for the community in which he grew up and he returned here to live out the last years of his life. He cared about helping those less fortunate in his community and wanted his estate to go to the most vulnerable here in Humboldt County. He especially wanted to address the needs of those who struggle with taking care of themselves, such as the hungry, the homeless, the dying - and in the spirit of St. Francis - the animals.



Food for People is honored to be included in the legacy of a man who was a strong part of our community and a much loved friend to many. He was a wonderful example of a spiritual life well lived, and through his life as well as his death, he made the world a better place.

Helen Farr . . .

. . . was a gentle and generous person, to Food for People, as well as to other causes within the community. She and her husband were good neighbors, but Helen outlived her husband by many years. They didn't have children, and she kept close to home with her activities because of illness. She was in a wheelchair for a long time but still remained active. She was a homemaker who loved to tend her garden and flowers. She was very independent. You would see her outside hauling the garbage from her wheelchair with Ebony at her side, her black poodle and companion. She did everything from her wheelchair. Her wish was that she could live out the rest of her life in her own home. She passed away January 20, 2010 at home and was 92-years-old. The Humane Society found a home in Washington for Ebony with a woman who rescues



You, too, can leave a legacy of your own and make a lasting difference in the lives that follow. If you would like to learn more about planned giving and continuing your support of Food for People, please first contact your personal financial planner or attorney. For more information about giving to Food for People, you or your representative can contact Harriet Pecot, Fund Development Director at (707) 445-3166 extension 306.



Par Infinity Disc Golf Club Throws a Donation to Food for People!

The Par Infinity Disc Golf Club made several donations to Food for People this past winter totaling \$878 in funds and 141 pounds of food.

Par Infinity is a local nonprofit whose mission is to introduce disc golf to our community, as well as to establish broad based public support for the sport. Their purpose also includes community involvement, which they demon-

strated with donations from both their Ice Bowl and Annual Bigfoot Tournaments. For more information about disc golf in Humboldt County, you can find them on the web at www.parinfinity.org.



The 19th Annual Letter Carriers Food Drive

By Jason Whitley, Local Food Resources Coordinator

There is one day each year when local postal workers are carrying something other than mail. Saturday, May 14th marked the 19th Annual Letter Carriers' Food Drive. Postal employees nationwide were picking up donations of nonperishable food and taking the donations to their local food bank or pantry. People didn't even have to leave their home to participate. Just by leaving donations of non-perishable food (in unbreakable containers) by their mailbox on May 14th, their letter carrier picked up the food and delivered it to a local food bank or food pantry in their community.

This nationwide effort by the National Association of Letter Carriers (AFL-CIO), with the help of rural carriers, other postal employees and numerous other volunteers, has resulted in the delivery of well over one billion pounds of food to community food banks and pantries since its inception. Here in Eureka, the drive has collected an average of 20,000 pounds of food in each of the last three years, and is used to stock the shelves of Food for People's Choice



Trucks line up to drop off food at the Letter Carriers' Food Drive while volunteers help with sorting and packing up donations.

Pantry. This was a great event to participate by volunteering. We recruited volunteers to help with the unloading, sorting and packing of foods. Since the food drive takes place on the weekend, it was an easy way to get outside, get some exercise and help out your neighbors. Children accompanied by a parent or guardian were also welcomed to join the activities.

The foods most needed include protein items such as canned meats or beans, canned fruits and vegetables, grains, pasta, soups, peanut butter and juice. These items are among some of the essentials needed for a well balanced diet, and are often the most difficult for food insecure families to afford. Items that cannot be accepted included rusty or bulging cans and home-canned items, which have to be disposed of for health reasons. Unbreakable containers are preferred as glass jars can easily break when tossed in with canned items. Each donated item goes straight to local seniors, children and families in need. Thank you for setting out your food items on Saturday, May 14th!

Feinstein Challenge Supports Food for People

By Jason Whitley, Local Food Resources Coordinator

Since 1998, the Alan Shawn Feinstein Foundation of Rhode Island has been helping food banks, emergency food programs and other non-profit anti-hunger organizations boost their donations through its annual Feinstein Million Dollar Challenge.

Each year, the Alan Shawn Feinstein Foundation donates \$1 million to hunger relief agencies all across the country. During March and April, food banks such as Food for People promoted this challenge to inspire potential donors into donating a little extra during this time so the foundation can proportionally divide up one million dollars among many hundreds of food pantries across the country. At the end of April, Food for People reported to the foundation the total amount of food and funds that were collected as part of the challenge. Based on the amount of donations received, a proportional amount of Feinstein funds are then donated to the food bank. Food for People has been participating as one of the qualifying agencies for these additional funds for several years. All food and funds donated during the months of March and April received Feinstein money from Rhode Island added to it. The higher the total amount of dona-

tions during this time the greater amount of money Food for People receives from the Feinstein \$1 million!

There were several efforts locally to gather food and funds for this national campaign. The Service Learning Center at Humboldt State was coordinating an effort on behalf of Food for People and the Feinstein Challenge. HSU Students were able to donate any leftover "J-Points" (used for purchasing food on campus) that go unused at the end of the school semester. Last year's Service Learning Center and students of Humboldt State donated enough J-Points to purchase 679 lbs. of tuna, which benefited the Backpacks for Kids program here at Food for People. Curves Fitness Center holds an annual food drive during the month of March and waives initiation fees for a donation of food.

During the months of March and April, your donation counted a little extra with help from the Feinstein Foundation. This year, the total giving from the community was up by 16% from last year (thanks to all of you!). Take the Feinstein Challenge every year and become part of one of the most successful anti-hunger campaigns of all time.

Scotia Pantry *Continued from page 3*

servicing an average of 65 households each month. A part of this consolidation will be partnering with the Rio Dell Community Resource Center to provide the coordination of the pantry, a partnership that has proved effective with many of our other community pantries. We are excited about the potential the new site has to



The new Scotia Pantry is located in the former Scotia Utility Company building next to the fire department on Main Street.

bring increased compassion and dignity to their distributions and the opportunity for local collaboration.



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.*



Volunteer Appreciation Celebration

By Laura Hughes, Volunteer Coordinator

On Thursday, March 3rd, Food for People hosted our annual Volunteer Appreciation Celebration, held at the beautiful Christ Episcopal Church in Eureka. Food for People holds this event each year to honor the efforts of our dedicated volunteers in the fight against hunger in Humboldt County.

This year's celebration was a huge success, with over 150 attendees and a delicious dinner prepared by Nicholas Kohl, owner and Executive Chef of Oberon Grill. The evening's festivities included live music by Confusion Hill, a Dutch raffle with prizes donated by local

businesses, and the presentation of award certificates to our dedicated volunteers. Flowers and plant starts were donated by local growers including Flying Blue Dog Farm & Nursery, Flora Organica and Sun Valley Floral Farms. Special thanks to the Very Reverend Ron Griffin and Parish Administrator Cindy Brown at Christ Episcopal Church for the generous use of their space.

We couldn't have made this event happen without the support of all the organizations and businesses who generously donated to show their appreciation for those who go above and beyond to serve their community. Food for People relies on almost 400 volun-

teers who donate more than 29,000 hours of service each year to keep our programs running. That's the equivalent of over 16 full-time staff positions! We would not be able to reach the number of folks we do—over 12,000 each month—without the efforts and support of these generous people.



There was a wonderful turnout for the event and volunteers & staff alike had a great time with upbeat music from Confusion Hill and wonderful food via Nicholas Kohl, owner & executive chef of the Oberon Grill.



Thank you 2011 Volunteer Celebration Donors

Beauty Stop Beauty Supply
 Belle Starr
 Bev's Real Kids
 Boll Weaver Yarns
 Booklegger
 Boot Barn
 Brick and Fire Bistro
 Christ Episcopal Church of Eureka
 E&O Bowl
 Finnish Country Sauna and Tubs
 Flora Organica
 Flying Blue Dog Farm & Nursery
 Gallagher's Irish Pub & Restaurant
 Glow Clinical Skincare & Body Boutique
 Go-Go Bistro
 Henderson Center Bicycles
 Hot Knots
 Humboldt Herbals
 Humboldt Hydroponics
 Maureen Bolton, Molly's Mom Bakes
 Nicholas Kohl, Oberon Grill
 Kyoto Japanese Restaurant
 Bob Lazelle
 Little Shop of Hers
 Mad River Gardens
 Mazzotti's on the Plaza
 Carl Meyer
 Mike Olmstead Woodworking
 North Coast Growers Association
 Wayne Peace
 Pierson Building Center
 Ramone's Bakery and Cafe
 Shakefork Community Farm
 Shipwreck
 Jennifer Smith, Massage Therapist
 Spotlight Video
 Stuff N Things
 Sun Valley Floral Farms
 The Toy Box
 Vellutini Baking Company
 E. Christian Wisner Photography
 The Works

The Humboldt Market Match

By Michael Canning, Community Education & Outreach Coordinator

Food for People is pleased to announce the launch of an exciting new program designed to make locally grown fruits and vegetables more accessible to low-income families in Humboldt County. This June, in partnership with the North Coast Growers' Association (NCGA), we will begin operating a new project called the Humboldt Market Match (HMM).

The Humboldt Market Match will offer people receiving CalFresh (formerly foods stamps), the opportunity to access an additional \$5 in spendable market tokens if they spend \$10 in CalFresh benefits at any NCGA Farmers' Markets.

Using CalFresh at farmers' markets is simple. A family brings their Electronic Benefits Transfer (EBT) card to any NCGA Farmers' Market, finds the market manager's table and has their card swiped for an amount of their choosing. Then the market manager gives them wooden tokens that can be

used like cash at the various stalls throughout the market. The tokens can be used to purchase fresh fruits and vegetables, as well as seeds and plant starts that produce food.

With the Humboldt Market Match in place, families will receive an additional \$5 in tokens for the first \$10 accessed in CalFresh benefits. Beginning in June, households can receive the matching funds once per market.

This project is being funded through Roots of Change and their Farmers' Market Consortium project. They are working to increase the competitiveness of California specialty crop farmers, while improving public health. Additional funders are currently being sought to maintain the program and expand it to other vulnerable populations in the future.

For more information on the Humboldt Market Match, please contact Michael Canning at Food for People at (707) 445-3166 extension 314.



With CalFresh, families can more easily afford the quality of food available at local Farmers' Markets.

Humboldt Dutch Brothers

Dutch Brothers Coffee spread a little "Dutch Luv" this past Valentine's Day here in Humboldt County. Anyone who brought in three cans of food to help feed the hungry on February 14th received a free 16 oz drink. A total of 300 pounds of food was donated to Food for People thanks to Dutch Luv Day. Thank you Humboldt Dutch Brothers for your community spirit and support of Food for People!



Easing Hunger with Humor

By Harriet Pecot, Fund Development Director

Food for People would like to thank everyone who helped make the 20th Almost Annual Pun-off a huge success! The spirit of Humboldt came through on the evening of March 5th at the Arcata Theatre Lounge with the playfulness, positive energy and generosity of all involved.

We are grateful to our SPUNsors, who include the Rotary Club of Southwest Eureka, St. Joseph & Redwood Memorial Hospitals and the Senior Finance Center for their support and generosity. We applaud Master of Ceremonies, Dana 'The Burlyman' Hall, and judges, Scott Sattler, Cindy Denbo and Milt Dobkin, for arriving in full costume as well as full spirit for the Pun-off.

Accolades go to Jeffrey Smoller, founder & President of Pun-off Bored of Crustee's, for his boundless energy and wonderful community spirit in making this event happen, and for his support of Food for People. Thanks also go to Melinda Booth, our Timer/PUNster Wrangler, Beth Foster, our resident RePUNzle and Brian and Lara Cox of the Arcata Theatre Lounge for facilitating a smooth event.

The evening was made complete with the jazzy sounds of Magnolia, local swing band. Thanks to the PUNtestants who competed with style and wit and

all who showed their support by attending the event and participating in the fun. We also appreciate those who helped promote the Pun-off including KHUM, The Point, KXGO, KHSU, KIEM-TV, The Bay, Power 96.3, Big Red Radio, Bi-Coastal Media, KINS Radio, KAUF-TV, Tri-City Weekly, The Times-Standard, The North Coast Journal, The Arcata Eye, NORCAN, RREDC, Area 1 Agency on Aging, Eddie Morgan and Bonnie Smoller.

We appreciate our community helping us to ease hunger here in Humboldt County and having fun at the same time!



(Photos top to bottom) Cindy Denbo helps judge the Pun-off in full costume, David Schlosser receives his due & bottle of Pepto Dismal as the winner of the Pun-off and RePUNzle, also known as Beth Foster, here with Anne Holcomb, adds her sparkle to an already winning event!

NCGA Farmers Market Schedule & Locations 2011

Tuesday's (June-October)

Eureka, 10:00 am - 1:00 pm

Old Town, 3rd & F St.

Arcata, 3:30 pm - 6:30 pm

Pacific Outfitters' parking lot, 7th & G St.

Thursday's (June-October)

Eureka, 10:00 am - 1:00 pm

Henderson Center, Henderson & F St.

McKinleyville, 3:30 - 6:30 pm

McKinleyville Shopping Center, Central & Hiller

Saturday's (April-November)

Arcata, 9:00 am - 2:00 pm

Arcata Plaza

EBT Cards can be used to purchase food and plants that produce food at all NCGA Farmers Markets!

www.humfarm.org

Tributes, Memorials & Gift Contributions

We would like to sincerely thank the friends and family of those who have made donations in honor and in memory of others. Your generous donations go a long way toward helping the people we feed each month which is currently over 12,000 and includes children, seniors on fixed incomes and working families in need.

Would you like to honor a friend or family member by making a charitable 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 cel-

brate 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 and we will send them a card to let them know about your donation.

We are always happy to know a bit 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.

IN HONOR

JOHN & MINA TURLEY
BOB PETERSON
MARY, MARION & BOB
BERYL NEILSON
JIM VIEGAS
WEBSTER
ROBERT GRAY
GRAMMY CAROLYN
REGAN

IN MEMORIAL

BIRGITA PORTALUPI
TYLER CORDOVA
REV ERIC T. DUFF
JAN & ALEX
TYLER CORDOVA
CAROLINE AYERS
PEGGY FALK
ARMED SERVICES
CASUALTIES
SUSAN SIMPSON
ANDI & LISA ZIERER
PECOT FAMILY
JAN OSTROM &
ALEXANDER WINELAND

Promoting Plant a Row

By Jason Whitley,
Local Food Resources Coordinator

For the past 13 years, The Humboldt Permaculture Guild has held a seed and plant exchange at the Manila Community Center. The goal of this event is to preserve and share Humboldt's unique agricultural diversity. Held for free, anyone can bring extra seeds or plants that they wish to share. It is a great opportunity to kick off your spring planting in the garden, with plentiful seeds and plant starts. It is also an opportunity to pick up a few items that are uncommon or downright unattainable otherwise. There were also workshops, music and food benefiting the Manila Teenship Resource Center.

This year, Food for People was able to be a part of this event, bringing seeds and information to attendees. It was a perfect opportunity to promote "Plant a Row for the Hungry", the national campaign to end hunger by planting extra vegetables and fruits in your garden specifically to be donated to food pantries. It is also a great opportunity to spread the word about the gleaning program at Food for People. Seeds were given out attached with a flyer that has contact information on how to donate produce ready for harvest. The event goes very well with friendly folks and many of them expressed how they already participate in "Plant a Row for the Hungry."

This year we are changing up how we go about gleaning gardens and fruit trees. Instead of waiting for donors to call us, we would like to have as much information as possible ahead of time. If you would like to have your orchard or garden gleaned, please contact Food for People soon to sign up for our gleaning database. Some information we are looking for includes the size of your garden/orchard, the type of food, where you live and when the food will be ready for harvest. We are attempting to gather all potential donors and put them into a spreadsheet which will allow us to efficiently coordinate and schedule gleanings. To have information ahead of time allows us to pull together volunteers in advance - including large crews - as well as coordinate multiple



Promoting Plant a Row for the Hungry at the Manila Plant Exchange as well as spreading the word about the gleaning program at Food for People.

gleanings. This year, consider donating your abundant or excess food to your local food pantry. If you are interested in becoming a

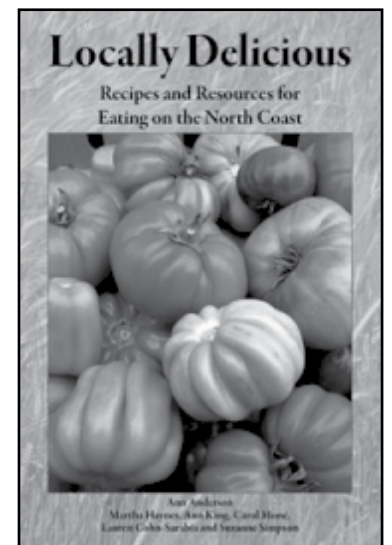
part of this county-wide database, please contact Jason Whitley at Food for People for more information.

Double your Donation Deliciously!

Thanks to the generosity and support of the Locally Delicious cookbook editors, also known as the 'Heirloom Tomatoes', the Locally Delicious Food Fund is back! The purpose of this fund is to provide a double opportunity of supporting local farmers while providing high quality, fresh produce for individuals served by Food for People programs.

The Locally Delicious Food Fund was first piloted last summer with great success when the Locally Delicious 'Heirloom Tomatoes' provided \$3,000 in funding, which was then matched with \$3,000 from a St. Joseph Healthcare System Care for the Poor grant. The combined grant funds made it possible for us to contract with six local farmers to purchase fresh vegetables and fruits straight from their farms throughout the growing season.

This spring, the 'Heirloom Tomatoes' of Locally Delicious repeated their generous donation of \$3,000 in matching funds for monies donated to this food fund. St. Joseph Health System Humboldt County stepped in to match these funds and help us take advantage of this wonderful opportunity. Additionally, the authors appealed to the community by offering a free copy of their second edition of "Locally Delicious: Recipes and



Resources for Eating Locally on the North Coast" with donations of \$40 or more.

The combined efforts raised a total of \$7,000 for the Locally Delicious Food Fund. Food for People will contract with local farms who will grow specific top quality produce for the food bank for low income children, seniors on fixed budgets and families in need.

Keep an eye out for their next book "Lunchbox Envy" due out this fall. For more information or to make a donation to the Locally Delicious Food Fund, contact us here at Food for People.

I'd like to be a Regular Donor!

Please send an 800 Club Packet to:

Name: _____

Address: _____

City, State, Zip: _____

Please charge my credit Visa or Master Card:

Monthly Quarterly Amount: \$ _____

Card Number: _____

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

Clip and mail to:

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

Volunteer Spotlight: Anne Harris

By Jessica Collar, Nutrition Education Coordinator

During the month of January, Food for People was fortunate to kick off the New Year with a brand new volunteer who has as much dedication to the promotion of good nutrition and healthy cooking as we do! We are thrilled to welcome Anne Harris to our nutrition education outreach efforts. Anne is graciously offering her vast knowledge and extensive teaching background to our free monthly cooking class.

Anne has been a "foodie" forever, sharing her passion for cooking across Humboldt County in a wide variety of ways. Anne taught the Restaurant Occupations Program (HROP) for the Humboldt County Office of Education, and has also worked at Eureka High, Fortuna High, Zoe Barnum and Arcata High School. She introduced students to the culinary arts with the hope of creating opportunities for them to continue their education in the food service industry. She is currently offering

courses for College of the Redwoods, teaching private cooking classes, and of course, teaching the free monthly cooking class for Food for People held at the Eureka Co-op Community kitchen once a month.

Anne has recently cut back on teaching private classes to explore other areas of interest in her retirement. Her hobbies include cooking (what a surprise!), golfing, art, glass fusing, swimming, hiking and Wii bowling. When she is not teaching, Anne enjoys spending time with her husband, Mark, who has been practicing dentistry in Humboldt for over 36 years.

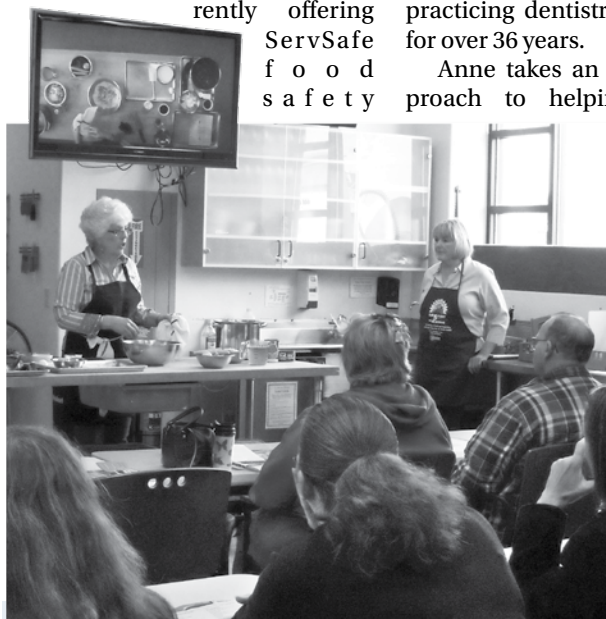
Anne takes an easy going approach to helping teach our monthly cooking class, making each participant feel as though they are at home. She offers knife techniques, quick cooking tips and produce preparation suggestions. She teaches participants that no matter what you

have to work with, cooking can be fun and simple! The atmosphere really helps create a sense of comfort when discussing food and making nutritious food choices. As she prepares several dishes, we discuss the nutritional benefits of the ingredients and offer easy cooking substitutions that can help make healthier versions of any recipe. Participants are then able to try the dishes at the end of the class and take home the recipes along with fresh produce to recreate them.

It has been a pleasure getting to know Anne and collaborating with her in creating a fun, informational and nutrition packed class each month. Our hope is that these classes will empower folks to begin taking their health into their own hands and enjoy themselves along the way. If you would like to find out more about our monthly cooking classes or nutrition education programs, please contact Jessica at (707) 445-3166 extension 305 or JCollar@foodforpeople.org.



Anne Harris is shown here teaching the free monthly cooking class for Food for People at the Eureka Co-op.



Anne Harris shares her wealth of culinary knowledge while making cooking fun and simple for her students.

Food for People's Second Annual Canstruction

By Jason Whitley, Local Food Resources Coordinator

For the second year in a row, Food for People held Canstruction, a one of a kind event that encourages teams to build creative sculptures out of cans of food. This year's teams went above and beyond by collecting more than 2,500 pounds of food for the food bank, a 900 lb. increase from the previous year!

Three teams made up three different sculptures at the Vance Hotel on Saturday, April 2nd at Arts Alive in Eureka. The Girl Scouts created an impressive bridge made from cans and boxes of food. The North Coast Co-op created a Rubik's cube made from colorful food items. The Lafayette After School Program created a full kitchen equipped with a stove and a pantry with shelving and food.

A special thanks goes out to our local judges (Amy Berkowitz of KHUM and Carole Ann from KWPT) for taking time away from

music during the event. We would also like to highlight the continued generosity of Safeway who sponsored this event by donating 22 cases of canned fruit to help with the building of sculptures

Everyone at Food for People would like to extend a heartfelt thank you to everyone who made this year's Canstruction event such a huge success! Thanks to all of our teams who worked so hard on and in preparation for the event. They have all created fantastic works of art for the betterment of their community. The Girl Scouts, Lafayette After School Program and The North Coast Co-op all provided such impressive displays of food. This is the second year in a row that the Co-op and the Lafayette After School Program have participated in Canstruction. It is encouraging to see teams come back for the second time around. Thanks again to



Anne Holcomb, Executive Director of Food for People, Katrina from the Lafayette After School Program and Amy Berkowitz of Lost Coast Communications at Canstruction during Arts Alive in Old Town Eureka.



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: _____

their busy schedules to join us at Arts Alive on the build-day. Carole Ann stepped in on short notice and it meant a lot for us to have her attend. This was Amy's second time judging the event and it was really a pleasure to have her as a judge. Thank you to our friends at Eureka Main Street for being such fabulous hosts. Also thanks to the John David Young Trio for providing

everyone involved and we will see you all next year!

If you would like to find out more about how you could get involved with next year's Canstruction please contact Jason Whitley at JWhitley@foodforpeople.org or call 707-445-3166 extension 312. He would be happy to discuss the details with any potential teams or volunteers.

Bring a Million to Humboldt County

By Michael Canning, Community Education & Outreach Coordinator

Two years ago, Food for People launched the “Bring a Million to Humboldt County” campaign to inform the community about the benefits of what was then known as the Food Stamp Program, and to help eligible households apply. Since the campaign was first launched in 2009, there have been many changes to the program; most notably is that the program is now known as CalFresh. The new name, along with various other changes, has gone a long way to make CalFresh more accessible to those in need in our community. These changes are the focus of this year’s “Bring a Million to Humboldt County” campaign, for they represent a shift in the perception of CalFresh and its role in the community.

Officially announced last October, the new name is designed to reflect that the program is a health and nutrition program, supports California agriculture and no longer uses “stamps.” The name is intended to help remove the stigma often associated with the program and to encourage greater use of CalFresh throughout the state.

California consistently has one of the lowest participation rates in the nation in CalFresh (second to last), with less than half of those potentially eligible participating in the program. This low participation rate means millions of California families, children and seniors are struggling to put food on the table, while federal nutrition dollars go unspent in our community. Statewide, California loses \$4.9 billion in federal dollars each year due to low participation. More than one in five Californians also experienced food insecurity in 2010.

In Humboldt County, if everyone eligible for CalFresh were to apply and begin receiving assistance, more than one million additional federal nutrition dollars would be brought into the local economy each month. This reality is the basis for the “Bring a Million to Humboldt County” campaign. Boosting participation in CalFresh would make it easier for struggling families in Humboldt County to access the foods they need for good health, while simultaneously bolstering the local economy. CalFresh benefits spent locally rip-

ple throughout the economy, supporting grocery stores and farmers’ markets, as well as increasing local and state tax revenues.

Beyond the new name, there have been several changes to the eligibility rules and application process, making more low-income families eligible and making it easier for them to apply. For example, people can now own cars, property and have money saved in bank or retirement accounts, and still be eligible for CalFresh. This means people no longer have to spend down all of their resources before receiving help. It also makes it easier for families to save money without the risk of losing access to CalFresh. This change is incredibly valuable for those working to transition away from the reality or constant threat of prolonged poverty.

While changes like this have gone a long way towards making CalFresh more accessible for low-income families, there is still much that needs to be done. California is one of just four states nationwide that insists on fingerprinting those who receive CalFresh. This policy greatly adds to the program’s stigma, creating an association between accessing healthy foods and criminal activity. Furthermore, the practice of fingerprinting CalFresh participants costs the state approximately \$17 million each year and has proven to be no more effective at detecting fraud than simply checking Social Security numbers. There is current legislation in the California Assembly to remove this unnecessary and detrimental policy, while making other much needed improvements to the program.

With all these changes happening, one important thing has not changed. CalFresh (or SNAP, as it is known federally) continues to be the most effective and efficient program available for meeting the needs of struggling families during these troubled economic times. The economic turmoil of recent years has been a test of the program’s abilities and CalFresh has consistently illustrated its important role as one of our most valuable safety nets. Each month, more than 44 million American children, seniors and other adults benefit from this program and are better

Continued on page 12

Volunteer Spotlight: Patrick Cross

By Laura Hughes, Volunteer Coordinator

Patrick Cross has been volunteering as an intake interviewer and shoppers’ helper in Food for People’s Choice Pantry since August of last year. With a Bachelor’s Degree in Social Work from Humboldt State University, he originally came to us through the recommendation of his co-workers in order to gain community experience in preparation for his social work career.

While at HSU, Patrick acted as Vice President of the Social Work Student Association, helping to organize events such as tabling, movie nights and lobbying days to focus on issues such as child welfare services. Before coming to the food bank, Patrick interned at the Tri-County Independent Living Center in Eureka, mentoring people with disabilities, co-facilitating support groups and assisting in community organizing efforts. Patrick also works with advocates for people with disabilities and those in care homes, and also helped coordinate the Mahalo Bowl for Big Brothers Big Sisters of the North Coast to raise money for their programs.

When asked what he feels is the best thing about volunteering with Food for People, Patrick said he likes helping people directly and giving them food. He enjoys sharing his knowledge of community

resources and giving back to the community. He also remarked that the learning element is also very important to him—learning effective communication skills, resource referrals and navigating various policies - all while establishing connections and relationships with co-workers, community members and other social work professionals in the area. Patrick said such experiences help his self-determination to get out and be involved in his community, because building relationships with one another is important. He offered an inspirational quote:

“At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.” ~ Albert Schweitzer

We thank Patrick for his time and dedication. We are blessed to have him as part of our Food for People family.



Food For People Wish List

Our goal of giving everything back to the community can be challenging and sometimes we go without. We would like to update our much used & loved kitchen. Let us know if you could help out with the following unused items.

*New Kitchen Stove
Stainless Steel Pots & Pans
Kitchen Cabinets*

*So we can show our appreciation to volunteers:
Special Discounts, Gift Certificates or
Movie Tickets*



DONATE ONLINE BY GOING TO: www.foodforpeople.org

CLICK ON THE LINK:



Network for Good™

Humboldt Healthy Heroes

Deborah Waxman, Director of Programs

We live in an environment that does not always make the healthy choice the easy choice. It has become increasingly important that we think about making healthy choices not just as individuals, but as groups, organizations and businesses that have the potential to set healthy policies and practices that make it easier for others to make healthy choices.

Food for People is a member of Humboldt CAN (Community for Activity and Nutrition), a collaboration of local businesses, non-profit agencies and individuals committed to building a unified movement toward increasing physical activity, healthy eating and active public transportation. Humboldt CAN's "Humboldt Healthy Heroes" campaign is looking to celebrate and recognize organizations, businesses and community groups who make healthy eating and physical activity choices convenient, enjoyable, affordable, more enticing or easier for others. "Humboldt Healthy Heroes" are working with scout groups, tribal organizations, youth sports leagues, service clubs, civic organizations, schools and churches to make healthy changes for all. Food for People is honored to be a featured organization, highlighted for our commitment to providing healthy, fresh fruits and vegetables for our food bank community's health.

There are many ways to create

an environment that empowers others to eat healthy and be active. Some examples include developing healthy meeting and beverage guidelines for a worksite or community group and encouraging walking, bicycling and being active as part of a group's culture. A "Humboldt Healthy Hero" makes healthy choices easier and more accessible for others by making free and clean-tasting water available at a site, bringing fresh fruit to a meeting, or sending healthy snacks with a child for a school or a sports party. For example, it can mean ensuring that choices in the vending machine are healthy ones, installing bike racks and encouraging employees to walk or bicycle on breaks or to meetings.

A "Humboldt Healthy Hero" can make a long-term impact such as a policy or environmental change for a group. An employer might put up a farm stand so employees can shop for fresh produce during breaks and lunch. Some offer healthy celebration policies for their worksites, classrooms or sports leagues. An organization can set nutrition guidelines for foods purchased with its money.

At Food for People, we prioritize nutritionally healthy food purchases and provide a sizeable amount of fresh produce for our program participants' health. We also walk the walk in other ways. Our healthy workplace practices include providing healthy snacks

- such as fresh fruit - for our volunteers and staff throughout the day, in addition to healthy beverage options, such as clean, filtered water. We encourage each other to spend breaks taking a walk around the neighborhood for exercise. These are just a few examples of what it means to be a "Humboldt Healthy Hero," creating an environment that makes it easier for others to make healthy choices.

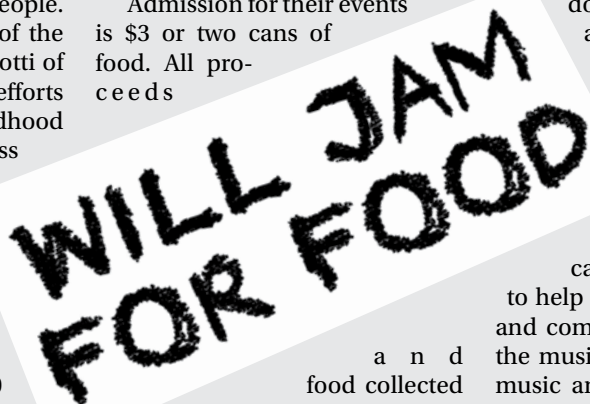
Anyone can pledge to be a Humboldt Healthy Hero and share what one is doing to make a difference at www.HumboldtHealthyHeroes.org. The Pledge is a commitment to take simple steps to make the places we live, eat, work and play healthy places. If someone is not sure where to start, and is interested in help setting some simple goals for one's organization or group, Humboldt CAN is a resource committed to helping groups get connected to the resources they need. To get started, just share a story at www.HumboldtHealthyHeroes.org and Humboldt CAN will offer assistance in making a plan that works. The website also offers opportunities to view what other heroes in our community are doing, and has downloadable resources for helping groups to achieve their goals.



"Will Jam for Food" consists of local musicians making music while raising money and collecting food for the child nutrition programs at Food for People. Inspired by Brian Swislow of the Red Fox Tavern and Pete Ciotti of the Jambalaya Arcata, their efforts are aimed at fighting childhood hunger by raising awareness of the need right here in our own community as well as providing opportunities to donate to programs currently serving the children in Humboldt County. There are currently over 10,000 children in Humboldt County who are living at or below poverty level without consistent access to food. Food for People is working to provide help for these

children through the After School Snack, Backpacks for Kids and Children's Summer Lunch programs.

Admission for their events is \$3 or two cans of food. All proceeds



and food collected goes toward feeding hungry kids in Humboldt County. Additional efforts include Becky Moreland Mizera of Sweet Bee Baker who created a ta-

ble full of sweet confections for the events and donated her proceeds as well. Don Bremm and Sharon Hanks of Moonstone Winery donated wine for the events and Pamela Johnson donated her artistic talents to create a logo and flyers. Many thanks go to April Mae Hagans from Apple Tree Productions for her dedication to the cause and tireless efforts to help make everything happen and come together. Thanks to all the musicians who donated their music and time for these events and everyone involved working to make sure that every child, every day, has enough to eat in Humboldt County.



Betty Williams, Food for People client says, "All of us are lucky to be able to receive fresh fruits and vegetables here. It's absolutely awesome to be able to eat better and wiser. it's good stuff - very good stuff!"

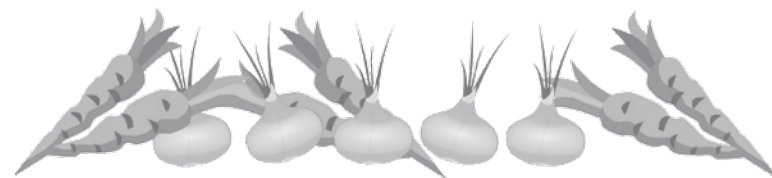
Summer Lunch

Continued from page 1

you to all of our amazing partners and funders for helping the kids of Humboldt County get enough to eat this summer!

Look for fliers in your community and check out our web site in early June for a list of lunch sites and distribution times.

Want to help? You can get involved by volunteering to help at a site, packing lunches at the Humboldt Senior Resource Center or donating to the Summer Lunch Program. For more information or to inquire about becoming a site, please call Niki Gribi at (707) 445-3166 extension 309.



Your donation is important !

- I am enclosing a donation to help eliminate hunger in our community.
 - I would like to join the 800 Club & donate regularly. Please send me a packet of envelopes
- ~~~~~ or ~~~~~
- Please charge my Visa or Master Card:
- Monthly Quarterly One Time

For the amount of: \$ _____

CC#: _____

Exp. Date: _____

Security Code (on back of card): _____

Name _____

Street _____

Town, ZIP _____

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

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

Successful Year for Backpacks for Kids

By Nicole Gribi, Child Nutrition Coordinator

As another school year winds down, I'd like to take a moment to reflect on the success we've had in expanding Backpacks for Kids. Our Child Nutrition Programs strive to feed children and youth when school meals are not available. Our Backpacks for Kids program plays a key role by providing a sack of groceries to each participating child on Fridays to see them through the weekend.

When I first started running the program last May, we had almost 250 students participating at 11 sites. This week, we sent out 408 Backpacks to young people at 17 sites across the county. Our partnerships with schools, service clubs, resource centers, retailers and other local donors have made it possible for us to expand this program, providing food for more than 150 additional students at 6 new school sites. I would like to thank all of the people that help make this program possible. The Backpacks for Kids program is a truly collaborative effort, and it takes a community-wide effort to make it happen.

Our school partners include Peninsula Union, Arcata Elementary, Trillium Charter,



Photo courtesy of Ginny Dexter, local photographer - Over 400 students are currently receiving backpacks at 17 sites throughout the county.

Lafayette, Alice Birney, South Bay, Pine Hill, South Fortuna Elementary, Fortuna Middle School, Eagle Prairie, Blue Lake, Trinity Valley, Bridgeville, Cuddeback, Hydesville, South Fork High and Loleta. Thank you to the staff and teachers for working with families to enroll kids in the program and making sure they get their food on Fridays.

For several years, we have maintained a unique relationship with many local Rotary clubs to meet the logistical needs of this program. Each week, Rotary members pick up food from the food bank, take it to a packing location, pack a bag for each child and deliver these bags to the schools on Friday mornings. In addition to their dedicated volunteer support, most of the Rotary Clubs also support the program financially. Thank you to the following Rotary Clubs for their ongoing commitment to ending childhood hunger: Eureka, Eureka South, Eureka Old Town, Arcata

Sunrise, Arcata Noon, Fortuna Sunrise, and Fortuna Noon.

The North Coast Community Blood Bank and the Lost Coast Rotaract became new volunteer sponsors for Backpacks for Kids this year. Picking up, packing and delivering food each and every week is a big commitment and we applaud their dedication. Thank you!

Thanks are also due to the staff at Family and Community Resource Centers in Rio Dell, Loleta, Blue Lake, Willow Creek, Bridgeville and Fortuna. These fine folks make their time and office space available to enroll students, store food, pack bags, deliver food to families and provide a central pick-up location. I am so thankful to work with all of you!

Thank you to the management and staff at Costco, Grocery Outlet, Franz Bakery and Wildberries for working with me to make nutritious, affordable food available to children and youth across the county. From developing new ordering systems, to donating food, to finding the best price, to taking my last minute orders and making it work, your flexibility and kind customer service have been invaluable. Thanks also to the North Coast Co-op, Umpqua Bank and Eureka Natural Foods for donating reusable and paper bags.

Finally, we are grateful to The California Endowment, The Safeway Foundation, Umpqua LIFE and The North Coast Co-op for their financial support. Further thanks go out to all the individuals, church groups, clubs and others who donated food and funds to

support Backpacks for Kids this year. Your contribution helps us move closer to our goal of making sure every child, every day, has enough to eat in Humboldt County. Our ability to feed more children through Backpacks for Kids this year is largely due to your outpouring of support.

As you can see from this long list of allies, Backpacks for Kids is made possible through a web of partnerships and cooperation. Our joint efforts create a safety net to catch the young people that might otherwise fall through the cracks. I am in awe when I think of all the positive outcomes rippling out from this collaboration such as kids feeling healthier and having more energy, Rotarians finding fellowship through team work, teachers seeing their students do better in school and neighbors helping neighbors build stronger communities. Thank you all!

Bring a Million

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able to feed themselves and their families as a result.

As part of this year's "Bring a Million to Humboldt County" campaign, Food for People is visiting different community sites throughout the county, where people can come ask questions and apply for CalFresh. To view the current CalFresh clinic schedule, visit www.foodforpeople.org. For more information or to apply for CalFresh, call Food for People at (707) 445-3166 ext. 308. People can also apply through the Humboldt County Department of Health and Human Services at (707) 269-3590.

Hunger Action E-News

Food for People's Hunger Action E-News is your monthly guide to the latest information on hunger, food and nutrition. Follow the most recent news, track upcoming legislation and learn easy ways to voice your opinions to government representatives. Subscribe now for access to hunger action information and advocacy opportunities at the local, state and federal levels.

To subscribe to this monthly e-newsletter, please send your name and e-mail address to HungerAction@foodforpeople.org.

Note: Your personal information will not be shared or sold to any third parties and you can unsubscribe at any time.



CalFresh helps over 14,000 low-income residents of Humboldt County afford the foods they need for good health



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