



Food for People

The Food Bank for Humboldt County

FOOD NOTES

Newsletter • May 2018



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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.

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www.foodforpeople.org
707-445-3166
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Food for People
The Food Bank for Humboldt County



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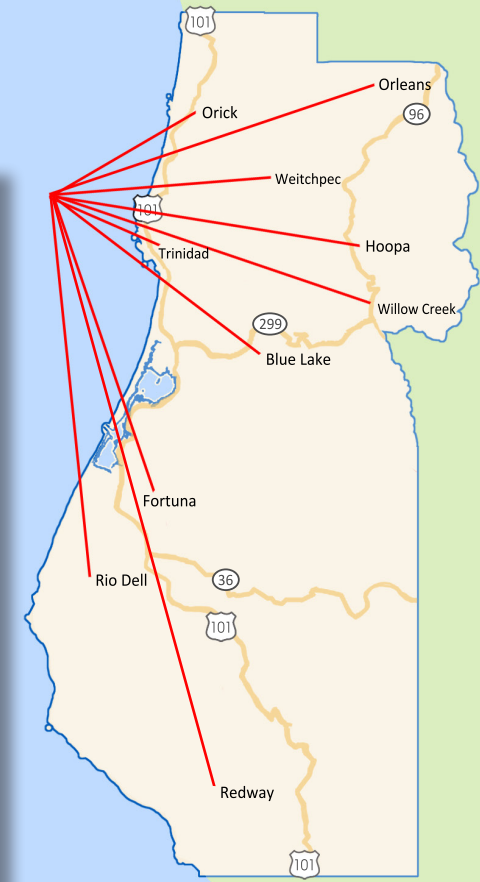
Mobile Produce Pantry Delivering Fresh Produce Countywide



An array of fresh produce from a Mobile Produce Pantry distribution in Trinidad



Fortuna resident Leslie enjoying the sunshine and picking up fresh fruits and veggies she shares with her grandkids and extended family.



Food for People's Mobile Produce Pantry sets up free produce stands at 11 sites countywide on a monthly basis, including rural areas like Orick, Orleans, Weitchpec, and Hoopa. In many of these communities, the ability to easily access healthy, nutritious produce is either cost prohibitive or a transportation challenge. Generous community support, along with funding from the Department of Health and Human Services (DHHS), has helped this program grow and thrive. Today, we distribute a wide variety of seasonal fruits and vegetables that are oftentimes locally sourced. It's a win-win for local farmers and the many people

who are able to eat healthy produce from our Mobile Produce Pantry. In addition, Food for People Outreach staff offer CalFresh application assistance, and the Humboldt County DHHS Mobile Outreach Vehicle is usually onsite, providing an array of county services.

"Some of the communities we serve are 'food deserts', with the nearest grocery store being a lengthy drive," said Mike Seeber, Mobile Produce Pantry Coordinator at Food for People. *"The Mobile Produce Pantry is a nutritional life-link for many."*

Mike is on the front lines of Mobile Produce

Pantry operations, loading and driving our refrigerated truck full of fresh fruits and vegetables and setting up the farmstand-style distributions. In the next few months, he will be handing out a wide variety of fruits and vegetables including spinach, radishes, artichokes, strawberries, kale, and much more. With both common and not so common produce available, our Nutrition Education Coordinator Matt Drummond offers taste tests of recipes that are easy and delicious to recreate using seasonal produce at many of our monthly distribution sites.

"It's very rewarding to bring free local produce to areas of our community

that do not have access to farmers' markets or fresh produce," Drummond said. *"I love providing samples that challenge our clients to use their produce in new and inventive ways. There's nothing better than giving away fresh local produce to grateful people throughout the county."*

We regularly hear from program participants in these communities that the Mobile Produce Pantry is the **ONLY** option they have for fresh produce, and they depend greatly on the monthly distributions to survive. Kids get especially excited when we have fresh fruits available like strawberries.

By removing access barriers and expanding our reach in underserved areas, our Mobile Produce Pantry provides consistent high-quality, fresh produce to families, children, and seniors countywide. Thank you for your continued support for Food for People and our 18 programs that help thousands of people eat wholesome food every month. 🍓

For more information on Food for People's Mobile Produce Pantry, visit www.foodforpeople.org.

Notes from the Director

Some Perspective...

Food for People recently had the distinct honor and privilege of partnering with Arcata House Partnership and the Arcata Playhouse on the presentation of “A Woman’s Place is in her Home,” an original play about the lives of local women who have experienced homelessness. It was an extremely emotional experience that took me by surprise and made me question my own reactions and assumptions about people who are homeless. It also reminded me that each one of us has a story that is seldom obvious at first glance.

Jacqueline Dandeneau, Tammy Rae Scott, and Ali Freedlund spent a year doing research and interviewing women who are currently homeless or had recently been homeless here in Humboldt County, weaving their stories together for the final presentation. The arts can be a powerful tool for lifting up the issues our communities face and helping us see them in a new way. That’s what “A Woman’s Place is in her Home” did for the audiences that attended the three, sold out performances. There were standing ovations and many tears at the end of each performance, and almost half the audience stayed for the talk-back sessions after each one.

The individual stories were raw, but told with honesty, compassion and integrity. The actors included several women who were telling their own stories or the story of another cast member.

The point that was so artfully driven home is that it can be all too easy for us to judge someone for their circumstances, and as soon as we see them as “the other” we become even further removed from any sense of responsibility to help advocate for change. The “othering” is what most concerns me right now. The ever widening income gap, and politicians’ focus on slashing funding for essential safety net services that help keep people housed and fed, seems to be based on the premise that if you are struggling financially, it’s all your fault. If we give you a helping hand, you’ll become dependent and lazy. That does not resonate with what we hear and see all around us.

The reality is that the vast majority of U.S. households do not have sufficient savings (even as little as \$500 to \$2,000) to deal with an unexpected event such as the loss of a job, a medical emergency, major car repairs, loss of a spouse, or other family crises. It was never part of their life plan to be poor, sick, or potentially homeless,

but that’s where they landed when that trigger event happened. And those are the stories we hear from people coming to the food bank for assistance. They need a little help and they need to know someone cares. One of the stories in the play that took the audience’s breath away was of a 77-year-old woman with a Master’s degree in social work, who almost froze to death in her wheelchair under the Giuntoli Bridge in Arcata this winter. She had lost her husband, and then went through a series of challenges that left her homeless – something she never in a million years had imagined would happen to her. Fortunately, an outreach worker from Arcata House who knew her grew concerned when the temperature dropped, and went looking for her. It took the hospital six hours to warm her up. She recovered and is now housed, thanks to their help. She is representative of the food bank’s fastest growing demographic: seniors who are living on the edge financially and at increased risk for homelessness.

When people share their stories with us, it serves as a powerful reminder that there are many seniors who worked hard all their lives and never anticipated a retirement filled with anxiety



about how to pay for the basics; that many families are struggling with low paying jobs, poor credit, and a limited support network to help them out when times get tough; and that realities such as domestic violence or a family member’s addiction can derail the future of an entire family unit. But it doesn’t have to be fatal. A little bit of support and kindness at just the right time can help turn things around or at least stabilize the situation, which is how we all move one step closer to building stronger, healthier communities for everyone.

That’s what Food for People tries to do every day. We listen,

we offer healthy food, and we work to connect people with services that can help stabilize their lives when times get tough. Whether it’s our staff, volunteers, or community, it all starts with being a caring friend, family member, or neighbor and grows through partnerships with local churches, agencies, and nonprofit organizations that are here to help. Being kind doesn’t require a degree or a big bank account. And in strong communities, no one is “the other.”

With Gratitude,

- Anne Holcomb,
Executive Director
aholcomb@foodforpeople.org

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www.foodforpeople.org

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

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Call for Volunteers!

Volunteers are the heart of Food for People. It takes a community of volunteers to make our programs successful. In fact, last year our volunteers put in more than 27,000 hours sorting and distributing food, harvesting produce, interviewing and assisting clients, assisting with clerical tasks, and much, much more. That's equivalent to 17 full-time staff positions!

Volunteer shifts are generally three hours in length. New volunteers are asked to attend a one hour orientation that happens every Monday at 2pm.

Volunteers are most needed for the following:

- Warehouse operations - Shifts are available M-F from 9-4:30pm
- Second Saturdays - We need your help preparing bags of food for seniors and homebound clients from 10-1pm the second Saturday of each month
- Gleaning - help us harvest produce at local farms, orchards, and gardens
- Delivery drivers for our Homebound & Senior Brown Bag Program
- Free Produce Markets - May - Oct

For more information on volunteering, visit www.foodforpeople.org/volunteering. If you are interested in helping, contact Volunteer & Direct Services Manager, Philip Anzada at volunteer@foodforpeople.org or 707-445-3166 x 310. We hope to see you there! 🍌



A crew of volunteers at our most recent Second Saturday where hundreds of bags of food were packed for seniors and homebound clients.



Michelle and daughter Olivia work in our Eureka warehouse stocking the Choice Pantry with fresh produce for clients.



We at Food for People are so grateful for our incredible, dedicated team of volunteers that help us feed more than 12,000 people monthly.

Nutrition Highlight

Spring Has Sprung! Let's Eat Local!



What's in Season?

Spinach - Carrots - Artichokes - Salad Greens - Strawberries - Radishes - Spring Onions - Garlic - Shallots - Turnips - New Potatoes - Kale - Chard - Fresh Herbs

Did you know that households receiving CalFresh can double their CalFresh dollars, up to 10 dollars, through the Market Match Program at Farmers' Market locations in Eureka, Arcata, McKinleyville, Willow Creek, Fortuna, and Garberville? Visit www.foodforpeople.org/humboldt-market-match or www.northcoastgrowersassociation.org for more information. In addition, Food for People's seasonal Free Produce Markets have begun and our Mobile Produce Pantry continues to bring fresh produce to rural areas of Humboldt County. It's a bountiful time of year for fresh produce, and Food for People's Nutrition Education Program is educating the community about cooking healthy meals on a tight budget at our distribution sites countywide.

SPRING RECIPE: Spinach Strawberry Salad

This simple salad takes just 10 minutes to prepare and is the perfect mix of savory and sweet. Bring it to a summer potluck or make it for lunch, or dinner. If you can, buy farmers' market berries and greens for better flavor, texture, and higher nutrient content.

Ingredients:

1 ½ cups strawberries (thinly sliced)
4 cups of spinach
¼ cup sliced almonds or sunflower seeds
2 ounces of feta cheese (crumbled)

Dressing:

2 tablespoons olive oil
1 tablespoon balsamic vinegar
coarse salt and freshly ground pepper

Optional Ingredients: lemon juice, massaged kale, arugula, blueberries, apples 🍏

For more information on Food for People's Nutrition Education Program, contact our Nutrition Education Coordinator Matt Drummond at 707-445-3166 x 305 or mddrummond@foodforpeople.org.

Locally Delicious Food Fund Now in 9th Year

For the ninth year in a row, Food for People is honored to manage the Locally Delicious Food Fund, which contracts with Humboldt County farmers to grow nutrient-dense organic produce for our programs. The Fund was established in 2010 by the Heirloom Tomatoes (now known simply as "The Tomatoes") who are the authors of *Locally Delicious: Recipes and Resources for Eating on the North Coast* and *Lunch Box Envy: An Adventure in Healthy Eating for Kids and Families*. The Tomatoes are devoted advocates of local food production, as well as making local food accessible to everyone. Each year they generously contribute to the Locally Delicious Food Fund. Combined with \$5,000 in matching funds from St. Joseph's Health System, \$5,000 in matching funds from the McLean Foundation, and individual donor contributions, this year's fundraising efforts collected over \$23,000 for the Locally Delicious Food Fund!

The benefits to our clients and community from the Locally Delicious Food Fund are multifaceted. At the beginning of the growing season, we contract with local farmers who agree to grow specific crops that will be used exclusively for our Senior and Homebound Programs. In exchange, we pay them up front to help them cover start-up costs of food production. Food for People contracts with several long-established farms, as well as offering support for newer farms establishing themselves in local agriculture. Supporting local farms is a key component of the Food Fund, but the largest benefit seen through this program is the increased nutritional value offered to seniors – one of the largest, fastest growing, and most vulnerable populations we serve – and members of our Homebound Delivery Program who have either permanent or temporary disabilities that make it very challenging to leave home to access nutritious food.

When living on a fixed, low income, fruits and vegetable can be difficult to afford in some parts of the county or difficult to access. Through the Locally Delicious Food Fund, we are proud to help our community's seniors and homebound individuals access nutrient-dense, organic produce year round. 🍏

"I find the program helpful and useful. I am grateful for the food I receive. I do not like waste so I have learned to cook everything I receive."

- a Food for People Senior Client

For more information on the Locally Delicious Food Fund, contact our Local Food Resources Coordinator Sierra Leash at 707-445-3166 x 312 or sleash@foodforpeople.org.



Another Successful Year for the 26th Annual

Saturday, May 12 marked the 26th annual Letter Carriers' Food Drive (LCFD), a nationwide event in which the National Association of Letter Carriers (NALC) hosts a nation-wide food drive to "Stamp Out Hunger," in partnership with local food pantries and food banks. Letter carriers pick up food donations from homes on their routes and deliver it to food banks or food pantries in their local community. This year, our generous community donated tens of thousands of pounds of food. This typically represents one quarter of the food we distribute yearly.

Fred (pictured at the right), a local letter carrier who has delivered food to us through this food drive for all 26 years, had the first delivery of the day, bringing in a truckload full of donated food to our Eureka warehouse. He let us know how great he feels delivering local donations and how much fun he has during the day. Even though it's a lot of work, he said it's always worth the effort.

Many other letter carriers feel the same way. One letter carrier enlisted her two young granddaughters and husband to help deliver food to one of our drop-off locations at Humboldt Hill. They eagerly transported her overflow of donated groceries in their SUV and quickly filled up our cargo van, which helped transport all the donations from Humboldt Hill to the food bank.

"Almost all food banks get their donations during the holidays, when giving is on people's minds. So when May rolls around, almost all food pantries start to run dry," said Suzanne "Bones" Stafford, letter carrier union representative for Arcata. ***"Food banks also see a surge in need at this same point in the year, as the school year - and its lunch programs - come to an end. That's why the National Association of Letter Carriers chose May for the "Stamp Out Hunger" food drive. This is THE biggest single-day food drive in the U.S., and the more we can collect, the better off Humboldt County's food pantries will be heading into the lean summer months."***

In Humboldt County, the food drive has collected an average of 45,000 pounds of food countywide each year and plays an important role in supplementing the food distributed by Food for People's pantries and hunger-relief programs. Many of the pantries have already dispensed the food which was donated during the holidays. Food collected during the LCFD is critical in providing assistance for low-income families during the summer months when school children are without the meal assistance provided during the school year and struggling families are in need of help.

The day's success was also thanks to an army of dedicated volunteers - more than 80 people - who volunteered 240+ hours of time during the food drive! A sense of camaraderie, joy, and fortitude carried throughout the day while volunteers unloaded mail trucks, sorted and stocked donations, and worked as a team to ensure the day went smoothly. The Eureka High School football team volunteered for the majority of the day with quarterback and captain, Cruz Montana, organizing his team of volunteers. Montana's



A Giant THANKS to
in this year's Le



Thank you to
our sponsors!



Local Letter Carriers' "Stamp Out Hunger" Food Drive



Everyone who participated in Letter Carriers' Food Drive!

grandmother Gail was a longtime volunteer at Food for People, and he's following in her footsteps. A group of students, parents, and teachers from Six Rivers Montessori school volunteered at our Arcata drop-off location. The children took their work very seriously, enthusiastically unloading food from Arcata letter carriers' mail trucks and sorting it into boxes that will stock the Arcata pantry for months to come.

"This was my first time volunteering at Food for People, and I was so impressed by the energy and enthusiasm of the letter carriers, volunteers, Food for People staff, and community," said Josh Beaver, an Arcata resident. "As a person who has relied on services at Food for People in the past, it felt good to give back in a meaningful way, on a meaningful day. I am definitely volunteering again at future food drives and as needed."

We are deeply thankful for the volunteers, letter carriers, and generous community of food donors that made this food drive a success. A special thanks to the representatives from our local Letter Carriers Union—Suzanne "Bones" Stafford in Arcata and Dustin Roberto and LJ in Eureka—for helping to coordinate letter carriers locally, and for their ongoing support and involvement. We couldn't do it without all of these wonderful, generous people.

We would like to thank Ray's Food Place, Ming Tree Realty, Bear River Casino Resort, Wildberries Marketplace, and Coast Central Credit Union for generously sponsoring this year's food drive. Thanks also to the numerous businesses that supported the food drive through the use of their facilities as remote drop-sites for letter carriers, including Murphy's Markets, John's Cigars, Country Club Market, Coldwell Banker Cutten Realty, and Pan Arts Network/Pan Dulce Steel Orchestra. We would also like to thank the local businesses Old Town Coffee & Chocolates, Los Bagels, Slice of Humboldt Pie, Angelo's Pizza Parlor, Papa Murphy's, Smug's Pizza, Dutchy's Pizza, and Big Pete's Pizza at The Jam for their donations of delicious food that energized letter carriers and volunteers on this busy day. 🐾

For more information about this or other food drives, please contact Food for People's Local Food Resources Coordinator Sierra Leash at 707-445-3166 x 312 or sleash@foodforpeople.org.



Pictured: Hard working letter carriers deliver thousands of pounds of donations and volunteers help unload, sort, and pack the food at drop sites in Eureka and Arcata.

Potential Farm Bill Impacts for Local Food Insecurity

The Farm Bill is the giant piece of federal legislation responsible for our nation's food and agriculture policies. Of particular concern for food banks and anti-hunger organizations is the Nutrition Title, which sets funding and regulations for critical nutrition assistance programs like the Supplemental Nutrition Assistance Program (SNAP), known as CalFresh in California. The current Farm Bill is set to expire on September 30, 2018. As Congress works to draft the next Farm Bill, advocates are working to protect SNAP from funding cuts and changes in eligibility that will cause people to lose these crucial benefits.

Agricultural committees in the House and Senate draft separate versions of the Farm Bill, which then move to their respective chamber floor for a full vote. Once each chamber passes a Farm Bill, the two versions are then reconciled and sent to the President for approval or veto. The House Agricultural Committee released its version of the Farm Bill, and the proposed changes to SNAP would take much needed nutrition assistance from millions of Americans. These proposals are framed as a pathway out of poverty by encouraging work. **The non-partisan Congressional Budget Office (CBO) analysis**

states that stricter work requirements would result in SNAP being cut by \$9 billion over a decade, while it would cost \$7.6 billion to administer mandatory state education and training programs. Anti-hunger advocates are concerned these changes will push people, including people in Humboldt County, further into poverty.

The 1996 Welfare Reform Act created a category of adult between the ages of 18 and 49 that would be restricted to receiving no more than three months of Food Stamps (now SNAP) in a 72 month time period unless they could provide proof that they are working or participating in an approved employment or training program for at least 20 hours each week. The draft House Farm Bill expands work requirements of this population to include caretakers of children over six and people between the ages of 50 to 59; establishes tighter time frames for participants to find work or job training programs; and imposes more severe penalties for those who are unable to do so. This proposal would significantly impact and harm persons with disabilities, children, and women.

Individuals with disabilities are at higher risk of hunger, making CalFresh a particularly important

intervention. Adults receiving disability benefits would likely be automatically exempt from the proposed expanded work requirements, but many people with disabilities do not receive disability income. If they did not successfully navigate a difficult exemption process or meet the required hours, then they would lose their nutrition assistance. Those that are exempt would have to understand that they are exempt and then gather documentation from medical providers, which might be particularly difficult for those who lack health insurance, have trouble finding a provider, or have mental health conditions that make this challenging.

CBO estimated \$900 million would be needed for additional administrative costs associated with this tracking. Because SNAP administrative costs are reimbursed at a 50 percent matching rate, the total additional administrative costs, including state costs, would total \$1.8 billion.

Parents subject to the requirements would have to submit documentation each month. Any clerical mistake, by the parent or the caseworkers, could result in lost benefits. This bill makes several changes that

would increase families' paperwork burden and eliminate state efforts to streamline administration. Many with caregiving responsibilities may not be exempt under the bill's strict standard that the person needing care must be "incapacitated." Parents whose children have high-risk asthma or diabetes, for example, might not qualify. Mothers with children who have serious health conditions often have to take time off work to care for their children. Rigid work requirements, and new demands to document their caregiving obligations, will make it even harder. Some caregivers might be exempt from the work requirements but not know they are exempt. Some may not be able to supply adequate documentation. With any step of this process, the family could lose CalFresh and have less food or none at all.

The other proposal of concern is the removal of categorical eligibility for CalFresh, which has been successful at helping families get back on their feet. It essentially stopped penalizing families for working their way toward self-sufficiency. According to California Food Policy Advocates, categorical eligibility is used to help low-wage working families with high costs of living qualify for help putting food on the

table. **Eliminating categorical eligibility would: cause low-wage working families to lose help paying for food when they earn a little too much to qualify; prevent families from moving towards economic security by cutting off help for those with modest financial savings; make it more difficult for families to qualify for help paying for food if they own a car to get to and from work; and increase the risk of hunger for low-income students by cutting their connection to free school meals.** The removal of categorical eligibility is estimated to impact as few as 36,752 and as many 126,035 California households living below 200% of the poverty level. Most of these families will be working.

Although the current version of the Farm Bill was voted down May 18 by the House of Representatives, another vote is scheduled for June. If you'd like to share your thoughts on this bill with your state representatives, visit <https://callyourrep.co/> or call the Capital Switchboard at 202-224-3121. 🐾

For information on Food for People's CalFresh Assistance Program, contact Community Education & Outreach Coordinator Heidi McHugh 445-3166 x 308 or email her at hmchugh@foodforpeople.org.

Launch of 21st Annual Season of our Children's Summer Lunch Program

Summer is right around the corner and we are once again gearing up for our Children's Summer Lunch Program. This summer will mark our 21st year providing free lunches to kids across Humboldt County, where more than 50 percent of school-aged children eat free or reduced-cost meals at school every day. Kids rely on those meals for nourishment, and their families count on them, particularly when it is tough to make ends meet.

The summer months are difficult on many working families in the area. For one thing, young children must be cared for during the day, adding daycare or summer camp costs to the family budget. Additionally, school meals are not provided during this time. Parents have to come up with extra money and time to provide at least five extra meals a week for each of their children. Unfortunately, sometimes the extra money required simply isn't there. Then there are families who don't have a home to go to. These are the unfortunate realities of life for some families in our community.

With support at our partner sites, we provide nutritious meals to children across the county, at no cost to participating

families. We partner with Humboldt Senior Resource Center staff and volunteers who prepare hundreds of healthy, delicious lunches daily for the program Monday through Friday. Humboldt Sponsors will cover the cost of milk, to ensure a balanced meal. Last summer we sponsored 21 sites at Boys and Girls Clubs, Parks and Recreation programs, and Family and Community Resource Centers, from McKinleyville to Fortuna and out to Willow Creek and Hoopa. Humboldt Transit Authority and UPS have been long-time partners, generously volunteering to transport lunches to

the sites farthest from Eureka. Thanks to these community partners, and all of you who support our work, it is possible for us to feed hungry children across the county during the summer months. 🐾

The Children's Summer Lunch program will run from June 18th to August 24th this year. Please visit www.foodforpeople.org for a list of sites in early June. If you have questions, would like to volunteer, or would like to give to the program, please contact Carrie Smith at 707-445-3166 x 309 or csmith@foodforpeople.org. Thank you!



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.



Local youth were all smiles while they enjoyed lunches from the Children's Summer Lunch Program. Food for People and our local community partners work together to pack and distribute hundreds of lunches for children every weekday during the summer months.

Gleaning Update May 2018

As the ground dries and the weather warms, our local farmers and gardeners are hard at work planting and tending to the food that will support our community for the 2018 season. The start of the farm season also marks the start of Food for People's 2018 Gleaning season. Gleaning is a practice that originated in ancient times when farmers would leave a portion of their crops unharvested for people in need to access. Modern day gleaning involves collecting donations from local farms and farmers' markets, picking excess or unused produce directly from the field, and receiving donations from home gardens and orchards through our Plant a Row for the Hungry campaign. Food for People is grateful to have such wonderful relationships with our local agricultural and gardening community, and we're looking forward to another fun and productive year for our Gleaning Program.

Last year's gleaning efforts brought in more than 56,000 pounds of fresh fruits, vegetables, and meat from local farms, ranches, and home gardens to help feed our friends and neighbors in need. When budgets are tight, fresh fruits and vegetables are often some of the first food items to be sacrificed. This significantly decreases overall nutritional intake and can contribute to ongoing health problems. At the same time, some farms and gardens grow an overabundance of produce. Food for People's Gleaning Program addresses these issues by reducing food waste in the community while simultaneously ensuring that our clients have access to fresh, seasonal, nutrient-dense produce when they visit our pantries.

Did we see you at the 20th Annual Seed & Plant Exchange in March? Food for People was there giving away free seeds and promoting the Plant a Row for the Hungry (PAR for short) portion of our Gleaning program. Each year we ask our gardening community to consider planting a little extra in their gardens and share the excess bounty with the people we serve by donating it to Food for People or one of our local food pantries. In 2017, more than 24,000 pounds of food was donated from home gardens and orchards, significantly increasing our ability to distribute fresh fruits and vegetables to the people we serve. Some PAR supporters donate what they can't use themselves, while other supporters have dedicated entire portions of their gardens to grow crops that our pantry shoppers enjoy and need most. Whatever the contribution, we appreciate the hard work that has gone into its production, and it is thoroughly appreciated and enjoyed by local families who struggle to access fresh produce.

Along with our generous donors, volunteers are an absolutely vital part of Food for People's Gleaning Program. Volunteer gleaners allow us to cover more ground, collect more produce, and help ensure that we can respond to as many gleaning requests as possible. If you're interested in finding out more and getting involved with Food for People's Gleaning Program, just let us know. It's easy! We are always looking for new volunteers and donors, and here are some ways you can help:

- Plant an extra row of food in your garden.
- Harvest and donate extra produce in your garden to Food for People or to one of our 17 food pantries located throughout the county.
- Like our gleaning Facebook page at www.facebook.com/PARHumboldt to see photos and updates, or learn about volunteer harvest opportunities.
- Donate to a food pantry in your community. You can find more information here: <http://foodforpeople.org/programs/emergency-food-pantry-network>.
- Donate seeds, soil, or plant starts to Food for People, for households hoping to grow a backyard or container garden.
- Help us harvest local fruits and vegetables by volunteering to glean. 🍷

For more information on the Gleaning Program, contact Food for People's Local Food Resources Coordinator Sierra Leash at 707-445-3166 x 312 or sleash@foodforpeople.org.



Eureka resident Ron Kuhnel shares his bounty and Plants a Row for Food for People.



Hard at work gleaning cherry tomatoes in Willow Creek.



Volunteers from Rotary gleaning produce at a local farm.

Food Recovery Program & The North Coast Co-op's Support

Many local grocery stores and food retailers donate "close to pull date" and overstocked food items to Food for People daily. Our Food Recovery Program brings in thousands of pounds of food each week that we distribute through our various programs. In fact, we receive nearly 500,000 pounds of food which represents approximately 25 percent of the total food collected and distributed annually. This not only reduces waste from being diverted into a landfill, which is an important environmental benefit for our county, but increases food security through food recovery efforts.

In addition, estimated savings to the businesses in collective garbage costs ranged from \$34,003 to \$39,092

per year. Tax credits for the donations are an added benefit to business donors. The value to Food for People is also significant. The value of donated food is established annually by Feeding America and is currently \$1.73/lb, which translates into food valued at \$878,307 (2015-2016) to \$754,160 (2016-2017) that we can make available through each of our programs, thanks to food recovery efforts.

The North Coast Co-op has been a long-standing supporter of ours. We receive produce and other food items daily from the Eureka location that we distribute in our Eureka Choice Pantry.

"Sharing healthy, organic and local food that might otherwise go to waste

is an important part of the Co-op's daily operations and our cooperative values," North Coast Co-op General Manager Melanie Bettenhausen said. "Donating food to community organizations like Food for People helps build a stronger, healthier community by filling a food security gap, as well as diverting food waste that would have been headed to the landfill."

Not only does the Co-op donate food, but it also awarded Food for People a \$2,000 grant in December 2017 through their Cooperative Community Fund for "Reducing Waste and Increasing Food Security through Food Recovery." This grant money covers the fuel costs for our food

recovery driver, Frank Di Lorenzo, to pick up donated food items throughout Eureka. The immense generosity of the Co-op and other local businesses, coupled with the tremendous support of our community, enables Food for People to deliver on our mission to eliminate hunger and improve the health and well-being of our community through

access to healthy and nutritious foods, community education and advocacy. Thank you from all of us at Food for People and from those who benefit from your kindness. 🍎

For more information on Food for People's Local Store Food Recovery, visit www.foodforpeople.org/local-store-food-recovery.



Food for People's Driver Frank Di Lorenzo unloads produce donated by the North Coast Co-op in Eureka to distribute at our Eureka Choice Pantry.



Top: Food for People's Executive Director Anne Holcomb accepts a grant from the North Coast Co-op's Cooperative Community Fund. The grant offsets fuel costs for our recovery efforts. Right: The Thrill of the Grill BBQ benefit at the North Coast Co-op in Eureka raises funds for Food for People.



Free Produce Markets in Humboldt May – October 2018



Starting this month through mid-October, Food for People will host free seasonal farmers' market-style distributions at four locations monthly. This program is available thanks to partnerships with the California Association of Food Banks' Farm to Family program, California Emergency Foodlink's Donate Don't Dump program, and funding through St. Joseph's Health Care for the Poor grant that helps offset costs.

Farm to Family and Food Link supplies Food for People and other California food banks with fresh produce. With this support, we are able to host monthly, free outdoor produce markets at the food bank in Eureka, and sponsor sites in

Fortuna, Garberville, and Redway to ensure that all of our neighbors have equitable access to the nutritious, seasonal produce we all need for good health.

Want to get involved? We are seeking volunteers for our Free Produce Markets. Come and help us distribute produce to hundreds of families, children, and seniors. Volunteers set up and stock the market and help participants select from a wide variety of fresh items. It's a fun and rewarding way to spend a few hours getting to know fellow volunteers and helping local community members. Email us at volunteer@foodforpeople.org if you'd like to learn more or visit us at www.foodforpeople.org/volunteering.

Tribute & Memorial 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 Honor Of In Memory Of

02/01/18 - 05/24/18

Allie Heemstra
Anne Fenimore
Anne Holcomb
Ari "Happy Birthday"
Betty Chinn
Dennis Brown
Diane Anderson
Jacque Kesinger
Mr. & Mrs. Jim Renner
John Bertain, Former Sec.
8 Housing Inspector
Lauren Sarabia
Mike Labolle & Kathey
Ryan
Paul & Cynthia Nicklas &
James & Linda Schultz
Peter Aronson
William Spencer

10/24/17 - 1/31/18

April Conant
Don Schleunes
Dorothy Jeffers
Earl Deike
Elsie Mackey
Floyd & Laura Myers
Joyce Schirmann
Glenn Hamanaka
Herrmann Spetzler
Jack Munsee
Jane & Jerry Renner
Jim Ely
Sons John and Jason Diamond
& Granddaughter Wendi
Diamond
John & Mina Turley
John Berti
John Burger
Joyce M. Mulligan
Joyce Schirmann
Our children Laurey & Jay
Sullivan
Lynette Register DeRemer
Marlene Laidlaw
Patrick Conlin
R. Scotty Harnden
Reverend Doug Thompson
Sam & Evelyn Leeper
W.J. McFarland, Realtor
Yvonne Duploutier Pugh 🐾



Food for People

The Food Bank for Humboldt County

Mission. 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.

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.

More. For more information on Food for People and our 18 countywide hunger relief programs or for ways you can get involved visit www.foodforpeople.org.

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