

# Food Notes | The Newsletter of Food for People

## WINTER ISSUE 2019

The Food Bank for  
Humboldt County



Rio Dell Pantry volunteers Clarice Cole (left) and Judy Ingraham (right) mingle at our annual Volunteer Appreciation Party at Sequoia Park. More on page 9.

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



We feel it's important to keep you updated on our programs, policy work, and the progress we are making at the food bank. If you do not wish to receive a newsletter, please don't hesitate to contact us and have your name removed from our newsletter mailing list.

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# Notes from the Director

## Locally Focused

By Anne Holcomb, Executive Director

We've all seen the slogans that encourage us to stop and think about how our eating and purchasing habits impact the health and sustainability of our local economy. They include "eat local," "locally grown," "local food challenge," "buy local," "support local businesses," etc. and have helped put the focus on how our consumption of locally grown foods supports local farmers and ranchers, and reduces our collective carbon footprint by reducing the distance those foods travel from farm to plate. Purchasing goods and services locally has a similar impact, and helps create jobs and support the businesses that make up the character of our community.

Food for People has a strong commitment to this "localized" perspective for a number of reasons. First and foremost is that we could never accomplish all that we do without the support we receive from our local community! The food and financial donations we receive from individuals and businesses alike comprise a significant portion of our operational strength, and make it possible for us to serve roughly 10% of our county's population within a service area that encompasses all 4,000 square miles of Humboldt County.

We also want our community to know that we try to live this philosophy in every aspect of our operations. Below are a few examples of how we make that happen:

- Last year, we spent \$740,891 locally in the following categories: food purchases from farmers, ranchers and grocery stores; rent for offsite warehouse space; food handling, office and cleaning supplies; gas, diesel and propane fuel for our vehicles and forklifts; plus electrical, plumbing, building repair, landscaping, insurance, copier and computer services.

- Just under half of our budget covers personnel costs to employ and provide benefits for local residents who live and shop here. They help us manage our 18 programs as efficiently and cost-effectively as possible while remaining compliant with all local, state and federal regulations. They help us achieve a clean financial audit with no findings and receive a Gold Star rating from GuideStar Charity Navigator. They also help ensure that we pass annual monitoring evaluations and site inspections from entities such as USDA, California Department of Social Services, California Department of Education and Feeding America with flying colors.

- Donations of time and talent from our volunteers, who work shoulder to shoulder alongside our staff, make an enormous difference and the number of hours they donate annually represents the equivalent of 14 full time staff positions!

The bottom line is that 83% of our total budget stays right here in the local economy. The remaining 17% is spent on purchases outside Humboldt, primarily through Sysco because they provide direct delivery of bulk quantities of food which saves on staff time. We also make a few online purchases for items that aren't readily available in Humboldt.

We have no idea how we stack up against other local nonprofits and businesses but would love to hear from you! This



Anne Holcomb, Executive Director

seems to be an especially critical time to spend locally, given the 20-30% dip in retail sales over the past year that has resulted from the decline of cash flowing into our economy. There were already an increasing number of empty storefronts and now we're dealing with the impact of the recent power outage on those same businesses that were already struggling. I know grocery stores are just one sector of the business economy but it was heartbreaking to see them scramble to sell perishable items at a discount before having to dump the rest in light of health department regulations for temperature controls. Under normal circumstances, if they had a refrigeration failure they would call us to pick up and distribute that food as they worked to get the problem fixed, but we were dealing with the same scenario and couldn't take it either. We're hoping someone is working to quantify the losses so that we can work together on future strategies to minimize loss.

In closing, I invite you to join us in our efforts to keep our local community and economy as resilient as possible. Our mission is to provide the food struggling households need to maintain their ability to grow, learn, work, stay healthy, and succeed and we can't accomplish that without thriving businesses as key partners in building a strong community.

With gratitude and best wishes to all,

Anne Holcomb  
Executive Director  
aholcomb@foodforpeople.org



In the last fiscal year, close to 57,000 pounds of fresh, local food has been collected from local ranchers, farmers and gardeners!

# A Bountiful Season

## Thank You To Local Farmers, Ranchers and Gardeners

By Allison Kenney, Local Food Resources Coordinator

This growing season has certainly been a bountiful one for Food for People. In the last fiscal year, close to 57,000 pounds of fresh, local food has been collected from ranchers, farmers, and gardeners throughout Humboldt County.

Our generous farming community has once again stepped up this season to help ensure that usable food doesn't go to waste by working with our team to get it to the food bank and into the hands of people who can use it. Between on-farm field harvests, surplus produce pickups and drop-offs, and donations collected at local farmers' markets, Food for People has been blessed with a plethora of local produce. Deep Seeded Community Farm and Redwood Roots have been offering extra produce weekly for our staff to pick up and bring back for distribution. Other farms like Little River Farm and Humboldt Hydro Farm have been dropping off surplus produce at our warehouse periodically during their usual delivery routes. Mad River Community Hospital Farm, Flora Organica, and Deep Seeded Farm invited us out to harvest directly from their farms on several occasions.

Local gardeners have also been busy this season, growing, harvesting, and delivering produce straight to our doors. Many of our garden donors come in regularly to drop off donations, sometimes multiple times per week! In addition to plums, apples, and pears from local fruit trees, we've also received items like figs, summer squash, tomatoes, onions, strawberries, potatoes, kale, chard, lettuce, peppers,

broccoli, melons and more. We appreciate the thoughtfulness and generosity of our local gardeners who plant a little extra to help our friends and neighbors in need.

Volunteers and staff have been hard at work through the recent months as well, gleaning farm fields, picking up leftovers from on-farm distributions and farmers' markets, and of course harvesting fruit from the trees of hundreds of local residents. It has been a particularly prolific fruit tree year, and we've received many gleaning requests from people with backyard fruit trees. Our gleaning volunteers have been working at full tilt into the fall, trying to accommodate as many gleaning requests as possible to make sure that extra food gets to those who need it. We simply couldn't do it without the generous gift of time, hard work, and dedication on the part of our wonderful volunteers, who make it possible to cover so much ground. (And we could cover even more if you're able to drop off the fruit directly to us.)

A huge thank you to all of the local farmers, ranchers, and gardeners who work so hard to grow food for our communities, and who keep a place in their hearts for us here at the food bank and the folks we serve. Thank you for being part of the solution and sharing your bounty with us. As the growing season begins to wind down, we wish you a restful, rejuvenating winter and another bountiful spring!

# The Joy of Giving

## Help Us End Hunger This Holiday Season

**T**he holiday season is upon us, and at Food for People, we're gearing up again for our annual Holiday Spirit Food & Fund Drive. This is our largest and most widespread effort of the year, running from early November through December and engaging communities across Humboldt County. Nearly 100 different businesses, organizations and groups participate. These annual efforts bring in more than half of Food for People's total food drive donations for the year – more than 127,000 pounds of food last year!

During this time of year, we are reminded to reflect on our blessings, and express appreciation for what we have. As we make plans to see loved ones, eat good food, and celebrate, it's important to recognize that for some, the holidays can be a difficult time. For those struggling to make ends meet, the expectation of buying gifts and the pressure of preparing a special holiday meal for loved ones can be challenging. That's where the holiday spirit comes in. Help make the holidays a little easier for families struggling to put food on the table by participating in our Annual Holiday Spirit Food & Fund Drive.



## Fill a Bag

Make sure to keep an eye out for our special red & white donation bags in the Times-Standard during the week of Thanksgiving. Fill up your paper bag with nutritious, non-perishable foods and drop it off at your nearest donation site! Didn't get a bag but still want to donate? Give us a call, and we'll send you some bags, or you can visit [www.foodforpeople.org](http://www.foodforpeople.org) for a full list of donation drop-off sites. We work hard to make sure that donations made in a community stay in that community and partner closely with our countywide Pantry Network to make that happen.

## Hunger Fighter Challenge

The Hunger Fighter Challenge is a community food and fund drive comprised of businesses, organizations, schools and other teams during the holiday season. Anyone can put together a Hunger Fighter team. Each team has its own approach to raising food and funds. We truly appreciate the creativity and enthusiasm of all of our participants!

Not only does the Hunger Fighter Challenge bring in much-needed food, it also educates people about how hunger touches the lives of people in our community. Top teams are featured in a TV thank you ad after the holidays. Sign up your team today! Contact Allison Kenney at (707) 445-3166 extension 312, or at [fooddrive@foodforpeople.org](mailto:fooddrive@foodforpeople.org).



## On-Air with KHUM

Another part of our holiday efforts is an on-air food and fund drive during the first week of December hosted by local radio station KHUM, in partnership with our local grocers. Each day, we broadcast live from different grocery stores throughout the county, and the KHUM DJs chat with various Food for People team members about their programs and work. In addition to creating a fun, festive atmosphere that encourages people to donate, we also have the opportunity to educate our community about the work we do, and have fun while doing it. Consider calling in and making a donation during KHUM Week, or stop by and visit us in person. We might even play your musical request!

# Cowboy Convoy

A great family-friendly event - the annual Cowboy Canned Food Convoy on Saturday, November 23, - officially kicks-off our Holiday Spirit Food & Fund Drive. During the event, the Redwood Unit of the Backcountry Horsemen of Northern California travels on horseback across Eureka with saddle bags of nutritious food to donate to the food bank. Once the riders arrive, staff and community members feed the horses apples and carrots while they unload hundreds of pounds of food.

## Join Us!

There are many ways to participate in our Holiday Spirit Food & Fund Drive this season and even more reasons to do so. Food for People is blessed by the generosity of organizations and individuals that regularly contribute to our holiday efforts. Every can, every dollar, and every hour you donate makes a big difference. Interested in hosting your own holiday food drive, but don't know where to begin? Just let us know and we'll give you some ideas and resources to make it happen.

Thank you for your support. Wishing you and yours a happy holiday season!



**KHUM DJ Cam interviews Food for People's Executive Director Anne Holcomb live on air at Murphy's Market in Trinidad.**

## Thank You to our Sponsors!

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# Cooking Classes

## Let's Get Canning

By Kayla Watkins, Nutrition Education Coordinator

Food for People Nutrition Education is always seeking ways to help our program participants make the most out of the food they have and receive. In addition to teaching people new cooking and food preparation skills, we also help them hone the ones they already have. One of the ways we do this is by collaborating with local groups like the University of California Cooperative Extension Master Food Preservers of Humboldt/Del Norte.

Master Food Preservers receive extensive training in food preservation and safe food handling practices, to ensure the integrity of the preserved product. Their classes are offered across Humboldt County and cover a variety of topics including safe canning, pickling, fermenting, freezing, and dehydrating. The skills and techniques taught in these canning classes are valuable for your own household and the community in which you live. Not to mention, most participants leave class with a tasty treat to share with family and friends!

Food for People is always looking for potential partners to help support our nutrition education efforts. Interested in helping or learning more? Contact our Nutrition Education Coordinator Kayla Watkins at (707) 445-3166 ext. 305 or [kwatkins@foodforpeople.org](mailto:kwatkins@foodforpeople.org) for upcoming educational opportunities or to share your ideas for future class topics.



**(Top right) Master Food Preserver Ilene Harris gets ready to cook a pot of chopped apples; (bottom left) Participants gather around to learn new tips for canning and preserving fruits year-round; (bottom right) After each class, students get to take home the tasty fruits of their labor!**

# Advocacy Corner

## Protecting SNAP for Californians

By Heidi McHugh, Community Education & Outreach Coordinator

Earlier this year, the United States Department of Agriculture proposed a federal rule to eliminate Broad Based Categorical Eligibility (BBCE) for the purposes of Supplemental Nutrition Assistance Program (SNAP, known as CalFresh in California) eligibility.

BBCE offers access to SNAP for households whose costs of living are high, allows people to slowly reduce their SNAP benefits as their income increases, connects families to free and reduced-price school meals, and allows households to maintain modest savings. If this proposal becomes law, it is estimated that 3 million Americans will lose benefits, including more than 120,000 California households. Additionally, nearly 1 million children will no longer be automatically enrolled in free school meals. (For more details please read Proposed SNAP Changes to Increase Hunger, Food Notes August 2019.)

Food for People encouraged community members to voice their opinions through the public comment submission period that is legally required for these rule change proposals. Every comment is to be read and “considered” (more on that later) in assessing if the rule will move forward or remain unchanged. Our partners at the California Association of Food Banks provided us with postcards that we displayed in our Eureka Choice Pantry so that interested volunteers and community members could write their comments. Read some of their messages below:

- *I am in school and I can use (SNAP) to be a success and I oppose this.*
- *As a retired teacher, I know that SNAP is a lifeline for so many children. Do NOT do this!*
- *This is not a good idea; I will starve if I'm not on SNAP.*
- *We are a three-income family of four and we would go hungry without SNAP.*
- *Any change would adversely impact those most in need; seniors and other low-income people.*
- *SNAP is a godsend to children, seniors, and people who work 2 or 3 jobs to try to support their family. It's troubling that people who have enough resources would try to take this away from people who need more.*

The BBCE proposal's public comment period ended on September 23rd with more than 75,000 comments submitted: 70 from mayors and 17 from governors, including California Governor Gavin Newsom. Congressional delegations from Vermont, Maryland, and Maine, and the Congressional Black Caucus voiced opposition to changing eligibility rules for SNAP. The Humboldt County Board of Supervisors was one of three California counties, along with San Francisco and Santa Clara, to officially oppose the proposal.

The USDA will read all 75,000 comments and “consider potential changes from the proposal in crafting the final rule,” the USDA said in a statement, adding, “We do not currently have a projected completion date.” Despite the comments of opposition, they could move forward with the change. So why comment if they will do it anyway? Because your comments can

eventually make a difference if lawyers try to fight the proposed rule. For example, you may have heard of the “Inadmissibility on Public Charge Grounds” rule, which establishes new criteria for who can be considered to be dependent on the U.S. government for benefits, rendering many immigrants ineligible for green cards and a path to U.S. citizenship. More than 266,000 public comments were submitted in opposition of this rule, and now many of those comments are being utilized as part of diverse legal strategies intended to fight the changes. Similarly, Food for People's submitted comment against the BBCE proposal has been noted by the attorneys for the Western Center on Law and Poverty (WCLP) because it describes the additional impacts that rural communities endure when programs like SNAP are cut. WCLP is ready to go to court should this rule move forward.

As I write this article, another proposal to reduce SNAP benefits has been published. Current law requires the SNAP program to recognize the utility expenses of each SNAP applicant household and adjust the benefits issued based on the Standard Utility Allowance (SUA) calculated by

*"If this rule is enacted, people will go hungry just to keep cool during the scorching summers and warm in winter."*



the State and approved in the State plan. The current policy allows variances in SUAs to accommodate for differences in utility costs and rates, and allows states flexibility in how they calculate those costs. The proposed changes would standardize those calculations across the country and set the SUA to an amount lower than what would be needed to meet the costs of utilities for many Californians. Nationwide, the proposed change is estimated to result in cuts to food assistance by \$4.5 billion over a five-year period. Andrew Cheyne, Director of Government Affairs for the California Association of Food Banks says of the new proposal: “California food banks are on the frontlines of hunger and know first-hand the inhumane trade-offs that low-income families make between food and paying for basic needs like high utility bills. We've said it during every proposed cut to SNAP, and we'll continue to raise awareness during this public comment period, that for every meal the charitable sector provides, SNAP delivers 12. Food banks and our partners cannot make up the difference: if this rule is enacted, people will go hungry just to keep cool during scorching summers and warm in winter.”

Please consider making your voice heard. To submit a comment, visit our website at [www.foodforpeople.org](http://www.foodforpeople.org), click on Get Involved, and select “As an Advocate.” Then select, “Proposed Change to SNAP Standard Utility Allowance: Submit Comment Here.” Comments will be accepted until December 2, 2019.

## Tribute & Memorial Contributions

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

### In Honor Of

Larry Hensley

### In Memory Of

April Conant  
Arnold Souza  
Dorothy Stringer  
Harold & Florence Mayer  
Herb Childers  
Harold & Jean Fisher  
Jay and Laurey Sullivan  
Ken Collins  
Mark Pelley  
Melanie Kuhnel  
Mrs. Mahan



Become a  
**Hunger Fighter!**  
More on page 4



(Left) Food for People's Operations Manager Tim Crosby fills a generator with gas; (right) Extension cords run from the generator to reach refrigeration in Food for People's darkened Choice Pantry.

# Power Shutdown Food for People's Response

By Anne Holcomb, Executive Director

With less than 6 hours' notice during "regular business hours" to prepare for what was predicted to be up to 5-7 days without power, our team jumped into action. Our goal was to keep all programs countywide operational. Staff waited in long lines at gas pumps to make sure the gas tanks in our two trucks and five vans were full in case of an extended outage. Many of our distributions are one to two hours away and fuel is needed to reach all sites during the outage. We were also scrambling (alongside local grocery stores) to obtain large quantities of dry ice to keep our freezers at temp.

We then rolled out our 9500 kw generator, extension cords, lanterns and flashlights and made sure program staff had paper forms to use while computers were down. We don't have a generator large enough to power our walk-in cooler and freezers so we put 500 lbs. of dry ice into the freezers and put them on lockdown to keep them cold for as long as possible. We took stock of other perishable items to determine how long we could keep them cold with dry ice and strategize how to get them out quickly and safely.

I'm pleased to report that all of our programs remained operational despite having no phone service, internet, or electricity! On the day of the outage, we used our generator to power the refrigeration in the Choice Pantry and pushed out as much safe perishable food as folks were willing to take. The Choice Pantry served more than 75 households, many of whom received double the amount of milk and eggs so that it wouldn't go to

waste; the Mobile Produce Pantry went to Rio Dell as scheduled; 479 Backpacks for Kids orders were assembled for 21 sites; and the preparation was completed for upcoming senior and homebound program distributions in Rio Dell and Garberville. Unfortunately we can't run the generator inside so it had to be shut off at night, which resulted in some spoilage, but it was minimal. We mostly lost milk and eggs and gave 75 dozen eggs to the Rescue Mission which they used for a dinner meal that night.

Now we are preparing to serve community members who will be coming in to replace the food they lost due to spoilage. CalFresh benefits and Social Security checks go out at the beginning of the month and many households had already done a large shopping trip prior to the power outage, so the loss could be significant. The county is getting the word out about CalFresh replacement benefits for food that was lost with a November 8th deadline to apply.

In many ways this was a good exercise in disaster preparation without having to deal with an actual disaster. Backup generators for walk-in coolers and freezers are costly as is the wiring to integrate them with existing systems, and it's something businesses and nonprofits alike will need to explore for outages of longer duration. Hopefully, it will inspire us all to put our heads together as a community to find and fund solutions before the next "event" occurs.





(Top left) Eureka volunteer Diana Simas brought along her toy poodle Coco to partake in the festivities ; (top right) Ryan Kemp and other volunteers enjoy delicious food provided by Amigas Burritos; (bottom right) Fortuna volunteer Lee Tomasini plays a game of giant Jenga with his grandson Lane.

# Volunteer Appreciation Party

## Food, Fun & Friends

By Arianne Aryanpur

In early October, Food for People hosted a volunteer appreciation party at Sequoia Park in Eureka, to recognize the outstanding work of our amazing volunteers.

The afternoon event included food, games and much more! It was truly a fun way to recognize the countless hours our volunteers spend each day ensuring our many programs run smoothly. Without their service, we would not be able to serve the 12,000 children, seniors, and family members we do each month – thank you!

Last year alone, our volunteers spent more than 21,000 hours sorting and distributing food, packing or delivering senior food bags, harvesting produce, interviewing and assisting program participants, helping with clerical tasks, and much more! Close to 400 volunteers served our community each month!

Interested in giving back? Food for People is always looking for volunteers to help support our many programs. Whether you prefer clerical tasks, group activities or physical labor, we offer a variety of options to meet your specific skills and interests.

Ready to find the volunteer opportunity that works best for you? Please contact our Direct Services Manager Paloma Herrera at [volunteer@foodforpeople.org](mailto:volunteer@foodforpeople.org) or (707) 445-3166 ext. 310.



# Volunteers

The holiday season is a great time to reflect on our blessings and be thankful for what we have. At Food for People, we are grateful for the continued support of our community. We recently caught up with some of our amazing volunteers to ask how they got involved with Food for People and what they love about volunteering. Read some of their answers below:



"All of my kids are finally in school now. My daughter did the canned food drive in high school and loved it. I've been wanting to volunteer here ever since then."

– Laurel



"This community has been good to me -- I started a business here -- so it is nice to be able to give back to a community that has given me so much."

– Miguel



"It makes me feel good to be outdoors helping people [during Free Produce Markets]."

– Jessi

## THANK YOU HUMBOLDT COUNTY!

Your support has raised more than \$21,000 for

### Backpacks for Kids for Eureka School Children

No child learns well on an empty stomach - It affects how they learn and develop.

Backpacks for Kids provides a bag full of nutritious food for children in need on the weekends for the school year.



SQUARES REPRESENT:



Support is still needed, visit: [www.foodforpeople.org](http://www.foodforpeople.org)

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# Boost Your Vitamin D Intake

## Cheese, Eggs and Mushrooms, Oh My!

By Kayla Watkins, Nutrition Education Coordinator

Vitamin D, as most of us know, is vital to our bone health. But do we truly understand the impact that it can have on our bodies if we are deficient? The Academy of Nutrition and Dietetics states that vitamin D not only transports and regulates minerals such as calcium and phosphorus to the bones, but it also plays a crucial role in the brain's ability to communicate through the nerves to the rest of the body, and wards off bacteria and viruses. According to some research, low vitamin D may even be linked to depression and other mood disorders.

The most efficient way to increase your body's vitamin D is through short periods of sun exposure. Did you know that when your skin is exposed to direct sunlight, it is able to create vitamin D on its own? Unfortunately, as the winter months approach, it's not always possible to receive the benefits from the sun. There is still hope! By increasing your consumption of vitamin D-rich foods like fatty fish, beef liver, cheese, eggs, and mushrooms you can ensure you get enough of the "sunshine vitamin" even when the sun isn't shining. Vitamin D-fortified orange juice, yogurt, and soy beverages are also good options. As always, remember to check the nutrition facts!



Boost your vitamin D levels this winter by enjoying vitamin D-rich foods like mushrooms, fatty fish, eggs and fortified milk.

## CREAM OF MUSHROOM SOUP

### Ingredients:

5 cups sliced mushrooms  
 1 1/2 cups chicken or veggie broth  
 1 medium yellow onion, diced  
 3 tbsp all-purpose flour  
 3 tbsp butter  
 1/8 tsp dried thyme  
 1 cup half and half  
 1 tbsp sherry or red wine vinegar

### Directions:

1. In a large, heavy saucepan, cook mushrooms in broth with onion and thyme until tender (about 10-15 minutes).
2. In a blender or food processor, puree the mixture, leaving some chunks. Set aside.
3. In the saucepan, melt the butter and whisk in the flour until smooth. Add the salt, pepper and half and half, and vegetable puree. Stirring constantly, bring the soup to a boil and cook until thickened. Adjust seasonings to taste, add sherry.

\* **Great additions:** garlic, parmesan cheese, parsley. Serve with fresh whole wheat bread. Enjoy!

# Bruce Wayne Joins Board

## A Longtime Volunteer & Supporter



Bruce Wayne helps set out fresh produce during a Senior Distribution at Food for People in Eureka.

Long-time Food for People supporter and volunteer Bruce Wayne has joined our Board of Directors.

A retired trial attorney, Bruce has more than 40 years of experience in business litigation. He has served on the Board of Directors of California Indian Legal Services and the Legal Aid Society of San Diego. Locally, he is involved in the Trinidad Chamber of Commerce and has volunteered at Food for People since 2016.

“Bruce’s many years of legal experience, his extensive community involvement, and his passion for our work make him a wonderful asset to the organization,” said Anne Holcomb, Food for People’s Executive Director. “He has become very familiar with program operations as a volunteer in our warehouse which will help inform his service as a board member.”

Wayne joins a board that provides direction and oversight of the non-profit’s activities. The board includes retired educators, health care administrators, and local business and non-profit leaders. **For more information on Food for People’s Board of Directors, visit [www.foodforpeople.org/about/board-members](http://www.foodforpeople.org/about/board-members).**

## Be Prepared: Make Your Five Minute Plan

Last year, California had one of the deadliest and most destructive fire seasons ever, with more than 1.8 million acres burned. Following the events earlier this month, we have all seen firsthand the impact a planned power outage can have on our rural community. It is important we all take the time now to make sure our families and homes are prepared for emergencies.

Pacific Gas & Electric Company is working to better prepare communities for wildfires and disasters. Food for People is working with PG&E to get the word out, and we hope it makes all of the difference in keeping everyone safe.

We urge everyone to prepare a Five Minute Plan to evacuate their homes immediately, and watch for Red Flag Warnings. Evacuation orders means you have to leave right away to avoid getting stuck. Preparing a Five Minute Plan gets your family ready to go quickly once you are ordered to leave. There are steps that must be taken in order to be able to leave in 5 minutes.

- Mark evacuation routes on maps
- Plan where to go if you can’t go home
- Put together an emergency supply kit
- Explain plan to children
- Practice leaving your home in 5 minutes

### WHAT IS A FIVE MINUTE PLAN?

A Five Minute Plan gets you ready to leave the house after being ordered to evacuate.



Mark evacuation routes on a map



Plan where to go if you can’t go home



Explain the plan to young children



Put together an Emergency Supply Kit



Practice leaving the house in five minutes

### WHAT GOES IN AN EMERGENCY SUPPLY KIT?



First Aid Kit



Important Documents



Extra Clothes



Daily items



Map with Evacuation Routes

