



Food Notes

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

Winter Issue, 2013

Thank You for Supporting Backpacks for Kids

By Nicole Gribi, Child Nutrition Coordinator

KHUM week begins with Larry Trask, Deb Waxman and Amy Berkowitz at the Co-op on right while the Cowboy Convoy kicks off our holiday drive in far right photo.



Every weekend during the school year, we send food home with children across the county through our Backpacks for Kids program. Students eligible for this program eat free and reduced cost lunch and sometimes breakfast at school. Those school meals are not available on Saturdays and Sundays. In order to make sure every child has enough to eat when school is not in session, we partner with schools and Family and Community Resource Centers to provide a bag filled with kid-friendly foods to help them through the weekend.

This program is truly a collaborative effort. It is awe-inspiring to see so many diverse members of our community come together to help children get the food they need to succeed. We would like to take this opportunity

Continued on page 5

The 20th Holiday Spirit Food & Fund Drive

By Laura Hughes, Local Foods Resource Coordinator

This holiday season made apparent just how blessed Food for People is in our wealth of community relationships and support for our mission, underlining the amazing generosity of the community in which we live. Hundreds of groups and thousands of individuals came together during our **20th Annual Holiday Spirit Food & Fund Drive** to help ensure the people we serve had enough to eat, not just during the holidays, but through the winter months as well. Through the combined county-wide efforts of all who participated in the food drive, 64,311 pounds of food were donated between the beginning of November and the end of the year.

The annual **Cowboy Canned Food Convoy** once again kicked off our holiday season, as the Redwood Unit of the Backcountry Horsemen of California trekked through Old Town Eureka with saddlebags full of food to be donated. It was a festive atmosphere as excited onlookers fed apples and carrots to the horses while food donations were unloaded at our warehouse.

Shortly thereafter, donation barrels were placed at numerous sites throughout the county, including grocery stores, banks and other local organizations. During the week of Thanksgiving, our annual Holiday Spirit Food & Fund Drive donation bags were distributed through the

Times-Standard. Donation barrel locations were listed on the holiday bags, making it easy for people to donate nonperishable items wherever and whenever it was convenient for them. Thanks go to Grocery Outlet, North Coast Co-op, Wildberries Marketplace, Safeway, Ray's Food Place, Shop Smart, Murphy's Markets, North Valley Bank, US Bank, Les Schwab Tire Centers and many others for hosting our collection efforts.

The highly-anticipated KHUM on-air food drive week followed Thanksgiving, with Food for People staff joining the ever-supportive and enthusiastic KHUM DJs for live broadcasts at various grocery stores throughout the county. Together we spent the week

highlighting local hunger and Food for People programs that meet community needs. Cliff, Amy, Larry and Mike are a pleasure to work with and always do a great job of motivating listeners to donate through stories, games and other challenges. During the broadcast at the Shop Smart in Redway, one generous community member filled several shopping carts with food items to donate. As she was shopping, another shopper asked what she was doing, and handed her a \$100 bill to put toward the cause, illustrating the contagious nature of such generosity.

The annual **Hunger Fighter Challenge** was another exciting component of our holiday efforts. More than 40 Hunger Fighter

Continued on page 9



Food For People, Inc.
The Food Bank for Humboldt County
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In This Issue

Locally Inspired
Spotlight on Volunteers
Senior Brown Bag Celebrates
Gold Star Hunger Fighters
Nutrition Nook & Recipe

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.

Locally Delicious Invites Your Support in 2013!

By Harriet Pecot, Fund Development Director

Broccoli, cabbage, squash, tomatoes, beets, carrots, fennel and greens of many varieties are amongst the diversity of locally grown produce raised specifically for several of our programs. Thanks to the generosity and creativity of the authors of *Locally Delicious: Recipes and Resources for Eating on the North Coast*, also known as the Heirloom Tomatoes, Food for People will receive thousands of pounds of high quality, nutrient-dense, organic produce from local farmers this coming season.

"Locally Delicious is excited that we are entering the fourth year of the program," says Heirloom Tomato Ann Anderson. "It supports our goals of making healthy local food available to a broader group and at the same time increases food security for the entire community by working with local farmers to strengthen our food system." For the fourth consecutive year, these women are challenging our community to meet their donation of \$3,000 and help raise funds for us to contract with local farmers this growing season.

St. Joseph Health System has similarly made the commitment to match the \$3,000 for the fourth time running. In addition to their matching donation, we are asking the community to participate by donating to the Locally Delicious Food Fund. This will provide many months of high quality, nutritious produce for our Senior and Homebound programs, while at the same time keeping money in our local community by supporting our local farmers. As Martha Shanahan of St. Joseph Health System - Humboldt County remarks, "One of our core values is to improve the health and quality of life of the people we serve, and this program achieves that. Not only does it help strengthen

our local food system, but it gives homebound seniors and others living in poverty access to fresh produce." Indeed, fresh produce is often a luxury item for people when money is tight, so ensuring access to such nutritious, locally-grown food through this program is essential to the health and well-being of our community.

Last year the combined efforts of the Locally Delicious authors, St. Joseph Health System and community donations resulted in raising \$8,000 and allowed us to contract with nine local farms, including Green Fire Farm, Organic Matters

Ranch, Flora Organica, Trident Lightning Farm, Neukom Family Farm, Luna Farm, Home Plate Farm, Valley Flower Vegetable and New Moon Organics. Collectively, these farmers provided almost 13,000 pounds of fresh produce to our Senior and Homebound Delivery programs. Many of these farmers are also frequent donors to our Gleaning program.

Please join us in supporting this program for the 2013 season. You can contribute online at www.foodforpeople.org and select Locally Delicious Food Fund as the designation for your gift on

our secure donation page. You can mail us your donation with a message designating it for this program or you can contact Harriet Pecot, Fund Development Director, at harriet@foodforpeople.org or (707) 445-3166 extension 306.

Food for People would like to thank the authors of Locally Delicious, St Joseph Health System, and the many donors who contributed to the fund to make this possible as well as all who help keep this amazing program alive and active in our community.

Share the Spirit

By Harriet Pecot, Fund Development Director

If you shopped at the North Coast Co-op during the Share the Spirit campaign, there's a good chance you contributed to this fundraising effort, which ended up raising a total of \$12,850 in donations for Food for People! The success of this effort is a great example of an involved and generous community. In this case, cashiers at the Arcata and Eureka stores held a friendly competition to see how much money they could raise for Food for People. They asked customers to round off their purchases or add a little bit extra to their grocery total to donate to the food bank. In addition to the amount donated at the registers, the Co-op matched their customer donations with an additional \$5,000. This money was donated to Food for People in support of our Local Food Resources Program

The Local Food Resources Program coordinates Food Drives and Gleaning activities that help supply the food bank with a steady supply of fresh and nonperishable foods year round. Food Drives, both large and small, access donations of nonperishable food from the community to help feed

an increasing number of people in need throughout Humboldt County. They include participation from many organizations, schools, churches and businesses, as well as thousands of generous community members. The Gleaning program accesses and harvests donations of fresh fruits and vegetables from local farms, orchards and ranches as well as through its *Plant a Row for the Hungry* campaign, which encourages backyard gardeners

to grow a little extra to donate to the food bank. These fresh and nonperishable donations help Food for People achieve its mission of building a healthy, hunger-free Humboldt County.

Food for People's staff, Board of Directors and volunteers extend their warmest thanks to Co-op employees and shoppers who made this year's Share the Spirit campaign such an amazing success!!



Above, Kelli Reese, General Manager of the North Coast Co-op is on the left, with Anne Holcomb, Executive Director of Food for People on the right.

**NORTH COAST
CO-OP**

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

**EAT
YOUR
VEGGIES.**



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Notes from the Director

A Heartfelt Thanks to our Community

By Anne Holcomb



number of people, up 7% in the 2011-2012 fiscal year in our Choice Pantry, which had experienced a 59% increase the year before. Programs for children, families and seniors also remained strong countywide. Local food donors played a major role in sustaining these efforts, donating more than 400,000 pounds of "close to pull date" foods through local grocery stores and almost 100,000 pounds more through food drives, large and small. Backyard gardeners and local farmers did their share by donating almost 43,000 pounds of fresh fruits and vegetables grown right here in Humboldt County. Partnerships with "Farm to Family" and "Donate, Don't Dump" at the state level made it possible for us to host the fifth year of the popular free produce markets from May through October, providing 151,000 pounds of fresh fruits and vegetables that reached an average of 1,730 individuals each month. Partnerships with Humboldt County DHHS and local agencies helped us extend our reach even further, launching the Mobile Produce Pantry and conducting CalFresh outreach to help

connect folks with nutritious foods as they explored eligibility for federal nutrition assistance programs. We also managed to infuse the message that healthier diets lead to healthier communities into all of our activities - a message that should resonate with all of us, regardless of income level.

We're proud of what we've been able to accomplish as we've pieced together the resources to make it happen. Grant funding comes and goes as priorities change, and government funding remains uncertain and elusive for much of what we do. One of the key factors in sustaining our efforts has been the support we receive right here in our own back yard. Thanks to the generosity of community members, local businesses, civic groups and foundations, and the dedication and creativity of our staff and volunteers, we've been able to help when needed most while maintaining the atmosphere of dignity and respect our clients deserve.

Some things will change and some will remain the same as we head into 2013, but our first step as we move forward is to build on our successes achieved to date.

Looking forward, we hope for better days, marked by a reduction in poverty and hunger and a greater sense of well being for all. We firmly believe that by working together, the vision of stronger, healthier communities is firmly within our grasp. We hope you will join us.

With warmest wishes for a happy, healthy and prosperous New Year,

Anne Holcomb

The Ladies of Second Street

The wonderful locally-owned businesses in Eureka's Old Town, known as the "The Ladies of Second Street," continued a generous holiday tradition. Each year, they select several nonprofit organizations 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. Participating businesses were Booklegger, Ciara's Irish Shop, Going Places, The Linen Closet, Humboldt Herbals, Sassafras and Yarn. Thank you for including Food for People in your fundraiser!



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.*

The end of one year and the beginning of the next always offers an excellent opportunity to reflect and give thanks as we turn our thoughts to the future. This issue of Food Notes is filled with a little bit of both that we are pleased to be able to share with you.

I'd like to start with gratitude. We are incredibly grateful that 2012 brought us a record number of volunteers who contributed 36,151 hours of their time - the equivalent of 20 full time staff positions. Thanks to their efforts, we continued to serve a record

Thank you
Times Standard, Redwood Times & Tri-City Weekly
 for your valued sponsorship of the Annual Holiday Spirit food & Fund Drive!



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



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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.



Photo by Ginny Dexter

The Different Faces of Hunger

By Harriet Pecot, Fund Development Director

In working at Food for People, I get to meet a variety of people in our community including donors, program partners and volunteers as well as the people in need of our services. Meeting the people we assist has put a face on local hunger and shown me many of the reasons people are struggling with hunger in our community.

What struck me as poignant right from the beginning was the realization that most of the people we help have to work through feelings of shame just to get through our front door. At Food for People, we see hunger taking many forms and people needing food assistance for many reasons. For example, there are a lot of people who lost their employment in this economy and need our help getting through a hard and often transitional time. We have special

programs for seniors who are living on fixed incomes and can't afford basic healthy food without help. As our seniors have to deal with medical issues that come with aging, they often have to choose between filling prescriptions and filling the grocery bag. There are still thousands of children in our community going to sleep hungry. These school children need the support of community in order to escape the cycle of poverty. They need access to good, healthy food and the possibility to grow into their best selves. Most of us know someone in our circle of family or friends who has battled a major illness. And we also know that getting sick is expensive and often drains resources for medical expenses. We help a lot of people in need of assistance due to major illness or because they are living through a tragedy. There are also

people in our community with disabilities, on fixed-incomes, who are in need of our help. Some are homebound and receive food that we deliver directly to their homes. Some come to our pantries suffering from mental illness, with limited resources and without family or community to support them. We see people battling the many sides of addiction, and homeless individuals who need a caring, helping hand.

Poverty (and hunger) is insidious, and once headed there it is hard to turn one's life around. There are a lot of people without the options or community that a lot of us are lucky enough to have. They don't have the resources, environment, knowledge, support, health or even the strength to survive on their own. Those of us in a position to help can impact the role of hunger and improve

the health of our community. The first step is to ask what you can do to end hunger in Humboldt County and find where you fit into the solution. Perhaps you want to donate regularly, volunteer at a local pantry or participate in a food drive. There are many, many ways to be part of the solution. What is amazing is that everyone doing a little really does turn into a lot. I appreciate the opportunity to do my part and feel grateful to be a part of the work we do at Food for People and for the possibility of making a difference.

For more information on how you can get involved or make a donation, contact Harriet Pecot via email at harriet@foodforpeople.org or by calling (707) 445-3166 extension 306.

Thank You Umpqua Bank!

By Nicole Gribi, Child Nutrition Coordinator

Umpqua Bank's Community Giving program has once again granted us funds in support of our Backpacks for Kids program. This marks the third consecutive year Umpqua Bank has teamed up with Food for People to make sure that school children at risk for hunger in our community have enough nutritious food to get them through the weekends. Their grant will help us purchase kid-friendly food for children at Eagle Prairie Elementary School in Rio Dell and the Loleta Elementary School in Loleta.

More than 70% of the students are eligible for free or reduced-price lunch in both of these schools, which means their families are living at or below the

Federal Poverty Line. In Loleta, the number of students in need of food assistance is closer to 100% of the current enrollment. We work closely with staff at the local St. Joseph Community Resource Centers to find and feed the children in most need at both of these schools.

Umpqua Bank's generous gift is making it possible for us to send food home for 43 students. Thank you Umpqua Bank!

Anne Holcomb, Executive Director of Food for People, is shown in photo at right receiving the donation from Jerry Schmidt and Amber Patzlauff of Umpqua Bank.



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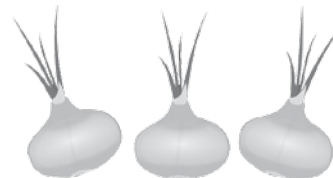
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Volunteer Spotlight on Sharon Bishop

By Randy Weaver, Volunteer Coordinator

The generous people who volunteer their time at Food for People are the heartbeat of our organization. One such person who embodies this fact is Sharon Bishop, who celebrated her one year anniversary as a Food for People volunteer on January 23, 2013. Helping out at our organization is just her latest effort towards helping to make our community a better place.

Sharon exemplifies the volunteer spirit. For example, Sharon volunteered for more than 15 years at Jefferson Elementary School before the district was forced to close the site in 2005. Sharon says that she loves to volunteer for several reasons. First, volunteering keeps her active, which is important because Sharon is living with Rheumatoid Arthritis. She spends much of her time working in the warehouse and tells us that the physical activity has been an excellent way to combat many of the physical symptoms of this condition. But Sharon insists that the biggest reason that she volunteers at Food for People is because she "loves it here, likes working with the people at Food for People and



Sharon is shown in the above photo volunteering in our warehouse with her usual smile and cheerful attitude.

enjoys helping the community." Sharon also has a great sense of humor, and when asked what else motivates her to be a community volunteer, she cracks a smile, laughs and adds, "because I saw Jon Bon Jovi's public service announcement on TV. He asked me what I could do for the community - so here I am!"

Sharon was born in Stockton, California and was the only daughter out of seven children. During her sophomore year of high school, she moved to the more pastoral surroundings of Trinity County. She met her husband while living there, with whom she has enjoyed 37 years of marriage. In 1989, she moved over the hill to Humboldt County and has been here ever since. In her

spare time, Sharon enjoys spending time with her grandchildren, walking her dog Ladybug, and occasionally going to the casinos. She also enjoys cross stitching and reading novels, many of which she finds in our informal lobby "library."

Sharon is an awesome volunteer who brings a lot of energy to our organization. She is always ready with a smile, a great can-do attitude, and often acts as a mentor to new volunteers as they get up to speed with the many facets of our operations. Sharon is also a great recruiter for volunteers. For example, over the holiday season she brought in her son Michael, a Humboldt State University student, who was a big help during this very busy time of the year. Sharon is a great advocate for Food for People and she "encourages anyone in the community to come down and help out. It is lots of fun and it really helps out the community!" The staff at Food for People would like to say thanks to Sharon and all of our other volunteers. Our mission of fighting hunger in Humboldt County would not be possible without all of you!

Backpacks *Continued from page 1*

to thank our many supporters. Whether they give money or time, help pack bags, find children in need, throw one of the many fundraisers, pick up or deliver food - each and every person who contributes to this program makes a difference in the lives of children in their neighborhoods. We currently send bags home for nearly 400 children at 18 schools countywide every week, which is only made possible by our generous donors, volunteers, and partners.

We would like to thank all of the organizations that sent grant funds in support of this worthy cause! A grant from Hops in Humboldt is currently helping to feed children in Hydesville and Carlotta. Umpqua Bank's Community Giving grant is serving children in Rio Dell and Loleta. Grants from Walmart and The Safeway Foundation are helping us fill in the gaps for many of our school sites throughout the county.

We also recognize the contributions of all of the local service clubs that give their time and money in support of this program. Many of these groups are long-time supporters of the program and have become strong advocates for hunger-related issues in our community. Many thanks to the Eureka Rotary, Eureka Southwest Rotary, Old Town Eureka Rotary, Arcata Sunrise Rotary, Fortuna Sunrise Rotary, Fortuna Noon Rotary, Lost Coast Rotaract, Arcata Kiwanis and McKinleyville Kiwanis. We also appreciate the ongoing volunteer

support from the folks at the Northern California Community Blood Bank.

There are also numerous local businesses that are an integral part of supporting our Backpacks for Kids Program for whom we give thanks.

The success of this program also relies on the strength of our partnerships with staff at our school sites and Family and Community Resource Centers. Thank you to staff and Americorps members at participating elementary and middle schools, including Peninsula Union, Arcata, Trillium Charter, Lafayette, Alice Birney, South Bay, Pine Hill, South Fortuna, Fortuna Middle, Bridgeville, Eagle Prairie, Blue Lake, Trinity Valley, Loleta, Hydesville, Cuddeback, Dow's Prairie, and Morris. Family and Community Resource Centers play a crucial role in connecting kids with food for this program. Thank you to our partners at the Bridgeville, McKinleyville, Willow Creek, Rio Dell, Blue Lake, and Loleta Family and Community Resource Centers for all of your extra effort in coordinating this program.

Backpacks for Kids is blessed to have such a large, diverse group of supporters. We are grateful to all the people and businesses that contribute to our No More Hungry Kids campaign (including Backpacks for Kids) with individual donations throughout the year. Every one of you is making a difference for children in Humboldt County.

By supplementing fresh produce, dairy products and bread with the non-perishable foods you donate, Food for People can provide nutritious meals for the thousands of children, adults and elderly who suffer from hunger. Here is a list of non-perishable foods that will provide the maximum amount of nutrition for those in need.

Protein Items	Canned Meats
Chili/Stew	Canned Tuna
Peanut Butter	Soups
Grains, Pasta & Rice	Nutritional Drinks
Breakfast Cereals	Beans
Boxed & Canned Juices	Canned Fruits & Veggies

The food you give goes further than you think!



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

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Holidays in the Choice Pantry *By Ivy Matheny, Food Distribution Coordinator*

Each month of the year, more than 1,200 households access the Choice Pantry in Eureka. Without exception, our Choice Pantry bustled with activity throughout the holiday months of November and December. For some, a visit to our food pantry was a substitute for the luxury of a traditional last minute trip to a favorite local grocery store while busy getting ready for the holidays.

With great anticipation and some holiday stress, each family pushed a shopping cart through the circular pantry, selecting items from each food group according to a point system. Thanks to many generous donations, we were able to offer a bonus of traditional holiday meat to help struggling households create their own holiday traditions and bring family around the table. We were excited to offer a selection of hams, roasting chickens, turkeys and even Tofurkey for each family we served this holiday season. Our clients tell us that the extra special holiday item elevated their holiday dinner tables from looking like their usual budget variety meal. While some of us may

at times take these traditions as commonplace, they are uniquely special for so many of the vulnerable households we serve. For these struggling families, a full holiday meal is greeted with great relief and appreciation and provides a sense of pride, joy and comfort that is sorely needed.

Through an intake interview process with each household, we learn valuable family histories that give us new insight into some of the root causes of hunger. There is a range of experiences of each family's temporary or longer-term need for food assistance. In these bleak economic times, we now see the experience of and reasons for poverty in Eureka stretching far wider than ever before.

As the low income population grows, the demographics of people seeking food assistance are expanding. Our newest group of households includes able-bodied, work-experienced individuals who seem to have had every advantage or privilege required to find or hold a job, yet are now suddenly without employment. We see single and two-parent families losing critical jobs at a rapid pace. We see single

individuals who are unable to support themselves. These community members never imagined they would have difficulty keeping themselves or their children well-fed and healthy. Now they are preparing themselves to ask for food assistance for the very first time.

One individual comes to mind as an example of someone who never thought that he would need food assistance. Greg is 38-years-old and appeared to be in good health, but his posture and fragile demeanor demonstrated a very different outlook. The pain, sadness, confusion and extreme depression that Greg had shared with his intake interviewer was written all over his face. After a 15 minute intake and referral process, the interviewer learned many details about Greg's life. He had just separated from his wife of 10 years and was in the process of gaining partial custody of his eight-year-old daughter. Although the breakup was gradual and expected, the loss of his job was sudden. He was laid off just one month ago from a management position he held since just before his daughter was born. Greg suddenly found himself with-

out a job or a spouse, and had only two days a week to spend with his daughter. He was living out of his car, had no income, and appeared to have used all of his strength and composure to get himself through our pantry doors. As an individual and as a man, Greg expressed his own disappointment in the state of his life circumstances.

I met Greg while he was shopping in the pantry. In his sensitive state, he struggled to come to terms with his new lack of cooking facilities and didn't know what foods to choose for himself. He barely made any eye contact with me or his volunteer shopping assistant. I was shocked to notice that when he did make eye contact, even if only for a quick glance, a tear would slip out of his eye just as fast as he could brush it aside.

It takes an incredible amount of courage to walk through these doors and ask for assistance for the very first time. The staff and volunteers at our pantry go to great lengths to help our community members feel welcome and safe. But as I have discovered from years of experience in this setting, asking for and receiving food assistance

for the first time will always be harder than it looks.

With great appreciation to our many donors and grant funders, the food distributed here at the Choice Pantry continues to have a powerful and important nutritional impact on thousands of adults and children each month. We are fortunate to receive daily food donations that are selected with care and intention to suit low-income households who are simply looking for healthy, easy-to-prepare items that can supplement their own modest trips to the grocery store. Hundreds of community volunteers donate their time to the pantry each month. Their selfless hours keep the pantry running smoothly and full of encouragement and positive regard for our clients. We give a big shout of thanks to everyone who made a contribution of food, time or funds that help us keep this critical food pantry open and the shelves stocked. You helped make this holiday season special and made a difference in people's lives.



Happy Birthday Senior Brown Bag *By Anne Holcomb, Executive Director*

Do you remember seeing a 15-foot-high version of this mock grocery bag on the corner of West 14th and Broadway in Eureka, where Walgreen's now stands? In 2006, Food for People staff and board members erected the bag in that very visible location to call attention to the efforts to save state funding for the Senior Brown Bag program. That initial effort suc-

ceeded, but we were not so fortunate in 2008, when the Legislature voted to cut all funding. The good news is that thanks to a few successful grant applications and lots of local support, we are now celebrating 25 years of service to Humboldt County seniors. This program represents a real lifeline to an average of 300 seniors each month who are living on low, fixed monthly incomes, and helps them

maintain their health and ultimately, their independence.

Each bag includes a variety of USDA and locally donated foods, bread, and up to 10 lbs. of fresh produce. Thanks to funds provided by the authors of the Locally Delicious cookbook, St. Joseph Health System - Humboldt County and individual donors, we were able to contract with local farmers to grow fresh fruits and vegetables

specifically for our programs, with the majority of the local and often organic produce prioritized for the households served by our Senior Brown Bag and Homebound Delivery programs.

We have senior sites all over the county and a cadre of dedicated volunteers that delivers the monthly bags to seniors who are homebound. These drivers serve as our eyes and ears in the community, checking on each person's well being and taking a few minutes to visit and provide cherished moments of social contact.

Services are currently provided at 17 sites countywide, which can be found on our website at www.foodforpeople.org. When asked "Will you still need me, will you still feed me when I'm 64?" we are pleased

to say that we can! For more information on our Senior and Homebound programs, contact Argelia Munoz at (707) 445-3166 ext. 303 or by email at amunoz@foodforpeople.org.



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Senior Spotlight on Robert Kinney

By Argelia Munoz, Community Food Programs Coordinator

Robert R. Kinney first came to work with our Senior Brown Bag program during June of 2010. Food for People had provided some senior services in Willow Creek before then, but it wasn't until Chris Smiley, Food for People's previous Community Foods Program Coordinator, established a working relationship with Robert, that we were able to include fresh produce along with nonperishable foods. As the Elder Advocate of the Yurok Tribe Social Services Elder Abuse Awareness Program, Robert was able to dedicate a full day volunteering for our Senior Brown Bag program.

Robert's day started at 8:30 a.m. when he left his home in Hoopa and traveled an hour to arrive at Food for People in Eureka. Once at our warehouse, he packed produce for the 27 clients in the Weitchpec area. With the freshly packed produce and food commodities in tow, he would then drive back on Highway 299. At approximately 12:30 p.m. he would arrive in Pecwan and start his deliveries. It was not until 6:00 p.m. that evening that he would finish his full day of delivering food bags for the elders.

With more than two years of delivering food to elders in Weitchpec, Robert has not missed one distribution. He even traveled to the Amazon during February of last year and still didn't miss that month's distribution. He gives thanks to all who have helped along the way, including interns who volunteered during past summers.

"Wendy G. really helped with



Robert brings his great attitude and upbeat energy to all his endeavors!

produce preparations and food deliveries during the summer of 2011, and Pearl D. volunteered her time and energy during this past summer. I am very grateful for their assistance," says Robert of all the help he has received along the way.

The Senior Brown Bag program has provided countless items of food for appreciative elders in a very rural part of California. In addition to the Senior Brown Bag program, Robert was also able to deliver fresh and smoked salmon, buffalo meat, eels and other traditional foods through the Yurok Tribe's Abuse Awareness Program.

As a Humboldt local, spending his childhood growing up in Salyer, and attending Hoopa High, Robert realizes the importance of giving back to his community. After attending the University of California at Davis and earning a degree in Political Science and Native American studies with an emphasis in North America, Robert currently works with both native youth and elders in his community. Currently transitioning from his work at the Abuse Awareness Program to the Department of Education with the Yurok Tribe, Robert will be a full time guidance counselor for native youth in the Humboldt area. "We want to see our youth succeed in whichever career path they choose. We ask them where they want to go to college, as opposed to whether or not they plan on attending college," said Robert.

It is a bittersweet parting, now that Robert will no longer be part of the Senior Brown Bag distribution in Weitchpec. However the Yurok Education Department has gained a great asset and our local youth will greatly benefit from working with him. "Being part of the Senior Brown Bag distribution has been an awesome experience," reflects Robert. He is confident to convey that all of his clients are "very appreciative of all of the fresh produce, bread and canned goods they have received over the years. Seeing the elders so thankful has been a very personal and outstanding experience for me. Food for People has gone above and beyond

what is helpful for my community. Muchas Gracias, Wo-hlaw and much appreciation to the coordinators, staff and many volunteers for their ability to make it happen and get food to the elders. I wouldn't be able to do my part without the hard working staff at Food for People."

Even though his departure comes at the end of January, Robert has agreed to help find a replacement and is always very open and eager to assist where possible. Thank you Robert - for your dedication to your community and to Food for People's mission to end hunger in Humboldt County!

2012 Wildberries Food Challenge

Once again, Food for People teamed up with local radio station KHSU during their pledge drive to give listeners the opportunity to support two nonprofits for the price of one. Wildberries Marketplace challenged our community by offering to match \$2,500 in listener donations to KHSU with \$2,500 worth of food to Food for People. The response was very positive and KHSU listeners were quick to raise the \$2,500 needed to trigger the full match. Wildberries donated \$1,500 worth of food to Food for People, and two of their distributors, Nature's Best and UNFI, each matched an additional \$500 in food donations. The matching food donations will be used to enrich Backpacks for Kids, a weekend hunger relief program sponsored by Food for People. During the school year, bags filled with kid-friendly and nutritious foods are distributed every Friday to eligible school children. Some of the food donated this year will also be used to enrich the bags and boxes that are delivered to local seniors. Thank you to all who participated in this creative event. Special thanks go to Ed Subkis of KHSU and Aaron Gottschalk and Phil Ricord of Wildberries for their participation in this community fundraising effort. We appreciate you partnering with Food for People and helping us fight hunger in Humboldt County!



Above left photo shows Phil Ricord of Wildberries with Anne Holcomb of Food for People at KHSU for the Wildberries Food Challenge, while volunteers answer phones during the KHSU pledge drive in photo on right.



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GHD Inc.

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Holiday Spirit Food & Fund Drive Continued from page 1



teams, most returning from previous years and representing a wide array of businesses, organizations and groups, competed with one another to see who could raise the most food and/or funds. Every team had a different strategy, and all were excited to participate and lend their support to our holiday drive. A full listing of participating and winning teams is printed in this newsletter on page 15.

Humboldt State University is another important partner in our holiday drive efforts. HSU's Service Learning Department has facilitated its own Hunger Fighter Challenge among student groups and University departments for several years now, bringing in substantial donations from the residential communities surrounding campus, as well as on-campus donations. Thanks to Stacy

Becker, Annie Bolick-Floss and the dedicated Service Learning interns for their ongoing support and coordination. Once Service Learning's efforts were completed, HSU's Housing and Dining office coordinated its own food drive to coincide with the end of the semester, bringing in additional resources. We are grateful for the University's support of its local community.

In addition to all of these regular and carefully orchestrated components of our Holiday Spirit Food and Fund Drive, numerous other groups and organizations coordinated their own holiday donation efforts independently, illustrating just how rich we are in the spirit of community. A group of Arcata High School students ran a food drive on their own and brought the donated items to the food bank. John Ryan Youth

Center held a skateboarding food drive and collected canned goods as the price of participation. Blue Ox School collected donations at their annual holiday event as they do each year. Even local auto shops collected food items on our behalf. Many groups hosted their own drives for holiday turkeys including major donors such as the Faith Center U-Turn and the Wild Turkey Federation.

These are just some of the truly touching ways our friends and supporters have reached out to help others in need this holiday season. By donating a can, a dollar, or an hour - you have made a difference in the lives of many Humboldt County residents. Thank you for your ongoing support and may you have a happy, healthy and prosperous 2013!

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Arcata Food Pantry Spotlight – A Friendly Way to Get Food

By Jason Herwin, Pantry Network Coordinator

“It is a friendly way to get food and it makes me feel a part of the community,” replied Carter Fisher, Arcata Pantry volunteer, when asked what keeps him volunteering at the Arcata Food Pantry. “We get to know people’s stories and build relationships with those we are serving.” Carter’s response embodies our approach to serving those in need by creating a welcoming and dignified atmosphere where we can truly make connections with our clients. These personal connections provide a pathway for understanding their needs and hopefully illuminate ways we can better connect them to the community.

Another volunteer, Garry Nelson, indicated that what he enjoys most about volunteering is “seeing the effort that I put into the pantry going to help people who may not otherwise get any help. I have met people at their wits end because they had nowhere else to go, and they were so happy that this service was here.”

The Arcata Food Pantry recently transitioned in July 2012 to a new facility at the Campbell Creek Connexion Nazarene Church located near Humboldt State University. The pantry had previously been hosted at the Arcata Presbyterian Church as a temporary location in order to ensure the continuation of pantry services for low-income households following the closure of the prior pantry at the end of 2011. The new site pro-

vides a more permanent location with great storage space, a waiting area, intake tables and a welcoming environment for clients. The Campbell Creek Connexion Pastor, Bob Dipert, described the opportunity as “God directed – we were not necessarily looking to open a food pantry but were looking for ways to serve in the community. When we received a call from Food for People asking if we were interested, it seemed like our church now had the opportunity that we were being directed towards.”

The first step in the transition was building the trust of the surrounding neighbors. We held meetings with the neighbors to build understanding of our programs and maintain open communication. The Arcata pantry and volunteers strive to be good stewards of the neighborhood. Pastor Bob also believes the food pantry helps “meet our mandate as a church to help feed people. We as a church are called not just to preach the gospel, but to meet people’s needs.”

The Arcata Pantry recently purchased new refrigeration and utility carts, thanks to funding received through a Department of Health & Human Services CalFresh grant. The pantry is set up as a Choice model (similar to our Eureka pantry), which allows clients to choose the food items they want and can use, rather than receiving a pre-packaged box of food. Newly purchased utility carts help the volunteers and clients easily move

the food around the pantry, and new refrigeration helps the pantry expand its selection of dairy, meat and other refrigerated foods. It has been exciting to see another pantry use the Choice model, which brings dignity and efficiency to the distributions. One volunteer said he appreciates the positive atmosphere the pantry provides and believes the Choice model also provides the opportunity to build friendships with clients. Another volunteer described one client that she helped just before Christmas. “She had a large family and didn’t know how she was going to provide a special meal for the holidays. After she finished choosing the items she needed she was nearly in tears of thanks because she now had foods to provide a holiday meal for her family.”

Pastor Bob would like to see more volunteers involved, as well as lasting connections made with the community. The pantry currently needs more help with the Saturday distributions and is largely run by a small dedicated group of volunteers who are passionate about helping others. One volunteer describes volunteering as her way to give back to the community and a great way to spend her retirement. As Barbara Booyer, a pantry volunteer from the church describes it, “We are all one step from needing help.”



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# Tributes, Memorials & Gift Contributions

We would like to sincerely thank the friends and family of those who have made donations in honor and in memory of others. Your generous donations go a long way toward helping the 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 in-

clude 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

SANT KIRPAL SIUGH  
MARY PASTORE  
JAY NIEMANN  
PAM MURPHY  
BOB & ELLEN DURFEE  
SUZANNE SEEMAN  
IRA SAMUELS  
SAM & EVE LEEPER  
MARRIN "DOUG" EAST  
BILLIE LEARN  
JOHN BERTI  
YVONNE GRIFFITH  
CAROL MYERS  
NANCY GUY  
JANE & MARIO  
BRENTA  
MICHAEL LOZANO  
ROBERT GRAY  
LAURA  
AUDREY MCROBERTS  
JEFF SIMMONS  
JIMMY CLARK  
JOHN WALTER  
BETTY BOYCE  
TOBY GHIDINELLI

TRACE & WENDY  
COLLINS  
DOROTHY DAY  
GUY KUTTNER  
SIDNEY K. SCHWARTZ  
BOB PETERSON  
WES D. OLSEN  
JOHN, JASON & WENDI  
FLORENCE & HAROLD  
MAYER  
STEPHEN BOWEN  
SUSIE WILLIAMS  
REBECCA EDWARDS  
JESSIE WRIGHT  
DENIS BEAUPRE  
THOSE WHO DIED  
HOMELESS  
GERI GIACONE  
SHIRLEY WILLIAMS  
DIANE L. SANDIGO  
BILL DUSICK  
DONNA DUSICK  
SKIP STONE  
JERILYNN JOYCE  
ALVARA  
ROBERT ANDERSON

## IN HONOR

JOHN BRADLEY  
ANNE HOLCOMB  
FOOD FOR PEOPLE STAFF  
JEANNE MATTOLE'S KIDS  
BEA RENNER  
JUDY ANDERSON  
ELIZABETH THOMPSON'S  
RELATIONS  
NONA KRAUS  
HART & BUCKLEY FAMILIES  
KEVIN & JEN FITZGERALD  
ARCATA HOUSE  
KATHY YANKE  
WILLY CHRISTIAN  
WILLIAM BOLLIG  
EDITH WATSON  
MARGARET LANG  
STEVE RAILSBACK  
KAREN ANGEL  
CHRIS & CHRISTINA  
HINES  
VIVIENNE HINES BETZ  
CRAIG HINES  
JONAHAN SIEKMAN  
SHELLY SIMMONS  
CARRIE LEE  
MARJORIE RUSSEL

BONNIE BELL  
SMILING FACES & BRIGHT-  
ENED FUTURES OF OUR KIDS  
CALIFORNIA  
ORPHA BOGGS  
FRIDAY GROUP  
KAREN HARRIS  
JASON, TERESA & MAY  
HOOD  
TOM ROBERTS  
ERIKA MAKINO  
STEVE PARODI  
RON HARTMAN  
PAUL & VALERIE TAYLOR  
ANNE & MARK HARRIS  
KATHY & JOHN NOBLE  
TRACEY COLLINS  
BETH & JIM HARVILLE  
JANE FITZGERALD HINES  
BEN & JUDY HINES  
DON MURPHY &  
BOB "HOKE" HOLCOMB -  
FFP VOLUNTEERS  
JOY DELLAS  
DOROTHY RIVERS  
KEITH  
MILT DOBKIN  
DAVE FERAL



## In Honor of Dave Feral

Dave Feral joined the North Coast Co-op Board in 2007 and became Board President in 2008. Dave was instrumental in the Co-op's 2009 Strategic Planning Process, which led to a five year plan for the Co-op. Dave's forward thinking, strong leadership and cooperative skills will be missed as his term ended October 2012. He's now focused on being Executive Director of the Mad River Alliance.

## In Memory of Betty Boyce

*Bob and Betty are shown on the far left of the photo below during their time spent volunteering for the Senior Brown Bag Program at Food for People.*

Food for People honors the memory of Betty Boyce, a much beloved Humboldt County resident who passed away on December 4, 2012. Betty and her late husband, Bob Boyce, were staunch volunteers at Food for People for many years. In 2004, they were awarded the Humboldt County Senior Friend Award for their generous service with Food for People, as well as for their work helping the homeless in our community. Betty passed away peacefully at her home, surrounded by her friends, family and longtime canine companion, Peanut. We give thanks for a generous and kind soul who will be remembered by the lives she touched.



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Spirit Food &  
Fund Drive!





## Nutrition Nook

By Megan Westersund, Nutrition Education Coordinator

The last one and a half years working at Food for People has been a great experience. I was able to do something that I love, and at the same time learn more about issues related to food security. Some of my favorite activities were participating in Food for People's free farmers' market-style produce distributions and traveling with the Mobile Produce Pantry to locations throughout the county. Everyone was always excited, as well as curious, about the different varieties of fruits and vegetables they were able to bring home to their families. As the Nutrition Education Coordinator, I enjoyed giving out samples of dishes made from the produce offered and chatting with people about their favorite ways to prepare healthy dishes. It made me happy to see people pick up the ingredients to recreate the dish at home. I also enjoyed hearing about people's family recipes.

In addition to going to produce distributions, I have many positive memories of giving out samples of less common vegetables at the Food for People Choice Pantry and seeing people discover and appreciate new vegetables. Parsnips and rutabagas were among the more difficult vegetables to get people excited about and it made me happy to know that more people were taking them home to cook for their families. Bringing home fresh produce and using more vegetables not only increases food security, it also ensures that people are eating more nutritious meals. Seeing the daily impact that Food for People has made in people's lives makes me proud to have been involved in the organization. It also has made me more interested in continuing

nutrition related work.

I really enjoyed the diversity of my job at Food for People. The highlight of the month for me was our monthly cooking class. Volunteer chef Anne Harris and I always had fun deciding which recipes to use each month. We tried to base class themes on feedback from participants, and in response to a request, our December class was the most fun yet. Clients had been asking for a Chinese food class, so we re-created restaurant classics. Kung Pao Chicken was the favorite dish, closely followed by the Orange Vegetables and Noodles, and finally Green Bean Mushroom stir-fry. We talked about how to use fresh ginger and garlic and how to make simple tasty sauces from things you already have at home. It was tons of fun, and everyone was excited to take what they learned home to their families.



## Mexican Chicken Soup

In the middle of the winter and cold season, here is a soup recipe that will warm you up until spring-time. For added nutrition and color, add a few cups of chopped kale or spinach in the last minute of cooking.

### Ingredients:

- 3 pounds chicken pieces, skin removed
- 2 cups chopped tomatoes (or one 15 ounce can)
- 1 minced garlic clove
- 1/2 cup chopped onion
- 1/4 cup canned and diced mild chiles
- 2 cups pinto or garbanzo beans, canned and drained or cooked and drained
- salt and pepper to taste (optional)

### Optional Garnishes:

- Fat Free yogurt
- Chopped cilantro
- Avocado slices
- Baked tortilla wedges

### Instructions:

1. Place chicken pieces in a large saucepan and add enough water to cover.
2. Cook until tender, about 25 minutes.
3. Remove chicken pieces from the broth.
4. Add tomatoes, garlic, onion, and chilies.
5. Remove chicken meat from the bones and return meat to broth.
6. Add beans and salt and pepper to taste. Simmer for about 15 minutes.

Recipe from USDA Snap-Ed Connection



## Farewell to Megan

By Heidi McHugh, Community Education and Outreach Coordinator

Our "Outreach Team" of Megan and myself had a great run in this last year - presentations at our free farmers' market-style produce distributions, visits to our satellite pantries, blender bicycling at El Dia de Los Ninos, adventures with Tim Crosby at our Mobile Produce Pantry and our glorious second place victory in the Bridgefest Flying Saucer Competition (Megan and

Heidi are shown at the competition in photo on left). Megan's enthusiasm for healthy eating and her compassion for those in need of increased food access were abundant each and every day we worked together.

Megan never met a vegetable she didn't like, and always had a great way to prepare it. She truly inspired people to try new foods with her simple, delicious suggestions for their preparation. I am one of those people inspired by Megan. She shared a coconut curry squash soup recipe with me this

past fall that has become a staple in my freezer, as well as valuable babysitting currency with my family members.

In addition to her professional contributions, Megan turned into a good friend with a fun spirit. Hours travelling were always rich with conversation. She will be missed at Food for People. We all wish her well on her new journey and are certain that she will continue to spread the gospel of the vegetable far and wide!

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## CalFresh Changes Lives

By Heidi McHugh, Community Education and Outreach Coordinator

The Great Recession that began in 2007, and its lagging recovery period, manifests in the current national poverty rate of 15.9%. This translates into 48.5 million people living with an income which falls below the Federal Poverty Line (FPL), which the government sets at \$19,090 annual income for a family of three. According to the U.S. Census Bureau, 2011 (the most recent data available) was the fourth consecutive year that the poverty rate increased.

Humboldt County has fared worse than the national average. The U.S. Census Bureau's Small Area Income and Poverty Estimates reports Humboldt County to have a 21.1% poverty rate for all ages and a 26.3% poverty rate for those under the age of 18.

With increased rates of poverty comes an increase in food insecurity. As individuals and families struggle to keep a roof over their heads, and manage rising fuel costs for heating and transportation, food is often the only variable that can fluctuate. Responses to a 2012 Gallup Poll revealed that 1 in 5 Americans struggled to afford enough food to eat in the first six months of 2012. The United States Department of Agriculture (USDA) reports that 14.9% of all U.S. households were food insecure at least some of the time in 2011.

In response to the ongoing re-

cession, the American Recovery and Reinvestment Act of 2009 (known as ARRA) increased monthly benefits for participants in the Supplemental Nutrition Assistance Program (SNAP), the program formerly known as the Food Stamp Program, by an average of 15%. In addition to this benefit increase, eligibility requirements for the program were loosened to increase access to nutrition assistance. From 2009 to 2012 the average monthly number of SNAP participants rose from 26.3 million to 46.6 million people struggling to make ends meet and finding some relief in nutrition assistance.

The inability to afford enough food is not simply caused by unemployment. Real median household income was also impacted during this time and fell 8.1% from 2007 to 2011. The USDA reports that 76% of all households participating in SNAP contain a child, elderly person or a person with a disability. 30% of SNAP households have at least one wage earner. The increased SNAP participation is in response to an array of issues.

As the issues that have led to the nutrition crisis persist, we can take solace that SNAP and other programs that benefit low-income Americans, like the Earned Income Tax Credit (EITC), are working to reduce poverty. USDA Economic Research Service data shows that because of SNAP, 4.4% fewer fami-

lies were considered poor from 2000 to 2009. In that same time-frame, the depth and severity of poverty were reduced by 10.3% and 13.2%, respectively. For children living in poverty, the benefits of SNAP are particularly impressive; from 2000 to 2009 the anti-poverty effect of SNAP resulted in a 15.5% reduction in the depth, and a 21.3% reduction in the severity of childhood poverty.

Poverty and food insecurity are disruptive to normal childhood development. Hungry children are sick more often and are more likely to be physically and emotionally impaired, which can impact the ability to learn in school. As hungry children who struggled in school enter adulthood, they are at risk for financial insecurity because they may be ill-prepared to enter the workforce. This is the cycle of poverty. SNAP can be a stepping-stone out of this cycle.

Though originating as an experimental program in 1939, the Food Stamp Program's second wave launched in 1961, and officially became a national program in 1964. The program was rolled out slowly on a county by

county basis. Because of this slow implementation, researchers at the National Bureau on Economic Research were able to create a study of the long term impact of food stamp use for adults who had participated in early childhood. Their findings were published in the research paper "The Long Run Impacts of Childhood Access to the Safety Net." The researchers compared adult outcomes of disadvantaged youth in participating counties to those who lived in non-participating counties in the 13 years before food stamps became available to every American in need. What the researchers saw consistently was that adults who had access to food stamps in early childhood were better educated and more financially secure than counterparts in counties that did not offer the program. Adults in the study who had access to nutrition assistance had significantly lower rates of obesity, diabetes, high blood pressure, and heart disease.

Certainly many other factors contributed to the long term outcomes of these children, but there does appear to be a strong correlation between the availability of

nutrition programs like SNAP and favorable outcomes for children who participate. SNAP is currently called CalFresh in California. More than 15,000 people in Humboldt County participate in the CalFresh program each month, and of those, a substantial number of local children are benefiting from the program. Not all who are eligible for CalFresh are enrolled in the program.

Food for People engages in community outreach and education to promote the benefits of CalFresh and offers application assistance to those who may be eligible. We do this because it is a means of connecting food insecure families to an increased food budget. Most of our food distribution programs are supplements intended to meet short term or emergency needs, whereas CalFresh, also a supplement, can often improve a households' food and nutrition budget for a larger portion of each month.



FOX 28

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CBS 17

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## Looking Back on a Year of Service: Numbers That Tell a Story

Deborah Waxman, Director of Programs

At the close of each fiscal year, I begin the process of crunching numbers and reporting out on what Food for People's programs, individually and as a whole, have done to achieve our mission of eliminating hunger and improving the health of our community through access to nutritious foods, community education and advocacy. We currently operate a total of 14 programs - an increase from last year due to our new Mobile Produce Pantry. We serve more than 12,000 low-income children, seniors, and other individuals each month, reaching approximately 10% of Humboldt County's population.

The programs we offer are intended to serve as a safety net for those whose circumstances have left them at risk for hunger and food insecurity. Our goal is to provide individuals and families with the emergency and supplemental food they need, while working to address the root causes of hunger in our county. Here is a look at what we've accomplished this past year, with the support of a generous community that helps us achieve the work:

### Choice Pantry

The Choice Pantry provided a total of 14,698 shopping trips to households in need this past year. A large team of committed volunteers worked alongside us to make this possible for what amounts to an average of 1,225 families or households per month.

More than 32,700 individuals are represented in those households for the entire year, meaning that Choice Pantry shopping trips benefited more than 2,700 adults, children and seniors on average

each month.

May, June and August were the Choice Pantry's busiest months of the year, which is consistent with last year. When school is out in the summer months, so are schools' free and reduced-cost lunch programs, and parents struggle to afford to put extra meals on the table for each child in the household.

### Pantry Network

We also deliver USDA and other staple food items to 14 other pantries across Humboldt County, which combined with our Choice Pantry in Eureka, served more than 32,000 households this year. That averages out to more than 2,600 households each month. In those households, we're reaching a total of more than 75,000 individual children, seniors and other adults, or an average of 6,300 individuals each month. Our delivery truck brings shipments to each pantry on a monthly schedule, so each site can meet the unique needs of its community.

### Child Nutrition Programs

When school is out, our **Children's Summer Lunch** program makes a difference in families' lives. This past summer, we distributed more than 15,000 healthy sack lunches, feeding an average of more than 300 children per day at 21 partner sites throughout the county.

Our **After School Snack** program distributed more than 51,000 snacks during the school year to an average of 275 kids per day at 12 sites.

The **Backpacks for Kids** program provided 7,635 backpacks filled with kid-friendly food for 321 schoolchildren all year long. Thanks to a patchwork quilt of

*Continued on page 16*

## Gleaning Program Wrap-Up

By Laura Hughes, Local Food Resources Coordinator

This past year was a strong one for Food for People's Gleaning program, bringing in donations of close to 43,000 pounds of fresh fruits and vegetables. This produce was distributed throughout our programs to thousands of people in Humboldt County, many of whom are seniors and families with children.

Our Gleaning program is rather unique, and an integral part of our ongoing efforts as an organization to source food as locally and affordably as possible. With current rates of food waste in America estimated to be around 40 percent (<http://www.treehugger.com/>

that likely would have ended up in the compost pile were instead made available to families in need. These are families who otherwise might not be able to afford such fresh, healthy, locally-grown food. Our



On lower left, Laura Hughes coordinates the Local Food Resources Program; Christian Robles on right and Maxwell Hews above volunteer time to help glean.



Nutrition Education and Outreach team take the program one step further, providing easy recipes and tips for preparing the different items in a tasty and healthy manner, so that everyone can enjoy the benefits of fresh fruits and vegetables. This is truly a win-win situation, and such multi-faceted efforts begin to close some of the gaps in our food system that contribute to hunger on a systemic level.

Food for People's Gleaning program has several elements, beginning with our local farmers, who often donate whatever leftover produce they've harvested but weren't able to sell that day, or perhaps a Community Supported Agriculture (CSA) box that a member didn't pick up in time. These same farmers will occasionally in-

green-investments/50-all-food-produced-wasted.html), the recovery of food that would otherwise go to waste is an important part of a broader solution to hunger. Through the generosity and hard work of numerous farmers, backyard gardeners and volunteers, thousands of pounds of produce

vite us out to harvest other items; perhaps they planted more of a particular crop than they needed as a fail-safe, or the crop is producing a great abundance (such as carrots or squash), or they might offer a crop that isn't worth their harvest time in the field (such as broccoli side-shoots, or an old patch of spinach or Swiss chard). In addition to these on-farm opportunities for food recovery, we also work with the North Coast Growers Association to canvass weekly farmers' markets and collect whatever extra produce hasn't been sold. These examples are great resources for our community, and collectively Humboldt County farmers and ranchers have donated more than 30,500 pounds to Food for People in the last year.

Community residents with gardens or fruit trees are another important part of our gleaning program, comprising what is referred to on a national level as the Plant-A-Row for the Hungry (PAR) Campaign. The national Plant-A-  
*continued on page 15*



Every year, we kick-off our Holiday Spirit Food & Fund Drive with the help of the Back Country Horsemen of the California Redwood Unit, who deliver food via pack train during the Cowboy Canned Food Convoy. This year their route took place in Old Town Eureka on Saturday, November 17th. At the end of their route, we always make sure there are carrots and apples for the horses. Anne Holcomb, our Executive Director, is shown on the left feeding a carrot to one of the horses with the help of two of her grandchildren, Noah and Ella.

Mix Soft Rock 95.1  
99.1 KISS FM  
Humboldt's Hit Music Channel  
THE EDGE  
106.7 ROCKS THE REDWOODS

Thank you  
Mad River Radio

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





# Food for People

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 2012 Holiday Spirit Food & Fund Drive successful!

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

## HUNGER FIGHTER CHALLENGE TEAMS

### GOLD STAR WINNERS

(Raised 500 lbs/dollars or more)  
Area 1 Agency on Aging  
Cuddly Bear Thrift Store  
Environmental Technology Inc.  
The Federal Building  
GHD Inc.  
Humboldt County Department of Health & Human Services/Community Wellness Center  
Humboldt County Department of Health & Human Services/Social Services Branch  
Humboldt County Employees Union  
Mad River Brewing Company  
Pan Dulce Steel Orchestra/HLOC KidCo  
Provident Credit Union  
Target

### HUNGER FIGHTER CHAMPIONS

Back Country Horsemen of California  
Redwood Unit  
CalTrans  
Catalyst Church  
California State & Federal Employees Credit Union  
Changing Tides Family Services  
College of the Redwoods Nursing Club  
Department of Rehabilitation  
Edward Jones Investments  
Eureka Physical Therapy - Eureka and Fortuna  
Foxfarm Soil and Fertilizer Company  
Glen Paul School  
Green Diamond Resource Company and California Redwood Company  
HCAR - Bay and Sequoia Centers  
Humboldt Area Foundation  
Humboldt Crossfit  
Humboldt County Office of Education  
Humboldt County Community Development (Planning and Building Divisions)  
Humboldt Senior Resource Center  
The Job Market  
Misty Mountain Tree Farm  
National Weather Service  
Recology Humboldt County  
Redwood Coast Regional Center  
Scrapper's Edge  
Six Rivers Planned Parenthood  
Six Rivers National Forest - Supervisor's Office  
St. Joseph's Health System - Humboldt County

### MEDIA SPONSORS

Bi-Coastal Media  
CBS 17 and FOX 28  
Humboldt Beacon  
Lost Coast Communications  
Mad River Radio  
Redwood Times  
Suddenlink Communications  
Times-Standard  
Tri-City Weekly  
TV 23 KAEF

## HOLIDAY BAG & AD SPONSORS

Anderson, Lucas, Somerville & Borges, LLP  
Bear River Casino  
Cher-Ae Heights Casino  
Coast Central Credit Union  
Cloney's Pharmacies  
Eureka Floor Carpet One  
Green Diamond Resource Company and California Redwood Company  
TL Harper Motors  
Jessicurl  
JLF Construction  
Living Styles Furniture & Mattress Showroom  
Les Schwab Tire Centers  
North Coast Co-op  
Philippe Lapotre Architects  
Recology Humboldt County  
Rings Pharmacy  
Tomás Jewelers

## HOLIDAY FUNDING PARTNERSHIP

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  
St. Joseph's Health System - Orange County  
Pacific Gas & Electric Company  
Patricia D. & William B. Smullin Foundation  
Union Labor Health Foundation

## ADDITIONAL COMMUNITY DONORS

Adorni Recreation Center  
Arcata High School  
Bayside Grange  
Beck's Bakery  
Blue Lake Casino  
Blue Ox Millworks  
Christ Church  
Christine and Jalmer Berg Foundation  
Coastal Grove Charter School  
Coast Central Credit Union  
Dell'Arte  
The Emblem Club  
Eureka Brake & Automotive  
Eureka Women's Club  
Faith Center U-Turn  
First Congregational Church  
Grocery Outlet  
HealthSPORT  
Humboldt County Library  
Humboldt Hoo-Hoo Club No. 63  
Humboldt State Child Development Lab  
Humboldt State Center for Service Learning and Academic Internships  
Humboldt State Housing and Dining - Residence Halls  
Janssen, Malloy, Needham, Morrison, Reinholtsen, Crowley & Griego, LLP  
John Ryan Youth Center  
KHUM

McKinleyville High School  
McKinleyville Middle School  
Mistwood Montessori School  
National Wild Turkey Federation  
North Valley Bank  
Old Growth Tattoo  
Pacific Gas & Electric Company  
Ray's Food Place & Shop Smart Markets  
Redwood Community Action Agency  
Redwood Empire Quilters Guild  
Rotary Clubs of Eureka, Fortuna & Arcata  
Safeway Stores, Inc.  
Simply Macintosh  
Sylvan Harbor Trailer Park  
Temple Beth El  
The Ladies of Second Street:  
Booklegger  
Ciara's Irish Shop  
Going Places  
Humboldt Herbals  
Sassafras  
The Linen Closet  
Yarn  
The Local Beer Bar  
Umpqua Bank  
Union Street Charter School  
United Methodist Churches  
Unity Church of the Redwoods  
UPS  
Weight Watchers  
Zane Middle School

## FOOD DROP OFF LOCATIONS

Advance America in Arcata  
Bank of America - Arcata and McKinleyville  
Community Credit Union of Garberville  
Country Club Market  
Curves of McKinleyville  
Dow's Prairie Elementary School  
Fieldbrook Country Market  
Ferndale Community Church  
Grace Good Shepherd Church  
Grocery Outlet  
Hoby's Market  
Les Schwab Tire Centers  
Murphy's Markets  
North Coast Co-op - Arcata and Eureka  
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 and Orick  
Village Club of Ferndale  
Valley Grocery of Ferndale

## Thank you to the Christine and Jalmer Berg Foundation!

As anyone who has been involved in a non-profit can attest, it is sometimes easier to find grant funding for "new and innovative" programs than it is for maintaining them for years into the future. That's why we are so appreciative of funders like the Christine and Jalmer Berg Foundation. The funding they have provided in the past few years has made it possible for us to fill the funding gaps in some of our most important programs and maintain services that help feed thousands of children, families, seniors and people with disabilities each month. Last year, their support was used to maintain services in our Senior Brown Bag and Homebound Delivery Programs and helped fund our on-site Choice Pantry. It also made it possible for us to continue to solicit donations of food through our Local Food Resources Program, which encompasses Gleaning, the *Plant a Row for the Hungry* campaign and local Food Drives. We thank them for their generous support, and for providing us with the flexibility to invest their dollars in programs we know make a difference each and every day.

## Gleaning Wrap-Up

*continued from page 14*

Row effort works with different organizations regionally to provide resources for home gardeners that make it easy for them to grow a little extra food for those in need. Food for People is the local coordinator for this campaign. We are happy to provide additional assistance to donors whenever possible, including information, seed packets, and even volunteers to help harvest the bounty if donors are unable to do so themselves. In the last year Plant-A-Row participants donated 12,185 pounds of food to Food for People. This is an impressive amount and underlines just how important community involvement is in the fight against hunger. We are always looking for new PAR donors and volunteers, so if you'd like to get involved contact Laura via email at [LHughes@foodforpeople.org](mailto:LHughes@foodforpeople.org) or by calling (707) 445-3166 extension 312.

Our Gleaning program would not be as successful as it is without the help of more than 50 volunteers who donated approximately 150 hours to the program in the last year. Volunteers have grown produce themselves, picked up leftovers from farmers markets, harvested produce from farms and backyards throughout Humboldt County, and cleaned and sorted produce in our warehouse to make it ready for distribution.

Clearly, Food for People's Gleaning program is a broad, community-based effort to rescue usable food and make it available to adults and children in need. We extend our deepest gratitude to all the generous farmers, ranchers, home gardeners and volunteers who make our Gleaning program a successful reality. Thank you for all you do to help feed our community and end hunger in Humboldt County.

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 50,000 lbs of non-perishable food — Thank you Humboldt County!



## Looking Back on a Year of Service

Continued from page 14



Lunch and fun at Carson Park in Eureka thanks to our Children's Summer Lunch Program.

adults under the age of 60 who are coping with temporary or permanent illness or disability, or recovery from surgery or medical treatments.

The **Commodity Supplemental Food Program (CSFP)** served seniors, children up to age six who are not receiving WIC, and pregnant and postpartum mothers with an average of 350 food boxes per month. CSFP boxes

are specially tailored to the nutritional needs of each group and are accompanied by 10 lbs of fresh produce. During summer and autumn months, the majority of the fresh produce that accompanies all three of our Community Food Programs' distributions and deliveries is specially grown by local, and often organic, farmers. For the last several years we have been able to do this through the generosity of contributions to the Locally Delicious Food Fund.

### Local Food Resources

Our **Food Drives** brought in



close to 94,000 lbs in food donations to help feed the hungry of Humboldt County all year long. Efforts included 25 community-led food drives, the participation of 41 schools, businesses

and organizations and many donations from individual community members. Approximately half of this poundage came in over the winter holiday season through our Holiday Spirit Food and Fund Drive, thanks to many individuals throughout the county and the participation of dozens of organizations, schools and businesses.

The **Gleaning** program brought in close to 43,000 lbs of fresh produce (and some local meat too!) from 33 farms, orchards and ranchers, in addition to donations from backyard gardeners through our **Plant a Row for the Hungry** campaign. Gleaning donations have ensured that our food bank community has access to the finest, freshest local produce available, and that its recipients have the ingredients they need for a healthy diet.

### Outreach

Our **CalFresh Outreach** included the prescreening of more than 400 households, to help our clients afford to purchase healthy food each month with this nutrition assistance program. We helped 238 households fill out and submit CalFresh applications. These applications represent 355 children and other adults in the households, many of whom are now spending CalFresh dollars at local stores and farmers' markets to purchase the healthy foods they need to get through each month. We made extra progress this year in helping our seniors apply for CalFresh, so they could better afford the nutritious foods they may have gone without on their fixed and limited incomes. We also conducted 20 CalFresh trainings for community partner organizations, to extend our community work and help more organizations screen and assist their clients with CalFresh.

**Nutrition Education** included 15 cooking classes over the past year, reaching 191 attendees with lessons on how to cook affordably from scratch with food bank items and seasonal produce. Our Nutrition Education program reaches thousands more, with healthy recipes, food samples, demos and events conducted through our Pantry Network, senior and children's programs, free produce distributions and other community events.

**Hunger Education and Advocacy** work are essential to our mission. We continually edu-

cate and advocate at the local, state and national levels, to put a spotlight on the facts, data, stories and realities behind hunger and food insecurity in Humboldt County and beyond.

### Mobile Produce Pantry

Newly launched in July 2012, the Mobile Produce Pantry served an average of 284 households each month, representing an average of 725 individual children, seniors and other adults. The refrigerated truck travels to underserved communities and sets up free farm stand-style produce distributions in communities that struggle to access fresh produce. So far, the Mobile Produce Pantry serves Orick, Orleans, Rio Dell, Weitchpec, Willow Creek, Bridgeville and Manila, and we travel alongside the Humboldt County Department of Health and



Anne Harris teaches our monthly cooking class at the North Coast Co-op kitchen.

Human Services (DHHS) Mobile Engagement Vehicle, which offers a range of county services all in one stop.

### Fresh Produce Market Programs

The 2012 season of our monthly free **farmers' market-style produce distributions** provided more than 151,000 lbs of fresh food at four locations May through October. Combined, the sites served an average of 555 households per month, which represents more than 1,700 children, seniors and other individuals on average within those households. Sites include Garberville, Redway, Fortuna and Eureka's Food for People, at which we feature live music, recipe giveaways,



Fresh produce is available at our Free Farmers' Market-Style distributions at four locations.

healthy recipe samples, CalFresh application assistance and outreach services from other community partners. The popularity and success of these events are a testament to our clients' desire for increased access to the fresh fruits and vegetables needed to stay or become healthy. Many tell us that due to their limited food budgets, fresh produce is a luxury item they cannot afford. Thankfully, we are supported by a community that prioritizes health and access to fruits and vegetables as much as we do.

### Volunteers

Our cherished and hard-working volunteers donated more than 36,000 hours of their time, averaging out to more than 3,000 hours each month. Food for People carries out its mission with the help of 400 volunteers on average each month, which is equivalent to 20 full-time staff positions.

As this summary shows, it takes quite a lot of community support to weave together programs that serve the unique needs of children, seniors, homebound adults, families and other individuals. Not only are we proud to talk the nutrition talk, but to walk the walk as well, with healthy foods, high quality fresh produce and a strong nutrition education program infused throughout.



generous sponsorships, grants and donations from community members, these weekly backpacks ensured that children at very high risk for weekend hunger had food to eat on Saturdays and Sundays and were ready to attend school and learn on Mondays.

### Community Food Programs

The **Senior Brown Bag** program distributed more than 2,600 bags of high quality food to seniors last year at 17 sites throughout Humboldt County. Volunteers delivered almost half of the bags to homebound seniors, and all are accompanied by 10 lbs of fresh produce.

The **Homebound Delivery** program provided an average of 100 bags per month to homebound



In 2012, our Gleaning Program brought in close to 43,000 lbs of fresh, local produce!

### A special thanks to our printer!

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