

# Food Notes

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

Winter Issue, 2012



## Holidays at the Choice Pantry

By Ivy Matheny,  
Food Distribution Coordinator

For our shoppers in the Choice Pantry, the holiday season was filled with a wide variety of special seasonal foods to select for their family members and loved ones. Thanks to our dedicated volunteer crew and the many generous financial and food donations, we were able to serve every request for pantry appointments in November and December.

Food for People regularly serves more than 1,000 of Eureka's lowest income families each month of the year in the Choice Pantry. With the "choice" model of food distribution, our clients are given the opportunity to select foods that fit their own dietary needs and cultural preferences, while ensuring that each family walks away with a nutritionally sound variety of food from each food group. Every income-qualified household is welcomed to "shop" in the Choice

Pantry once per month. In cases of continued need, emergency boxes are also available.

This holiday season, Food for People volunteers, donors and staff members went above and beyond to provide our clientele with a number of special food items in an effort to make seasonal meals exceptional. Larger households were excited to receive turkeys and smaller households welcomed their choice between a ham and a whole chicken in addition to the regular selection of available foods. Recipe cards and poultry cooking tips were available to help folks integrate our selection into healthy holiday dishes for the whole family to enjoy.

Many households also received other holiday-specific items such as cornbread mix, cranberry sauce and cream of mushroom soup. Humboldt Creamery provided ice-cream on most days, and lo-

cal grocery stores including Ray's, Safeway, Eureka Co-op, Costco and Murphy's provided a fantastic selection of dairy and unique produce items. Bread was primarily provided by Los Bagels, Orowheat and Winco. All qualified families received USDA commodity items and fresh produce from the Farm to Family program and our Food for People Gleaning Program. In all, over 50,000 lbs. of food went out in each of these two months, providing an average of over 50 lbs. of food per family visit.

Some of our more regular families had guessed that we may again have some special holiday items to offer. These households, in addition to some families who had never visited our pantry before, were pleasantly surprised by this year's selection. Phone calls, cards and personal "thank yous" came in from countless clients after the holidays. Our staff is also

*Continued on page 10*



During the holidays, you never know who will be delivering food to our Eureka pantry. See the back page for more on the Cowboy Convoy!



Here at our warehouse, you can find Jorge Hidalgo helping in various capacities, especially with the distribution for senior programs.

## Senior Program Star

By Chris Smiley, Community Foods Coordinator

Back in September, we were introduced to Jorge Hidalgo, a senior who was new to Humboldt County and interested in a little extra help in the form of nutritious food.

After retiring as marketing director for a San Francisco-based supermarket chain, Jorge moved to Eureka to spend time with his daughter. He signed up for our Senior Brown Bag Program, and shortly after, began volunteering at the food bank. Since then, he has become a full-time distribution assistant for our senior programs and an indispensable worker in the Food for People warehouse. Jorge has helped distribute food

to seniors and homebound clients up and down Humboldt County, beginning in Trinidad, and going all the way down to Redway and many sites in between.

Jorge's incredible work ethic and altruistic, friendly personality lend themselves perfectly to working with other seniors in the community, and make him an irreplaceable component to our Community Food Programs.

When asked why he decided to volunteer with us, and what he liked best about his experience, he responded, "I like to keep busy and stay healthy, and I get a lot of great exercise volunteering at the food bank. I also enjoy making a

*Continued on page 4*



### In This Issue

Holidays at Food for People  
800 Ways to Fight Hunger  
Bring a Million Returns  
A Smoothie Ride  
Inside Locally Delicious

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.



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## Gathering for a Family Meal

By Jessica Osborne-Stafsnes, Food for People Board Member

The month of January signals a draw to the end of the holiday season, which for many of us is a time of abundance, indulgence and merriment. Even as a child I loved November and December. These were the months out of the year where family from all over the West Coast descended upon Humboldt County, and we enjoyed the company, laughter and bickering of rarely-seen family members around a beautiful holiday meal. Food has always played a central theme in our family gatherings; something I suspect is not dissimilar to many other Humboldt County residents. Pinnacle meals like Thanksgiving dinner or Christmas brunch provided my family with the opportunity to convene, converse and reconnect with those we love.

For a time in my life, I did not

recognize the privilege of sitting down to a meal with my family. I was embarrassingly oblivious to the fact that not everyone has access to food to gather around. As a native of Humboldt County, I was aware of many of the disparities our community faced, but hunger seemed unfathomable; something of great depression tales or an issue of third-world countries. But, as I have come to realize, the issue of hunger is a very real and growing challenge in our community.

Food for People is all too familiar with the growing pool of individuals impacted by food insecurity in our community. In their "Choice Pantry" (an innovative pantry model that allows participants to "shop" and select food items with dignity), the organization has seen a 45% increase of households served in the last fiscal year. Similarly, in September of

2011, Food for People distributed over 300 more emergency food boxes than they distributed in September the year before. Even the childhood nutrition programs have seen increased need, with the distribution of food through the "Backpacks for Kids" program increasing by 71% compared to last year. Truly, the need for access to healthy and nutritious foods is more prevalent than ever.

Being part of the effort to address hunger in our community is important, but what motivated me to become involved with Food for People are the compassion, innovation and dedication with which they tackle this enormous challenge. There is an evident, deep-rooted belief among the organization's leadership and staff that everyone deserves access to healthy and nutritious food. I see Food for People's commitment to their mission at work in the creative community partnerships cultivated to expand the organization's reach, the warmth and respect with which clients are treated, and the dogged persistence program staff demonstrate in strengthening and growing their projects. Being part of a solution to addressing food insecurity in our community is validating, but being part of an organization that embraces this challenge so fully is an honor.

I am so proud to have a minor stake in the inspiring work of Food for People. I know that the work of this organization is providing individuals in our community with the opportunity to create lasting memories around family meals.



Jessica Osborne-Stafsnes welcomes donors to our Donor Appreciation Event last year held at our Eureka location.



## Interview with Dennis Learn

By Harriet Pecot,  
Fund Development Director

Dennis Learn came to Humboldt County in 1989 with his wife Billie and originally worked for the Eureka City Schools as an administrator. Billie was retired and volunteered at Food for People in various capacities. After Dennis retired, he saw an advertisement one day for drivers for the Homebound Delivery Program at the food bank. "It was a long time ago, some time in the mid 1990s" says Dennis, and he's been volunteering here ever since.

Around the same time, Dennis and Billie started the Christmas Basket Project and coordinated with our food bank for recipients. Dennis has had a history of diabetes since he was 15-years-old. He's aware of what a healthy diet is and means because of this history, and wanted to provide healthy food for others. Dennis would canvass all the grocery stores, and later use his truck, to pick up food (some of the money came from his church, the Immanuel Lutheran Church in Eureka, but he would also pay for some of the groceries) and the folks in his church also bought food. Their group would get together just before the holidays and fill up all the baskets. "It got harder to do as I got older." Now they give a gift certificate for the food and his church adopts the families and buys presents for their kids. This year they ended up sponsoring 19 families. Each family received a \$165 gift certificate for food at Winco and gifts for each of their kids. "We wanted to make sure the kids had a good Christmas. We've

Continued on page 5



### Board of Directors:

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Thank you

**Times Standard, Redwood Times & Tri-City Weekly**

for your valued sponsorship of the Annual Holiday Spirit food & Fund Drive!



# Times-Standard

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# Notes from the Director

## A Heartfelt Thanks to our Community!

By Anne Holcomb



for us to share with our clients. The common theme was that everyone wanted to help. It was clear that news of the steady increase in requests for assistance over the past two years had touched your hearts and you responded by coming up with creative and caring ways to make a difference as volunteers, Hunger Fighters, financial donors and food donors. So this issue pays homage to all the wonderful people in Humboldt County just like you who wanted to ensure that none of our friends and neighbors would go hungry. We thank you for your financial support, for the thoughtful donations of healthy foods, and for your time. And most of all we thank you for caring. Working together, we *are* making a difference.

Best wishes to all for a happy, healthy 2012,

*Anne Holcomb*



KHSU teamed up with Food for People last September during their pledge drive to raise money with matched funds from Wildberries Marketplace and Ken Houldsworth Financial Services. Ed Subkis, KHSU General Manager, with Anne Holcomb, Executive Director of Food for People, in top two photos with Arron Gottschalk, General Manager of Wildberries Marketplace, on bottom right. In photo on left, Conner Johnson hands his donation to Harriet Pecot, Fund Development Director of Food for People. He saved change with his grandmother and decided to donate the money to help others.



### 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.*

Thank you  
**North Coast Co-Op**  
for your valued sponsorship of the  
Annual Holiday Spirit  
Food & Fund Drive!

**THANK YOU**

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FOR SUPPORTING STAFF &  
VOLUNTEERS AT FOOD FOR PEOPLE!

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The 800 Club is our regular giving program comprised of community members who donate monthly or quarterly. Why 800? Many, many years ago, 800 people donating \$5 a month is what it took to cover our yearly budget. Since that time we have greatly increased our services to children, seniors and working families in need throughout our community. We currently provide food assistance for over 12,000 people monthly, and our yearly budget has grown proportionately.

What remains the same is that everyone doing their part, and donating a comfortable monthly amount turns into something powerful. Money we can depend upon allows us to make long-term plans, while building strong foundations for our programs. Your donations will make a direct impact locally. Thank you to all 800 Club members - your commitment is making a difference and is allowing us to help when we are needed most.

It's easy to become an 800 Club member. Just fill out the slip on this page 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](mailto:harriet@foodforpeople.org).

## Susan Shinn, 800 Club Member by Harriet Pecot, Fund Development Director

This Christmas, instead of buying presents for all the kids in her work family, Susan gave them each a little money to donate for a charitable cause. This giving process ended up being very successful for the kids, as they all got into the giving spirit and would excitably report back to Susan. She affectionately calls it the "Sun Frost Charitable Foundation."

In fact, her inspiration for donating to Food for People began with her boss at the Arcata-based Sun Frost, whom she describes as very generous. She sent a check to Food for People and received back an "awesome handwritten thank you," which inspired her to write a letter in return about her experiences as a hungry kid. Her letter ended up being published in one of our newsletters. She then sent a copy of the newsletter to her mother-in-law, who was also inspired to become a Food for People supporter.

Susan remembers moments of kindness from the women who worked in the school lunch cafeteria and how they would be very thoughtful about offering food in a non-embarrassing way to the kids who were obviously hungry. She describes the lunch women

as sweet, as well as kind. Susan's mom struggled with alcohol addiction and Susan and her siblings often went without food.

Her commitment to Food for People began with a process of being inspired by her boss, a handwritten note from us and her experience of having been hungry as a child. She is impressed with the amount of territory Food for People covers. "Having gone hungry," she tells me, "If I could not let that happen to someone else (meaning prevent a child from going hungry), then that is a good thing for me." I asked her what it was like to be hungry and she replied first that it was embarrassing (you feel like you can't tell others), then you experience dizziness, and finally you can't concentrate on much else besides being hungry. She tells me, "I think if there were breakfast and lunch programs back then, everything would have been better. I did resent my mom as a kid. There wasn't even milk for all us kids. When you are hungry, you can't concentrate on anything else - you are just hungry!"

I asked Susan about her commitment to being an 800 Club member and donating monthly. Also, if she had something to say to others, and she told me the fol-

lowing, "I started donating \$20 a month, which to me was a minimum amount. If everyone could donate even \$5 or \$10 a month, you don't realize how many people you can feed or how many kids get lunches from your donation." She also added that a little every month

adds up at the end of the year and isn't so hard on the pocketbook that way. I spoke with Susan at her office at Sun Frost. Hanging by her desk is a poster with a quote from Gandhi which expresses her philosophy, "We must be the change we wish to see in the world."



Susan Shinn with her husband Al at Food for People during our Donor Appreciation Event last October.

## Sponsor a Child

*By Niki Gribi, Child Nutrition Coordinator*

We are halfway through the school year. For only \$100, you can sponsor a child in our Backpacks for Kids program for the rest of the school year. Your \$100 gift will provide nutritious food to school children every Friday, so that they will have enough to eat over the weekend.

Over 50% of the children in Humboldt County are eligible to receive free or reduced-cost meals at school. For many working and struggling families, these meals are a blessing and help keep children fed in difficult times. However,

school meals are not available on weekends, and many children go home to empty cupboards.

Our Backpacks for Kids program helps close the gap for as many children as possible, providing a sack of groceries with enough food for breakfast, lunch and dinner for Saturday and Sunday. Children who come to school well-fed on Monday morning behave better in their classrooms which helps them and their peers succeed in school. Please consider giving the gift of weekend food to a child in your neighborhood.

## Senior Program Star

*Continued from page 1*

difference for so many people in the community. Since I started getting food from Food for People, I wanted to help others out too. I like working with the senior programs the most, getting out and helping all of the people during the distributions. I really admire the professionalism of the food bank's staff and I'm learning a lot from them about how to treat and relate to people. It's inspiring."

We feel the same way about our volunteers; they never fail to provide new insights and inspiration to all of us here at Food for People. As an organization, we depend on volunteers like Jorge and many others to make the work we do in the community possible, and we thank them for all of their hard work.

DONATE ONLINE BY GOING TO: [www.foodforpeople.org](http://www.foodforpeople.org)

CLICK ON THE LINK:



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Card Number: \_\_\_\_\_

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

## Volunteer Spotlight on Carolyn Ayers

By Laura Hughes, Volunteer Coordinator

Carolyn Ayers has been volunteering with us here at the food bank in several capacities for over two years, ever since her early retirement from teaching. She first became involved when she decided that she wanted to volunteer her time and saw that the food bank was within walking distance. Carolyn said that she hadn't previously thought much about it, but in retrospect, she's grateful she ended up here. She likes the people we serve, as well as our staff, and appreciates the work we do as an organization by "really helping people who are struggling."

Carolyn is multi-talented and volunteers her time in a variety of ways. She conducts intake interviews in our Choice Pantry and assists with filing and inputting data. Carolyn is also a powerhouse in our Eureka warehouse, sorting incoming food donations and moving and stocking inventory between the warehouse and pantry. She also assists our Community Food Programs Coordinator, Chris Smiley, with his monthly Eureka Senior distributions by helping with set up, loading vehicles and assisting clients.

Carolyn says she loves the diversity of things one can do here at the food bank, and she never gets bored. She cites the physical-

ity of the work, as well as the direct contact with people and the opportunity to use her different skills, as fulfilling elements of her experience with us. In addition, she has a good time here and enjoys the great lunches!

When I asked what keeps her coming back, Carolyn replied, "The idea that you feel like you really are doing something. People might question what they can do about the struggles of others. Here at Food for People, you are actually doing something for people. You're giving them hope, just by talking to them. And also, we're feeding them; we're providing a very basic need. People can't go out and do all the things they need to do if they're going hungry."

Carolyn continues to comment on how well the organization functions, without the feeling of tension, and in a friendly manner. She appreciates the staff's education, idealism and youthfulness. Carolyn admits that she feels "very attached to this place." She used to give money, but now she gives her time, noting that they are equal in their usefulness, as the food bank needs both in order to run. She says, "If you can give, it's great to share your wealth in whatever way you can."

Before her work at the food bank, Carolyn worked as a profes-

sional actress, and then as a high school theater instructor. After receiving her teaching certification, she eventually became an English teacher. She says she left her job through early retirement in order to teach personal evolution, and now offers Tarot classes. Through her practice, she works with people individually and in very small groups to evolve and deal with the complications of being human "in a fun way."

When asked what her thoughts are on the importance of the work we do here, Carolyn noted that we at Food for People offer a safety net for people who are on the line of survival. Not everyone we serve, but certainly many folks, "are literally at the bottom. We are between them and death." She continues on to describe the thing she's touched most by such as "elderly folks who have lost their jobs, or are now taking care of their grandchildren, or are having everyone moving in with them—people who have worked hard all their lives and now have nothing, and are at the food bank, and feel bad needing help. It's good that people don't have to feel quite so bad. People feel comfortable here." Carolyn also loves that many of the people who come to the food bank for help are also volunteering here because they



Above, Carolyn Ayers volunteers at the People's Produce Market in Eureka last summer along with Brian Gustafson, another dedicated volunteer.

want to give back. "They're not letting it get them down. They're continuing to be a part of the community and give what they can give. It's inspiring. Coming here keeps me in gratitude for my wealth and my safety."

Carolyn finished by urging others to help out in their communities. "In general, if you have time, share it. If you have money, share it. Give. Give and you will receive." She cites a study which found that people who volunteer are happier. "Go out and do something for

somebody else. You'll feel better. Maybe you're in pain. So then, go out and do something for people in pain. Help in some way, whatever way you can. Use your skills and your gifts. It will lift your spirits."

We give thanks to Carolyn for her ongoing and heartfelt work to help fight hunger in Humboldt County. We could not do what we do without people like her.



## Dennis Learn

Continued from page 2

been doing this since 1997."

Dennis has been a driver for Food for People's Homebound Delivery Program for a long time and has served many people during that time. His route has changed a little over time, but he

has had the same route now for about 10 years. He currently delivers to six people. One of the people on his route recently passed away, the night before he delivered their food.

It can be tough losing people. Dennis personally knows this because last year, his wife Billie passed away. But he still has time for others and getting to know the

folks on his route. He spends time listening to them and he also likes to do things for them. If something is broken or messed up, Dennis will figure out how to fix it or find someone else who can fix it. Dennis will always try to get the people on his route to open up and talk to him. He also likes working with people and figuring out how to come to consensus. "It doesn't

always have to be my way." He wants to be good with people and get along. He enjoys being with people. He likes to do things and he loves volunteering.

"I do things for people because I am a person who is constantly looking for ways to help others and I continue to do as much as I possibly can for people. I feel I have a calling to help people. It's

fun to do things for others. It's fun to help people. I'm lucky because I can help others and I can give to others."

Dennis will tell you, "This isn't about me. I am not a great guy. You just have to get out there and do it — go help people."

THANK YOU FOR YOUR GENEROUS CONTRIBUTIONS & SUPPORT OF OUR 19TH ANNUAL HOLIDAY SPIRIT FOOD & FUND DRIVE!

Thank You, **Lost Coast Communications** for your valued sponsorship of our Annual Holiday Spirit Food & Fund Drive!

## Suzanne Simpson Speaks on Healthy Food

By Harriet Pecot,  
Fund Development Director

Suzanne Simpson is passionate about healthy food. She enjoys encouraging people to cook fresh foods and would like to see healthy, whole foods become more accessible, especially for low-income families. She believes people need to dedicate more time to preparing their food and would like people to become more aware of the importance of healthy eating. Suzanne began her love of food and cooking when she was 11-years-old and first started cooking dinners for her family.

Suzanne is one of the Locally Delicious authors who first collaborated on the cookbook around three years ago. They worked together for about a year getting their book ready, which is sold in many locations locally and is now in its second edition. Also known as the "Heirloom Tomatoes," they are a very community-oriented group, and to date have interfaced successfully with 17 local agencies and organizations. This includes the work they have done raising money for Food for People, which has been used to purchase locally grown, organic fruits and vegetables. Last year, Food for People was able to purchase fresh produce from seven local farms, which was then used in our senior programs and pantries. Suzanne tells us, "We believe in inclusion and have worked together with others in ways that have been mutually beneficial in our tri-county communities (Humboldt, Trinity and Del Norte)."

The Locally Delicious authors

are currently working on a new book called *Lunch Box Envy*, an easy-to-read transformational guide which can empower families to develop healthy eating habits. It will provide strategies for making healthy food affordable and encourage the creation of "enviable" lunches.

The Locally Delicious women are very concerned about childhood nutrition, which is a big motivator for writing *Lunch Box Envy*. Simpson tells us, "We want the public to be more aware of healthy food and maintaining a healthy lifestyle. In the same way that childhood obesity has been on the rise, diabetes among young adults will be more prevalent in 20 years unless we change our current way of eating. Our group will continue to support local farmers, help people have better access to healthy foods and less dependence on processed food in their diets. There is even a whole chapter in our book about learning how to shop for healthy food. It's time to get back to basics - turn off the TV,

cook real food together as a family and sit down together sharing meals."

Consistent with their goal of working within the community, they have involved graphic art students from Arcata's High School's Arcata Arts Institute in their new project. The students will be designing the layout for *Lunch Box Envy*. Some of the recipes in their new book can also be found in Food for People pantries, which will be provided by Megan Westersund, Food for People's Nutrition Education Coordinator. For more information about Locally Delicious and their work, go to their website at [www.locally-delicious.org](http://www.locally-delicious.org).



*Suzanne Simpson works collaboratively to help make healthy, locally produced food more available to all.*

## Backpacks for Kids is Grateful for Your Support!

Niki Gribi, Child Nutrition Coordinator

Over the past couple of months, we have received a number of grants for our weekend food relief program for children, Backpacks for Kids. We would like to thank all of the generous organizations that gave to this worthy cause during the holiday season!

Umpqua Bank's Community Giving grant will go directly to feed children at Trinity Valley Elementary in Willow Creek. A grant from Wells Fargo's Investing In Our Communities Fund will help feed children in need at Blue Lake School. The North Coast Co-op's Cooperative Community Fund grants will go to help extend the program at Bridgeville School and Eagle Prairie Elementary in Rio Dell. A grant from the Humboldt Area Foundation will provide food for children at Redway School. Funding from The California Endowment will help us make sure the program keeps running by covering staff and administrative costs.

We would also like to recognize all of the local service clubs that have contributed to allevi-

ate weekend hunger for children in their neighborhoods and beyond. Big thanks go out to the following clubs: Eureka Rotary, Eureka Southwest Rotary, Old Town Eureka Rotary, Arcata Sunrise Rotary, Fortuna Sunrise Rotary, Humboldt Bay Kiwanis, McKinleyville Kiwanis and Willow Creek Kiwanis. Many of these clubs also contribute their time and muscle, packing and delivering bags to schools each week. Other service clubs that volunteer for the program include the Garberville Rotary, Lost Coast Rotaract and Arcata Kiwanis K Kids Club.

We also want to thank the congregation of Cavalry Lutheran Church for their generous contribution, and the North Coast Community Blood Bank for their ongoing volunteer support. Backpacks for Kids is incredibly lucky to have such a large, diverse group of supporters that keep coming back year after year. We could not feed as many children as we do without their help. A big thanks to all of you for helping us make sure every child, every day, has enough to eat in Humboldt County.



*Anne Holcomb and Niki Gribi of Food for People and Marsha Clearwalker of Trinity Valley Elementary School in Willow Creek receive a donation from Umpqua Bank for the Backpacks for Kids program in Willow Creek. The donation is presented by Umpqua Bank managers during their volunteer day at Food for People in Eureka.*



Thank You, **Suddenlink**  
for your valued sponsorship of our Annual  
Holiday Spirit Food & Fund Drive!

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## Stone Soup

By Heidi McHugh, Community Education & Outreach Coordinator

"Stone Soup" is an old folk tale with many cultural variations. The story tells of a hungry traveler who arrives in a village that is suffering through scarce times. Sadly, the villagers cannot honor the traveler's request for food. The traveler carries with him a large pot and one stone. Despite the denial of food, the traveler proceeds to fill the pot with water, drops the stone into the pot, and places it over a large fire. As curious villagers peek into the stone soup, the traveler explains that the soup is quite tasty, but could use just a bit of garnish. The villagers realize that they could part with some carrots from their garden or a potato from the cellar. A collective feast begins to simmer in the stone soup that is ultimately enjoyed by the whole village.

At Food for People, the stone soup is always simmering over the fire. The villagers of Humboldt County are consistently generous with their donations of food, dedicated rows from their gardens and financial contributions. Every donation counts, as an estimated one in seven adults, and one in

four children, are at risk for hunger in Humboldt County. We do what we can to ensure households have nutritious food to make it through part of a week, and we provide additional outreach services to help families obtain adequate nutrition for the rest of the month.

Our Outreach Program helps people apply for CalFresh (formerly known as food stamps) to alleviate hunger and help families purchase some of the nutritious foods they need to be healthy. Simultaneously, our local economy benefits from the additional CalFresh funds spent at local stores and farmers' markets. Currently in Humboldt County, more than 15,000 low-income individuals (nearly half of whom are children) have increased their food purchasing power and access to healthier foods with CalFresh. They spend more than \$2 million CalFresh dollars locally each month on food. That only represents half of the people eligible for these benefits. Full enrollment would double the CalFresh dollars spent in Humboldt County each month.

As we embark upon 2012,

Food for People will roll out the fourth annual *Bring A Million to Humboldt County* campaign. This campaign aims to increase awareness of CalFresh and encourage eligible families to apply. California currently has the lowest



Photo by Chris Wisner Photography

SNAP (Supplemental Nutrition Assistance Program is the name of the federal program that governs CalFresh) participation rate of all 50 states. When we introduced the campaign three years ago, the goal was to help the 50% of eligible Humboldt County residents to apply and double the \$1 million

they were spending to \$2 million. We've reached that \$2 million locally, in large part because times are even tougher than they were three years ago, and more people have become eligible than ever before. We remain committed to the campaign, and continue to educate our community about the benefits of CalFresh and the easy ways to apply.

There are many success stories highlighting the true needs of the hungry and the positive outcomes that result when one is given the chance to put healthy foods on the table. For example, a young, single mother named "Dresden" blogs on the site [CreatingMotherHood.com](http://CreatingMotherHood.com). She had been a food stamp recipient for two years. The blog documents her struggle of not wanting to depend on this program, but needing to keep food on the table for her son. On Nov. 9, 2011 she wrote: "The moment that I realized that I no longer qualified for these benefits was incredibly triumphant for me. Within the same moment of celebrating I also felt so incredibly thankful. I have no idea how my family would have existed without this kind of supplemental assistance to purchase food."

Folktales like "Stone Soup" have carried the message of community and sharing through the ages. The collective effort to help out those in

need benefits the entire community. As Food for People continues its CalFresh outreach efforts, we can celebrate the immediate gain for the individuals who are receiving help and the positive impact for us all.

## It's Easy to Apply for Cal Fresh!

Contact Food for People or the Department of Health & Human Services, Social Services Branch. As of January 1, 2012, finger imaging is no longer required!

How to know if you or someone you know is eligible? The following amounts are based on the income limits for October 1, 2011 through September 30, 2012 -

Size of household/Monthly Income

- 1 person/\$1180
- 2 people/\$1594
- 3 people/\$2008
- 4 people/\$2422
- 5 people/\$2836
- 6 people/\$3249
- 7 people/\$3663

For more information you can contact Heidi McHugh directly at Food for People at (707) 445-3166 extension 308 or the DHHS Social Services Branch at (707) 269-3590.

### Food For People Wish List

*Running a business creates challenges in any economic climate, but when your goal is to give everything you can back to the community sometimes we go without. Creativity is the key, so if you are able, please help us out with your unused items.*

*Portable Propane Skillet  
Vacuum Sealer and Bags  
Brand New Paper Cutter*

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



Thank you

**Bi-Coastal Media**

for your valued sponsorship of the  
Annual Holiday Spirit Food & Fund Drive!

## A Holiday Look at the Gift of Food

By Jason Whitley, Local Food Resources Coordinator

When you donate food, you are doing much more than the simple act of relocating that can of green beans off your shelf - you are also giving someone the gift of nourishment. This holiday season, thousands of Humboldt County citizens did just that. There were many inspiring tales of generosity that I witnessed during our recent *Holiday Spirit Food & Fund Drive*. By giving a dollar, an hour, or a can of food this *holiday* season, you have helped care for our community. The combined efforts of Humboldt County Food Drives this holiday season total up to more than 37,000 pounds of food – an impressive number indeed!

Our *Holiday Spirit Food & Fund Drive* has several components. Mid-November signals the Cowboy Canned Food Convoy, our annual kickoff event for the drive. The Redwood Unit of the Backcountry Horsemen of California makes the trek across Eureka with saddle bags full of non-perishable food items, which are then donated to the food bank. Each year we feed the horses apples and carrots while their riders unload hundreds of pounds of food.

Our next part of the drive is to drop food collection barrels at many local grocery stores, banks and other businesses. Many thanks to Grocery Outlet, Wildberries Marketplace, Safeway Stores, North Coast Co-op, Ray's Food Place, Murphy's Markets, North Valley Bank and US Bank for hosting our collection efforts. There are many other sites we'd also like to thank, so please visit our complete thank you ad on page 15.

Mary Barber, owner of the Eureka Grocery Outlet, deserves an extra spotlight for her efforts this season. Mary worked closely with our staff at Food for People to design a special type of food drive – one that is tailored to the needs of our Choice Pantry. Mary visited with us and noticed that our shelves were not quite as full as they should be. We met to determine which food items were most important to sustain a healthy, well rounded distribution of food to our many clients. After determining the items, Mary single handedly put together bags of food that were reasonably priced at two price points. The \$5 bags and the \$10 bags each sold out right away, and we were

able to bring more than 600 pounds of food back to Food for People that same day. It is a credit to our community to have such generous folks as Mary and Mike Barber and the whole Grocery Outlet staff looking out for those in our community who do not have enough to eat.

The Hunger Fighter Challenge is an essential piece of the *Holiday Spirit Food & Fund Drive*. Businesses, government organizations, churches, clubs and other groups sign up to be part of this friendly competition. The goal is to see which teams can collect the most food and funds during November and December. The Hunger Fighter Challenge is also a great tool for getting folks familiar with hunger awareness in our community. We had several new teams sign up this year, as well as many returning teams. Our top Hunger Fighter this year was Humboldt Crossfit, a gym located on Broadway in Eureka. They collected more than 950 pounds of food by holding a raffle to benefit the food bank. Pan Dulce Steel Orchestra came in a close second with 925 pounds/dollars collected. Honorable mentions include Fortuna Kiwanis, Fort Humboldt State Park, Winzler and Kelly, and Prudential Redwood Realty – all “Gold Star” Champions who collected 500 pounds/dollars or more.

Schools play an important role in educating and disseminating the importance of hunger relief. Several schools collected food and donated it during the winter months. The Mattole Valley Charter School and Mistwood School both provided hefty donations of food that helped sustain our larger than normal holiday food distributions. Colleges play an important role in the holiday food efforts as well. College of the Redwoods Nursing Club did a fantastic job of collecting food and even dropping it off at our Eureka location. The residence halls at Humboldt State held their own food drive at the end of the semester as well, bringing a sizable amount of food from students leaving the dorms.

Humboldt State Service Learning has been partnering with Food for People on the *Holiday Spirit Food & Fund Drive* for several years now. This year was an exceptionally successful partnership, with

*continued on page 10*



### Pan Dulce Steel Orchestra



### Fort Humboldt State Park



### Fortuna Kiwanis Club



### Rio Dell School District



# Hunger Fighter Challenge Teams!



**Humboldt CrossFit**



**Cuddly Bear Thrift Store**



**Prudential Redwood Realty**

**2011 Gold Star  
Hunger Fighters**  
*Each team collected over  
500 pounds/dollars this  
Holiday Season!*



**Community Wellness  
Center**



**The Federal Building**



**Winzler & Kelly**



**Pacific Gas & Electric  
Company**



## The Gift of Food

*continued from page 8*

more than 1,300 pounds of food collected in Arcata and on the campus of Humboldt State University (HSU). Service Learning goes into neighborhoods surrounding HSU to distribute holiday donation bags, which residents then fill with non-perishable food items. The bags are then picked up and donated to Food for People. We would like to extend our thanks to Annie Bolick-Floss, Service Learning Coordinator, Stacy Becker, Community Partner Liason, and all the students who helped make this food drive a success!

One of the most anticipated events for our staff during the holidays is always the week-long KHUM on-air food drive. At the end of November, KHUM broadcasts live from different grocery stores during an entire week. The DJs host staff members on the air to speak about their programs and the organization in general. Cliff, Amy, Mike and Larry are all dedicated to supporting Food for People and do a great job of motivating listeners to donate. This year, our friend and DJ Larry Trask threw down what he referred to as the "Larrence", a challenge to radio listeners to see who could top his donation. It was a successful effort and many community members took the "Larrence," leading to hundreds of dollars in donations. Mike Dronkers sang "I'm a Little Teapot" on air in order to increase donations. And once again, Amy Berkowitz put in a full-time work week's worth of on-air advocacy for our programs. We are proud that these DJs will go to such lengths to get a few more donations. Thanks

to all our friends at KHUM for their continued support!

The donors mentioned in this article represent a sustained commitment to ending hunger in Humboldt County. For a complete list of all our partners in our *Holiday Spirit Food & Fund Drive*, see our Thank You message on page 15. We would like to reiterate how fortunate we are to have so many caring organizations and individuals that regularly contribute to our food drive efforts. Thanks again to everyone who donated in 2011. Even though the economy is going through tough times, Humboldt County residents came through to help their friends in need. Every donation is important and we appreciate each item that is donated. If you want to get involved with the food drives program, please contact us. We look forward to a prosperous year ahead in 2012.

## Choice Pantry

*Continued from page 1*

immensely thankful for the gracious assistance that our community volunteers and donors have provided for our friends in need. Thank you for providing our neighbors with the opportunity to share with us the seasonal good fortune of a holiday table filled with special holiday entrées and seasonal treats.

Now, as we move into 2012, we look forward to continuing our newest volunteer and business partnerships. After several members of our holiday volunteer crew move on, we invite new volunteers to step in and lend us a hand though these busy first months of the year. We also encourage a continued effort to collect food donations to help sustain our low-income clients past the holiday season and into the coming year.

The success of our  
Holiday Food & Fund Drive  
depends, in part, on our  
Bronze Candle Sponsors



**Janssen, Malloy, Needham,  
Morrison, Reinholtsen,  
Crowley & Griego LLP  
Les Schwab Tire Centers  
JLF Construction**

### 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

The success of our Holiday  
Food & Fund Drive  
depends, in part, on our  
Red Ribbon Sponsors

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Ring's Pharmacy  
Tomás Jewelry



**Redwood  
Capital Bank**

Thank you  
**Silver Bell Sponsors**

for your valued participation in the  
Annual Holiday Spirit Food & Fund Drive!

*Belonging Never Felt Better™*

**Coast Central**  
**Credit Union** 

Thank You for your valued sponsorship of our  
Annual Holiday Spirit Food & Fund Drive!

**SAFEWAY** 

# Tributes, Memorials & Gift Contributions

## IN HONOR

MELISSA MARTEL TOM PHILLIPS JOLLY EARLE PHIL ROUSE PATRICIA CAMBIANICA JIM BECKER JUDY VERBECK SUSAN CREEL SUSAN GRANT JOHN PIZZO CHRIS AND LESLIE GROSS THE CANDLELIGHT BOOK GROUP ALLAN & CAROLE NILSON PAUL & VERLIE TAYLOR MARY DOOLEY EMILY ROWE REGINA RAND JULIE PURDY THE VISSER FAMILY CARL MEYERS	MIKE YONKOVIG ELEANOR DONOVAN HUMBOLDT COUNTY THE GAXIOLA FAMILY JOHN EULEY DON & NANCY QUINTRELL KEVIN & HEIDI O'NEIL RALPH & ONA KRAUS ERIKA MAKINO PFC BRADLEY MANNING EDITH WATSON REX LEE STEVENS MAUREEN SAUNDERS MR & MRS WILLIAM MCCORD MARK & RHONDA EARLY BOB "ANDY" LAZELLE TAZI FOX OLSON THE LUNDEENS BEN FAIRLESS CARL KLARNER
CHRIS SHARPE & CELESTINE ARMENTA GERALD MOERNER DIAN DECKER MARY ROSE O'NEAL GLORIA GORDON MIKE & KATY YANKE HARRIET PECOT MARIE MILLER BERGET JELANE STEPHEN HARTRIDGE JOE & LORRAINE DAVY MARGARET LANG & STEVE RAILSBACK ANN MARIE ANDERSON STEVE & PAULA PARODI RON & LINDA HARTMAN JASON & TERESA HOOD & MAX MARY & DON STERK PAM & BILL NASON BEA RENNER	BUD & MISSY TALBOT CHRIS, JENNIFER & COLIN DOANE MARION BARRY HOKE HOLCOMB NEZZIE WADE LURA WINZLER SARAH HOLLY MAL RUTH ROBINSON THE HART FAMILY THE BUCKLEY FAMILY MILTON DOBKIN CAROLE P NILSON THOMAS ROWE EDITH WATSON LOIS LOLLICH VICTOR LABOLLE SHARON & JESSE ZANDER & WYATT FLYNN LESLIE, KIRA & RILEY STALDER ROBERT & NANCY ANDERSON BILL & GAYLE SIDES

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 12,000 people (and more) we feed each month, including children, seniors 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 celebrate and/or honor the memory of someone you love.

If you would like to make a donation in someone's name for a birthday, special event or holiday, we can do that too! We will let them know a generous donation has been made in their name. Just be sure to include the address of the individual 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 MEMORIAL

LARRY FRANCESCONI DONNA DUSICK RANDY HINES ROBERT GRAY LARRY NICOLL BEAU STANSBERRY THELMA SOUTAR GWEN GRAMMER JANET TOWN FREDERICK O BOTT JOHNNY PUGH DANIELLE RESFORD GARY GUNDERSEN JON FEJDASZ LAURA MYERS REBECCA EDWARDS, SW	CASSIE BURGESS JOHN, JASON & WINDY MARILYN G MURPHY SCOTT DUNN BOB PETERSON WYNSTON JONES ELIZABETH WOOD BILL ERICKSEN RICHARD PAYNE JIM GILL ARNE ARNESON MADELINE COKER TOM ROWE KIRSTEN BRISKER JAMIE PALLAY FRED BURGESS MARIO & JANE BRENTA
--	--

## 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.*

Thank you

**GROCERY  
OUTLET**  
bargain market®

for your valued sponsorship of the Annual  
Holiday Spirit Food & Fund Drive!



## Farewell Michael

By Jason Whitley, Local Food Resources Coordinator



Michael Canning is shown here with Jason Whitley, unloading some holiday bags filled with donated nonperishable foods.

Michael Canning spent two plus years here at Food for People. I was lucky to have him as my co-worker in the Local Food Resources Program. He began here as an Americorps VISTA in the spring of 2009. Michael immediately began making meaningful

contributions to the program by helping to coordinate numerous food drives, farm gleanings, media outreach and original projects. Michael left several marks on the program. He laid the groundwork for the Suddenlink Food Connection and Canstruction — two food drives that continue to provide the food bank with thousands of pounds of locally donated foods.

After his year stint as a VISTA, Michael was ready for his next move and was hired for the position of Community Education and Outreach Coordinator.

Michael was a frequent visitor at farmers' markets, local food pantries, and many other community events, providing information about CalFresh (formerly the Food Stamp Program). He assisted individuals with the process of applying for CalFresh, which helps applicants feel more comfortable with the process.

One of his final achievements was to implement an incentive program locally, to increase access to fresh, local fruits and vegetables for low-income households. The program, known as the Humboldt Market Match, allowed households receiving CalFresh the opportunity to increase their spending power at any North Coast Growers' Association (NCGA) Farmers' Market. The Markets went from redeeming less than \$8,000 in CalFresh dollars in 2010 to more than \$20,000 in 2011. The real beauty of the program lies not just in the amount redeemed. Michael helped recipients of CalFresh become aware of the health and community benefits of buying fresh, whole foods directly from local farms.

With his mark made on this organization, Michael decided to move on and begin a new chapter in the Bay Area, where I am certain his talent and intelligence will take him anywhere he wants to go. He is a compassionate and thoughtful individual, with a witty sense of humor and a penchant for Henry's Olives. Those who sat near him in our little office will remember his many non-sequiturs and encyclopedic knowledge of The Simpsons. He will be missed as a co-worker and close friend to many here at Food for People.

## Welcome Desiree



Desiree Hill is our new Warehouse Assistant. She began her time with us as a Work Experience placement through CalWORKS last June. She quickly demonstrated her skills and leadership and became a crew leader in our warehouse during this time. When her placement through CalWORKS was completed, Desiree continued on as a volunteer, and was finally brought on as a staff member in November.

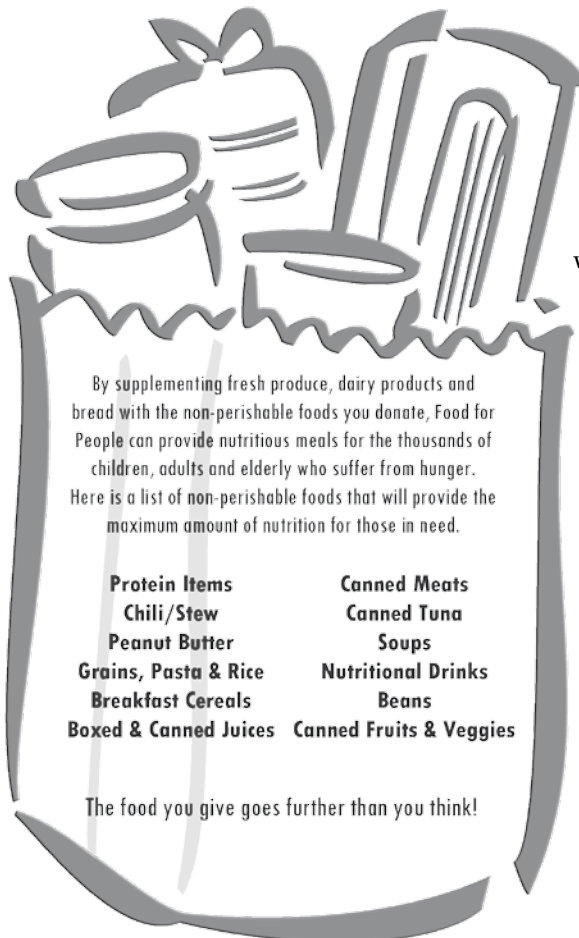
The Warehouse Assistant position was newly created to increase our capacity to accommodate the growing community need. As Warehouse Assistant, Desiree acts as crew leader, delegating various tasks to volunteers and Work Experience placements and staying ahead of dozens of duties that keep our warehouse functioning smoothly. In addition to ensuring the pantry stays stocked with bread, produce and nonperish-

able items, she also fills commodity food orders for the pantry, and assists with inventory tracking, weighing and recording the movement of food. She also checks that our stock is rotated constantly, ensuring that clients get what they need, and nothing gets wasted.

When asked what she likes about working here, Desiree remarks that it's a good organization, because we help feed people, and the staff is great. She states, "The whole time I've been working here, pretty much everybody has always given me great enthusiasm. They make me feel appreciated by the comments and encouragement they give. That gives me even more energy to complete my job on a daily basis. It's nice to work somewhere and know you're appreciated every day by the people you work with."

Before joining our Food for People family, Desiree worked seasonally at Caito Fisheries during the crabbing season, as a supervisor for the crab processing crew. She also graduated from a national beauty academy outside of Columbus, Ohio before moving back here to Humboldt County 22 years ago. In her spare time, Desiree loves to work on puzzles, collect shells at the beach and spend time with her daughter.

Desiree says she is very much a people person and loves working here at the food bank because of all the different people we get to serve. We're delighted to have such a dedicated, enthusiastic and hard-working team member join us in the fight against local hunger!



Thank You for your valued sponsorship of our Annual  
Holiday Spirit Food & Fund Drive!

**Ray's**  
**FOOD PLACE**

## Welcome Heidi

Heidi McHugh was born and raised in San Diego. She originally attended Long Beach State University and then transferred to Humboldt State University, where she graduated with a degree in Zoology. After graduation, Heidi worked as a Laboratory Assistant at the Northern California Community Blood Bank, and was later promoted to Product Manager. Being part of a community based non-profit like the blood bank was very fulfilling and a natural leap to working at Food for People.

Her passion for sustainable food will be put to work in her capacity as Community Education and Outreach Coordinator. Growing up in the generation that was taught from elementary school about the potentially harmful effects of greenhouse gases, Heidi has always had an awareness of environmental issues. Here in Humboldt County, she was able to connect the impact of what we eat to its effect on our bodies and the planet. She and her husband Dan put this passion into operating their own restaurant, F Street Café, where they featured locally grown produce, meats and fish whenever possible. Several factors forced them to close the restaurant after two wonderful years of following



their dream.

The effort to make local, organically grown foods available to CalFresh (formerly food stamps) recipients is one of the many reasons she is overjoyed at becoming a Food for People team member. In the short time she has been here, her understanding of the tremendous challenges facing low income individuals and their families has grown threefold. She is grateful for the opportunity to provide the information and guidance which will help put nutritious, healthy foods on the tables of families on a regular basis with the assistance available through CalFresh.



## Trinidad Lion's Club Food Pantry — Bringing Choice to Holiday Food Programs

By Jason Hervin, Pantry Network Coordinator

Each holiday season, many of our food pantries across the county help low-income families enjoy the holidays through special programs. Some of these programs distribute an additional holiday food basket which includes meat and seasonal food items. Others distribute toys, and some provide a combination of the two. Our Trinidad pantry focused its holiday programming on giving clients the choice of what they will receive and had a positive impact on the local Trinidad economy. This short interview with George Cozens, coordinator for the Trinidad Lion's Club Food Pantry, highlights their holiday giving program.

*Could you tell our readers a little bit about your pantry and the people you serve?*

"Well, we were originally located at the Town Hall in Trinidad, and then relocated to the Big Lagoon Church for a period. When the church closed, we moved back to the Town Hall where we are currently located. The Trinidad Lion's Club has been coordinating the pantry at each location, and many of our members are active volunteers. We have a great partnership with the city of Trinidad, where they allow us to use the Town Hall for pantry distributions and use part of the space for storage. I helped build locking shelving units, along with a rolling storage unit with an attached folding table, to assist with packing the bags of

food we distribute. On average I would say that we serve about 37 or so households each month."

*Many people think of Trinidad as a fairly affluent part of Humboldt County. Who are the clients of your pantry?*

"Trinidad is a fairly affluent area, but we do have many seniors who are living off their Social Security, as well as working poor living in the RV Park in Trinidad. These two groups make up a majority of our client base, but we do also have travelers, homeless and even people who live on the beach who sometimes come in for assistance."

*I really liked the simplicity of your holiday program and how it gave your clients the choice to select what was most appropriate for them. Could you give us a basic description of your holiday program?*

"This year we received \$1,000 from the Holiday Funding Partnership and \$500 from Green Diamond. We didn't want to purchase food items that may not fit the dietary needs or preferences of our clients, and we wanted to ensure that our program was benefiting the local economy in Trinidad. We decided to partner with Murphy's Markets to distribute vouchers that households could take to purchase the food they wanted for the holidays. Each voucher indicates that they cannot be used to purchase alcohol, tobacco or firearms, but otherwise they have the freedom to purchase

what suits their diet. We gave each household a \$10 voucher plus an additional \$10 voucher for each member in the household up to \$40. Through food drives at Murphy's Markets and the local Dell 'Arte performance, we were able to give out much larger food boxes than usual."

*How did the clients like your holiday program?*

"They seemed to really enjoy it - people seemed to be very happy when they received the gift. We even had one client write us a thank you card expressing how much she appreciated the gift. It is also nice to have a program that benefits our local grocery store. I think the only downside is that it doesn't necessarily have as much of a holiday feeling as giving a holiday food basket would."

*Do you have plans to do this again?*

"Yes - as long as we are able to receive funding. It is the second year we have done this program and it seems to really work. We also get a donation of \$500 each year from St. Martha and Mary Mission which helps us to do this voucher program over the Easter holiday. It works really well, since it doesn't take a lot of additional volunteer time or finding space to store additional food. It brings dignity to the clients by giving them the ability to purchase the foods they want for the holidays."

Thank you  
for your valued  
sponsorship of the  
Annual Holiday  
Spirit Food &  
Fund Drive!



## A Smoothie Ride

By Megan Westersund, Nutrition Education Coordinator

We have a new member in the Outreach team that will help us reach out to people in a way that embodies healthy eating and exercise. It's a *Fender Blender* bicycle blender!

Eating healthy is now even more fun. Instead of the pedal power moving it forward like a rolling bicycle, it moves gears that turn the blades of the blender. So far our new *Fender Blender* has debuted at local grocery stores and in the lobby of Food for People. In the summertime it will be a great addition to our Summer Lunch program and Produce Market distributions. It's a great way to bring people to the table to learn more about CalFresh (formerly food stamps) and nutrition. And just as important, it's a blast for everyone involved.



Megan in action on the Fender Blender preparing smoothies during KHUM week.

Below is a basic Smoothie Recipe from the Network for a Healthy California. Depending on what fruit, juice and yogurt you have available, try using different combinations for interesting flavor options. For a great winter smoothie, replace the berries with pumpkin puree and cinnamon. Instead of juice, use soymilk or cow's milk and the result will be a drinkable, healthy pumpkin pie.

### Strawberry Smoothie

#### Ingredients:

- ½ cup 100% orange juice
- 1 large banana, peeled and sliced
- 1 cup fresh or frozen strawberries, thawed
- 1 cup lowfat vanilla yogurt
- 5 ice cubes

#### Preparation:

- Combine orange juice, banana, and half of the strawberries into a blender container
- Blend until smooth
- Add yogurt, remaining strawberries, and ice cubes
- Blend until smooth.
- Serve immediately

Nutrition information per serving: Calories 153, Carbohydrates 32 g, Dietary Fiber 3g, Protein 5 g, Total fat 1g, Saturated Fat 1 g, Trans Fat 0g, Cholesterol 4 mg, Sodium 57 mg

The 21<sup>th</sup> <sup>Almost</sup> Annual

# Pun-Off

Home Grown Fun

IN PUN WE TRY2T  
(YOUR ACTUAL NAUSEA MAY VARY)

**Puntestants compete for the coveted jar of Pepto Dismal**

**Audience pun non-competitively between rounds**

**Magnolia**

Will provide the music, energy and inappropriate sound effects.

**Admission \$15 & a can of food**

a benefit for

**Food for People**

**Arcata Theater Lounge**  
**Friday, March 2**  
**Doors ajar at 7:30pm Pun begins at 8pm**

**Mix** Soft Rock  
**95.1**

**99.1 KISSFM**  
Humboldt's Hit Music Channel

Thank you  
**Mad River Radio**  
for your valued sponsorship of the  
Annual Holiday Spirit food & fund Drive!

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: \_\_\_\_\_



# Food for People

*The Food Bank for Humboldt County*  
307 W 14th Street Eureka, CA 95501  
(707) 445-3166  
[www.foodforpeople.org](http://www.foodforpeople.org)

Thank you to all of the local individuals, businesses, churches, civic groups and organizations who joined us in the fight against local hunger and helped make our 2011 Holiday Spirit Food & Fund Drive successful!

## HUNGER FIGHTER CHALLENGE TEAMS

### GOLD STAR WINNERS

(Raised 500 lbs/dollars or more)  
Community Wellness Center (DHHS)  
Cuddly Bear Thrift Store  
The Federal Building  
Fort Humboldt State Park  
Fortuna Kiwanis Club  
Humboldt CrossFit  
Kōkatat  
Pan Dulce Steel Orchestra  
Pacific Gas & Electric Company  
Prudential Redwood Realty  
Rio Dell School District  
Winzler & Kelly

### HUNGER FIGHTER CHAMPIONS

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Redwood Unit  
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Changing Tides Family Services  
College of the Redwoods Nursing Club  
Environmental Technology Inc.  
Eureka Physical Therapy  
Glen Paul School  
Hospice of Humboldt  
Humboldt County Adult Protective Services  
Humboldt County Community Development (Planning Division)  
Hummingbird Healing Center  
The Job Market  
Misty Mountain Tree Farm  
National Weather Service  
Provident Credit Union  
Public Health Branch (DHHS)  
Recology Humboldt County  
Redwood Coast Regional Center  
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Six Rivers Planned Parenthood  
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St. Joseph's Hospital  
Verizon Wireless Staff

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Tri-City Weekly  
TV 23 KAEF

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Janssen, Malloy, Needham, Morrison, Reinholtsen, Crowley & Griego, LLP  
Jessicurl  
JLF Construction  
Living Styles Furniture & Mattress Showroom  
Les Schwab Tire Centers  
North Coast Co-op  
Recology Humboldt County  
Redwood Capital Bank  
Rings Pharmacy  
Tomás Jewelers

## HOLIDAY FUNDING PARTNERSHIP

California Redwood Company  
County of Humboldt MCAH  
First 5 Humboldt  
Green Diamond Resource Company  
Humboldt Area Foundation  
Humboldt Association of Realtors  
Mel and Grace McLean Foundation  
St. Joseph's Health System - Humboldt County  
Pacific Gas & Electric Company  
Patricia D. & William B. Smullin Foundation  
Union Labor Health Foundation

## ADDITIONAL COMMUNITY DONORS

Arcata Interfaith Gospel Choir  
Blue Lake Casino  
Christ Church  
Cub Scouts Pack 99  
Dell'Arte  
The Emblem Club  
Eureka Interfaith Fellowship  
Faith Center U-Turn  
Future Farmers of America in McKinleyville  
First Congregational Church  
Fog Dogs  
Grocery Outlet  
Humboldt State Child Development Lab  
Humboldt State Residence Halls  
Humboldt State Service Learning  
Ladies of Second Street:  
Booklegger  
Ciara's Irish Shop  
Going Places

## Humboldt Herbals

Holly Go Lightly  
The Linen Closet  
Yarn  
Legacy Walk Against Hunger  
Lutheran Church of Arcata  
McKinleyville Middle School  
Moose Lodge  
North Valley Bank  
Ray's Food Place & Shop Smart Markets  
Redwood Empire Quilters Guild  
Rotary Clubs of Eureka, Fortuna & Arcata  
Safeway Stores, Inc.  
Saint Bernard's School  
Temple Beth El  
United Methodist Churches  
United Bikers of Northern California  
Unity Church of the Redwoods  
UPS

## FOOD DROP OFF LOCATIONS

Bank of America, Arcata and McKinleyville  
Community Credit Union of Garberville  
Country Club Market  
Curves of McKinleyville  
Dow's Prairie Elementary School  
Eureka Co-op  
Fieldbrook Country Market  
Ferndale Community Church  
Grace Good Shepherd Church  
Grocery Outlet  
Hoby's Market  
Les Schwab Tire Centers  
McKinleyville High School  
Miller Farms  
Morris Elementary School  
Murphy's Markets  
North Valley Bank of Garberville  
Orick Community Resource Center  
Ray's Food Place & Shop Smart Markets  
Redway Family Resource Center  
Safeway Stores, Inc.  
Scotia True Value Hardware  
Security National  
Timber Ridge Senior Assisted Living  
Wildberries Marketplace  
Willow Creek Community Resource Center  
Umpqua Bank  
US Bank Branch Offices  
US Post Office in Ferndale  
Village Club of Ferndale  
Valley Grocery of Ferndale

## The MAC House Garden

By Megan Westersund, Nutrition Education Coordinator

Nestled behind the Multiple Assistance Center (MAC), there are garden beds scattered with seasonal produce. Tiny carrots, radishes, lettuce, chard and parsley were ready for harvest when I visited. MAC House is a community living program for families in transition that combines safe and clean temporary housing with in-depth case management and on-site direct services.

On November 10, 2011, I joined Debbie Peticara, the AmeriCorps VISTA for the Community Gardens Collaborative, for a hands-on garden cooking class. We started by harvesting the vegetables from the MAC House Community Garden, and everyone was eager to participate. The kids especially enjoyed looking for tiny carrots and radishes to pick. After we harvested the vegetables, we took them inside and Debbie showed everyone how to clean the vegetables as she talked about preparation. For the dressing, we used pineapple juice from a can of pineapple chunks, olive oil, minced garlic, dried herbs, salt and pepper. We also made hummus in a bag, which was passed around for the energetic kids to squish in their hands until smooth. It was perfect for dipping our veggies. We made a healthy, creamy ranch dip with white beans for a smooth thickener and additional protein and fiber. While preparing the food, we talked about nutrition and different ways to eat healthy on a budget.

Gardening is something that can increase access to fresh food, promote exercise, bring people together and be a great nutrition education activity, especially for kids. Gardening can take root in many forms. Some people plant a plot in their neighborhood community garden; some have a big garden at home or just a pot of herbs inside by a window. People who have CalFresh can even use their EBT cards to buy seeds and starter plants, making it even more affordable to start a garden.

It was really inspiring to see the MAC house residents involved in their community garden, despite having challenges in their lives. I hope that as they transition into their new homes they continue to be involved in a community or home garden.

Thank you for helping Food for People make sure our friends and neighbors in need have enough to eat during these challenging times. This season, community members donated 37,055 pounds of non-perishable food — Thank you Humboldt County!



Cowboy Photos by Ginny Dexter

The Back Country Horsemen of the California Redwood Unit trek across Eureka to deliver food via pack train during the Cowboy Canned Food Convoy, which also kick-offs our Holiday Spirit Food & Fund Drive.



Anne Holcomb from Food for People with Amy and Cliff Berkowitz from KHUM at Ray's Food Place in McKinleyville during KHUM week when they broadcasted live from a different grocery store every day for a week. KHUM raised over 7000 pounds/dollars for Food for People this year!

## The Ladies of Second Street

These wonderful locally-owned businesses in Eureka's Old Town, known as the "Ladies of Second Street," continue a generous holiday tradition. Each year, they select several nonprofit organizations working to address local needs and donate 5% of their sales from the first seven days of December. Customers direct their donations to the organization of their choice, knowing their purchase helps support local nonprofits working to improve the lives of our friends and neighbors in need. We are grateful for this tradition which serves to raise awareness about local nonprofits, putting money right back into action in our community while shopping locally. The following businesses participated this year:

**Booklegger, Ciara's Irish Shop, Going Places, HollygoLightly, Humboldt Herbals, The Linen Closet and Yarn**

## Backpacks for Kids Going Strong

By Niki Gribi, Child Nutrition Coordinator

Since October we have sent sacks of food home with children in McKinleyville, Arcata, Samoa, Eureka, Fortuna and Bridgeville on Friday afternoons. These bags contain kid-friendly foods like macaroni and cheese, cereal, fresh fruit, peanut butter, whole wheat bread and granola bars. The Backpacks for Kids program is locally funded by generous donors, and powered by volunteers who pick up, pack and deliver the bags each week. In fact, the donors and volunteers for this program are often one and the same, inspirational folks helping to make sure their neighbors have enough to eat.

Over the holidays, we received a number of grants for the program, and with that injection of

funding, we have been able to start sites in Willow Creek, Blue Lake, Rio Dell, Hydesville and Redway. Enrollment jumped from 189 to 236 students in January, and will grow even more in the coming months. That means we are reaching nearly 50 more children each week, helping them and their families make ends meet. Thank you to all our supporters! We are still hoping to serve children in Loleta and Orick this year, and our goal for enrollment is 300 students. We are confident we will reach that goal with your continued support.

In other Backpacks news, we have committed to strengthening our nutrition message through this program. We are providing fresh fruits and/or vegetables in the bags every week. Children have so far

received apples, oranges, carrots, pears and raisins. Often the fruit is picked from local backyards through our Gleaning Program and given to children in the same neighborhood. Please keep hungry children in mind if you have extra fruit on your backyard trees next year! We are also giving out age-appropriate recipes, games and newsletters every week in the bags. We hope that these fun activities will help children recognize the benefits of healthy eating and exercise.

Backpacks for Kids is going strong. Every week, we are helping more children in need get the nutritious food they need to do well in school, thanks to our many community supporters.

Thank You Eureka Television Group for your valued sponsorship of our 19th Annual Holiday Spirit Food & Fund Drive!



the Eureka Television Group

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