

Food Notes

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

Summer Issue, 2013



Above photos show kids enjoying their lunches at Camp Cooper in Eureka. Ted Pecot plays children's music for them earlier during the Summer Lunch Kick-off, celebrating 17 years of the Children's Summer Lunch Program providing healthy sack lunches to children in Humboldt County.

Know Your Farmer - Beth Dunlap of Paradise Flat Farm

By Laura Hughes,
Local Food Resources Coordinator

Paradise Flat Farm is a charming and highly diversified farm situated in the little farming hamlet of Shively, nestled along a bend on the Eel River. Farmer Beth Dunlap is a warm, cheery soul who will be celebrating 25 seasons of farming there this coming October. She is a staunch advocate of Food for People and our programs, and provides fresh, healthy produce for both our Locally Delicious Program and our Mobile Produce Pantry.

Beth is a new participant in our Locally Delicious Program this season and is growing tomatoes and summer squash for our Senior and Homebound Delivery clients. She also offers a variety of other crops for our Mobile Produce Pantry, including sugar snap peas, onions, kohlrabi and rhubarb. Beth also participates in our gleaning program and invites us down

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Summer Lunch Munches On!

By Nicole Gribi, Child Nutrition Programs Coordinator

Our 17th season of Children's Summer Lunch has been going strong all summer and is coming to a close this season. We have partnered with 20 sites around Humboldt County to provide free, nutritious sack lunches for children every weekday of the summer break.

We consistently served more than 300 lunches per day at sites in Willow Creek, McKinleyville, Arcata, Manila, Eureka, Loleta, Fortuna, Rio Dell and Scotia. Our site partners included the Boys and Girls Club of the Redwoods, Eureka, Arcata and Fortuna City Parks and Recreation, Community and Family Resource Centers in Willow Creek, McKinleyville, Loleta and Rio Dell, Trinity Baptist

Church, Manila Teenship, The Ink People's MARZ Project, Youth Service Bureau's RAVEN Project, Excel Summer Camps and our many valued community volunteers.

We also continued our partnership with the Humboldt Senior Resource Center, whose staff and volunteers prepared the sack lunches every day. They are an excellent vendor with a courteous, professional attitude and consistently high quality, nutritious food. Our long standing partnership with the Humboldt Transit Authority (HTA) was also still in effect. Bus drivers allowed us to put coolers on their buses for transport to the Eel River Valley, where more than 100 children benefited from this partnership. We are grateful, as

always, to HTA for helping to feed children in communities where transportation would otherwise be prohibitively expensive.

Although this is a federal program, and we do receive government reimbursement, the funding covers only a portion of the total cost of providing food for children in our rural county, and we rely on local donors to fill the gaps. Our generous sponsors this year include: Green Diamond Resource Company, Humboldt Area Foundation, Humboldt Sponsors, Humboldt Transit Authority, Mel and Grace McLean Foundation, North Coast Co-op, Patricia and William Smullin Foundation, St. Joseph Health System Humboldt County, Union Labor Health Foundation, Coast Central Credit

Union, Cypress Grove Chevre and Ken Houldsworth, Inc. The many individual donors to our No More Hungry Kids campaign also contributed to the success of this program.

As you can see, Children's Summer Lunch runs on a foundation of strong community support. We are only able to feed as many hungry children as we do with the participation of a diverse cast of characters, each playing their own part. Thank you for serving lunch. Thank you for picking up coolers off the bus. Thank you for providing a welcoming place for families to gather. Thank you for your donations. Thank you for your hard work and dedication. Together, we are making a difference!

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The Food Bank for Humboldt County
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In This Issue

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Plant a Row for the Hungry

We feel it's important to keep you 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.

Farewell to Alma Lehtonen

By Harriet Pecot, Development Director

Alma Lehtonen started volunteering at Food for People during October 1998 when we were still located in the old and very small house on V Street where Food for People has its origins. In fact, she tells me some people still remember her from working there.

We first met Alma through a senior employment program. She worked with us for a full year as the desk receptionist. She enjoyed working at the food bank and stayed on as a volunteer at the completion of her program. Alma appreciated the work we were doing providing food to people in need while providing a high level of respect to all who passed through our doors. "People respond to respect," says Alma.

She tells me it was a good move to come to the new warehouse as "we were barely able to function and couldn't grow out of the very small house on V Street." The living room was being used as a waiting room; the kitchen was filled to capacity (they would cart food over from a warehouse where it was being stored). There was a floor heater used to heat the room, but it had to be turned off when people showed up because there wasn't enough room for both in the small space.

Alma has seen an amazing amount of change and growth at Food for People and never anticipated the variety of programs we would have. She enjoys our work environment and has a lot of respect for Anne Holcomb, our Executive Director, who came on board right about the time we moved into the building on 14th Street. She sees Anne's vision of Food for People as a guiding force behind all of the growth and expansion. Alma saw this growth as very important because we were responding to the needs of the community while constantly looking at better and newer ways to address the challenges of providing access to healthy and nutritious foods.

Alma served on the Board of Directors for five years at Food for

People, in addition to working as the front desk receptionist and volunteering as an intake-interviewer for people coming to the pantry for food. Some months she has volunteered as many as 100 hours but had to cut back to one day a week due to health issues. Alma has seen a lot of changes in the distribution, including the implementation of the Choice Pantry. She has also seen a big change in the people we serve especially due to the downturn in the economy in the last five years. Alma sees people here who would never have come to our pantry before but now need the help.

Her advice on interviewing people who are coming to our pantry for food assistance is that it needs a special touch. We need to be aware of the amount of people in the pantry and stay on top of appointments. And while it is important to keep everything moving, it is equally important to pay attention to how much time people need with the person interviewing. She believes it is important to listen and point people in the direction they need for help and equally important to remember we are not social workers. Bottom line - at the least we can offer people good, nutritious food and a kind word. She believes our clients hold Food for People in high regard and she knows there will be a lot of people here who are going to miss her.

Alma is moving to Portland, Oregon to live near her sister. She will most likely volunteer at the food bank in Portland. Her parting words - she would tell the community to continue helping! She believes our community responds well and helps us in many ways, including by volunteering. There is a greater need for volunteers these days because of our 14 programs, but this also means there are lots more choices of positions to fill. I commented on her many years of volunteering at Food for People and how everyone benefits by such a commitment. Alma humbly responds, "I would say thank you to the food bank for always being there for me and helping others."

Since writing this article, Alma has made the move to Oregon. We sadly said goodbye and sent her lovingly on her way to her new life with her sister. We are richer for having known her and had time with her. We wish her the best in her new life in Portland!

Photo on right shows Alma in front of the food bank close to the date when she was transitioning to Portland - we will miss her very much!



What Kids Have to Say about Backpacks

By Nicole Gribi, Child Nutrition Programs Coordinator

"My mom puts the tuna in tacos and I say yummmmm," was just one of many positive comments received through the annual evaluations for students participating in our Backpacks for Kids program. Backpacks for Kids is a collaborative community effort, led by Food for People, to provide children in need with enough food to get through the weekend. We partner with schools and local service clubs to pack and distribute the food each week. The children in the program are those who are at risk for hunger over the weekend when school meals are not available. We provide breakfast, lunch, dinner and snacks for two days in each bag so that kids can return to school Monday morning well-fed and ready to learn. This past school year, 418 children received a bag each week at schools throughout the county.

We received our highest response rate ever to our evaluation forms from participating students this year - more than 50% responded. Credit for that increase goes to the teachers and school staff that see the children every day and made sure the forms were filled out and returned. We appreciate your hard work and dedication to this program!

We learned some interesting information after compiling the data from the evaluations. First, we are glad to find out that the program is a success among the children and their families! The majority of

the children like the food they are getting and would like to be in the program next year. For most of the kids, the food lasts all weekend, and for the rest, it lasts for an entire week.

The next part of the survey is designed to gauge the children's food preferences. We use this information to make sure we are purchasing and distributing food which truly appeals to children. The most popular foods were fresh fruits, juice, bread, macaroni and cheese and peanut butter. If you're considering donating food to this program, please keep those items in mind.

We also solicited information about new food items the children would like to see in their bags. Their ideas were both interesting (and entertaining) and included fresh steak, seaweed, eggnog, peanut brittle and ice cream. Those particular items will most likely not find their way into Backpacks next year, but we are planning to include frequently requested items such as cereal, bananas and carrots. We have received a lot of requests for cheese and yogurt, which we typically are not able to provide because they need to be refrigerated. We are currently brainstorming ideas for including perishable food items into the program. If you have any ideas, or questions about Backpacks for Kids, please contact Niki at 445-3166 ext. 309 or by email at ngribi@foodforpeople.org.



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Notes from the Director

Finding a Place at the Table for Everyone

By Anne Holcomb



complexities of food insecurity in America through the eyes of those who are experiencing it while tracing the converging paths of our nation's epidemics of hunger and food-related health issues. The film introduces us to a bright fifth grader who cannot concentrate in school because of her hunger pangs, a young mother who finds that breaking the cycle of poverty is confounded by landing a full time job, and several others who defy the common notion of who is hungry." Their personal stories are interwoven with commentary from long time anti-hunger advocate Jeff Bridges and Food Network Chef Tom Colicchio, and from health experts, anti-poverty advocates, and producers. The film also chronicles how hunger was almost eradicated in our country by the late 70's and how that progress has been reversed in the last three decades.

We feel that the timing of our screenings of "A Place at the Table" is quite apropos in light of Congress' inability to pass a Farm Bill, now more than one year overdue, and recent unprecedented attempts to separate funding for nutrition assistance programs from the Farm Bill in favor of a vote on \$195 billion in subsidies for farmers over the next 10 years (down from the staggering \$939 billion approved in a June vote). And while squabbles over funding levels for SNAP (known in California as CalFresh) have garnered much of the well-deserved attention, we feel it is important

to note that a lot of other vital programs are included in the Nutrition Assistance portion of the Farm Bill, such as WIC, School Meal programs (breakfast, lunch, after school snack and summer lunch), Child and Adult Care Food Programs, the Emergency Food Assistance Program (EFAP - the source of the commodity foods provided to food banks), and the Commodity Supplemental Food Program (one of the programs we use to feed more than 300 low income seniors and pregnant/postpartum mothers and children under age six who are not enrolled in WIC, each month). Presented with statistics about the number of people who are still struggling to put food on the table and the impact that tried and true nutrition programs can have on the long term health of American citizens, we find it hard to understand how Congress could turn a deaf ear and a blind eye to the reality so many in our community live with day after day.

As dire as this all seems, this is a great opportunity to get involved in discussions about what we can do at the community level and the policy level to effect real change. After each screening of the film, we will host a panel discussion and invite attendees to share their thoughts and ideas. We will also discuss next steps in a call to action. We hope you can join us!

Be sure to check out our website at www.foodforpeople.org for updates on Hunger Action month activities!

One Senior's Personal Experience with Food for People

By S. Wilson, Local Resident

Food for People is a terrific organization, comprised of hard-working volunteers and staff members and I have only good things to say about them. Let me tell you how I became acquainted with Food for People and learned about the wonderful work that they do.

As a professional person for most of my adult life, I had become accustomed to living on a comfortable income. At one point I even helped administer the monthly distribution of commodities at a senior center, and saw how older retirees and people with disabilities were benefiting from food assistance.

Then, a few years ago, I became a retired senior myself, now living on a limited income, and keenly aware of the ever-increasing cost of groceries, especially the healthiest items like fresh vegetables and fruits. Even though I am content to live simply, I found myself becoming more frugal to cover my monthly expenses, while striving to remain healthy, strong and well-nourished. Personally, I prefer 'prevention' to medical intervention!

At that point, after talking with other seniors, I soon realized that I might be eligible for one of the Food for People programs. Investigating further, I was surprised to discover that the upper monthly income limits for receiving the Senior Brown Bag program was quite generous. In fact, they probably cover most of the Humboldt County seniors living on their Social Security benefits and/or modest retirement funds. For a one-person household, the limit is currently \$1,436, and for a two-person household, \$1,939. For more information you can go to <http://www.foodforpeople.org/programs/senior-brown-bag-program>.

I was further motivated by a particularly disheartening television program in which the guest nutritionist was admonishing parents to feed their families fresher, organic produce. One working mother from the audience responded defensively that she wished she could do just that, but a head of broccoli now costs about \$3 - and for that same \$3 she

could buy her three children *each* a hamburger at a fast food restaurant - even though she knew it wasn't the best choice. Many people sympathized with her dilemma - sad, but very true.

Like many, I was hesitant and at first reluctant to avail myself of these services, but I was reassured once I visited my neighborhood food pantry for the first time. I signed in and met the courteous, friendly and respectful staff members and volunteers working with Food for People. The majority of monthly recipients appeared to be families and seniors, too. I was also quite surprised at the variety and quality of the foods usually available, depending on the varying donations to the program from several sources, including local grocery stores and produce growers.

At the food pantry distribution centers, a household is eligible for a box or more of commodities and staples once a month, as well as fresh vegetables and fruits of their choice, plus dairy items and bread. At my local food pantry site in Arcata depending on supply, a household can receive an additional emergency box containing non-perishable items as well as produce and bread - a very generous amount of food! In addition, a bag lunch is usually available for each person at my pantry site.

If you find that you or someone you know may be eligible for any Food for People program, please contact Argelia Muñoz at (707) 445-3166 extension 303, or go to www.foodforpeople.org for more information. We are fortunate to have such organizations to supplement our needs, and I for one greatly appreciate the volunteers and staff members who make it possible. I give my heartfelt thanks to all of them and to the community churches and other civic sites that have offered their facilities as neighborhood food pantries.



September is Hunger Action month and our staff, volunteers and community supporters have a broad array of activities planned to help educate our community about the long-term impact that hunger and food insecurity can have on growing children, working families and seniors living on fixed incomes. Featured events will include two screenings of the powerful documentary film, "A Place at the Table," which received critical acclaim at the Sundance Film Festival and was the topic of discussion with directors/producers Lori Silverbush and Kristi Jacobson in multiple media outlets including the Daily Show, Bill Moyers and the Colbert Report.

"A Place at the Table" chronicles the fact that in 2012, 50 million Americans were uncertain where their next meal was coming from; a statistic that includes 1 in 6 adults and 1 in 4 children. As noted in a press release, "It examines the

Food for People will host two community screenings of



This critically acclaimed documentary examines the crisis of food security, hunger, obesity and food access.

Humboldt State University
at the Kate Buchanan Room
on Tuesday, September 17th from 4:30 to 7:30 pm

Calvary Lutheran Church
716 South Avenue in Eureka
on Thursday, September 26th from 4:30 to 7:30 pm

Admission is FREE plus refreshments will be provided and there will be a discussion of food insecurity in Humboldt County. This event is sponsored by the Northcoast Co-op, Wildberries Marketplace, University of California Cooperative Extension, Locally Delicious, Humboldt State University and Calvary Lutheran Church in partnership with Food for People. For more information, contact Heidi McHugh, Community Outreach and Education Coordinator, at (707) 445-3166 extension 308.



Why 800 Club?

The 800 Club is our regular giving program comprised of community members who donate monthly or quarterly. 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 more than 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.



2013 Pantry Summit

By Jason Hervin, Outgoing Pantry Network Coordinator

This past May we held our annual Pantry Summit - where lead volunteers from all of our 15 food pantries across the county came together for a day of networking, training and sharing of successes and challenges. This event also helps recognize the incredible dedication that our pantries, which are primarily run by volunteers, have towards addressing food insecurity in their communities. The day was full of great conversation, learning and connections. We covered many topics, ranging from policies and procedures to ways of processing stressful experiences.

The Pantry Network Coordinator helps to provide support for each food pantry through equipment, materials, and training in order to ensure that our pantries can sustain themselves. Along the line of capacity building was a presentation geared towards ways to build cohesion and leadership among pantry volunteers. This session gave pantries examples that could be used to check-in with their volunteers, review policies, procedures, and create pathways for leadership among their volunteers.

Fox Olson, Executive Director of the Arcata House Partnership, was one of the highlights of the day, facilitating a session on communication strategies when dealing with conflict and communication with individuals with a history of mental illness or substance abuse. Fox presented a very engaging session involving the participants by asking questions and having them share experiences. Many of our volunteers have requested this training and it proved especially valuable to those pantry volunteers. Afterwards, many participants indicated this training would help them in their communication

and service to clients who may require special attention due to illness or addiction.

Fox's session was followed by a topic on decompressing and processing stressful encounters, held by Anna Kanouse-Tempelaere, our Volunteer Coordinator. She has a wealth of experience in social work and a dedication to helping others. This session fit perfectly with the previous presentation and really helped volunteers think about specific instances they have had or could potentially have and how to process those encounters constructively. Learning from stressful or difficult experiences can help volunteers better prepare for how to deal with similar situations in the future. It is especially important to identify your outlets for processing stress and to ensure that stress is not building up, which can lead to volunteer burn out.

The day was a lot of fun and a great opportunity for Food for People staff and volunteers from the satellite pantries to learn from each other and increase our understanding of each of the pantry sites. We really value the annual Pantry Summit as a tool to help strengthen the Pantry Network by working to build the capacity of each pantry, provide training to address the challenges of our pantries and provide an opportunity to connect with the volunteers who work so hard to create a healthier community.



Top two photos show Fox Olson, Executive Director of Arcata House, using audience participation to illustrate highlights of her talk. Below photo shows Jason Hervin, outgoing Pantry Network Coordinator, speaking to pantry representatives at the Summit. Bottom photo shows Jason in front of the food bank - we wish him the best in his new life in the Seattle area.

Farewell Jason

Jason Hervin played a key role during his three years at Food for People. He served as Pantry Network Coordinator for our 15 food pantries countywide, helping them to secure the infrastructure, food and volunteer resources necessary to increase their capacity; represented us at VOAD meetings; provided training on CPR and First Aid for staff; and helped develop FFP's disaster preparedness plan. His integrity, work ethic and willingness to help were very much appreciated by all who worked with him. Jason recently moved back to Seattle with his wife to be closer to family as they prepare for the birth of their first child. We will miss Jason and wish him and his family well!



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Did you know that one in six people in our country face hunger?

September is national Hunger Action Month, when the Feeding America nationwide network of

food banks urges individuals to take action in their communities. Food for People, the food bank for Humboldt County, joins Feeding America and more than 200 food banks across the nation by calling upon our local communities to take action through the “30 Ways in 30 Days” campaign. This is a series of activities designed to raise awareness of hunger and inspire people to participate in a diversity of activities.

It’s easy as one through thirty.

Some of the suggestions in our “30 Ways in 30 Days” include donating fresh produce from your garden or fruit trees to Food for People or the nearest food pantry; taking your children to read one of several children’s books about hunger that are on display at the Eureka library; or taking the CalFresh (formerly Food Stamp) Challenge by attempting to provide three healthy meals daily using only the average daily CalFresh amount of \$4.50 per day per person. One of my favorite

ways to fight hunger is to just set an empty place at the dinner table, as a reminder of those who are at risk for hunger.

Be a voice for hunger this September and find your own way to fight hunger in Humboldt County. Whether by advocating and raising awareness, making a donation or giving of your time and energy, find the way that’s right for you to make a difference during Hunger Action Month!



30 Ways to Fight Hunger in 30 Days

1. Take the Hunger Action Challenge and learn something new about hunger every day during the month of September.

2. Update your Facebook status to show your support for Hunger Action Month – make sure you “like” us on Facebook and “follow” us on Twitter.

3. Set an empty place at your dinner table and let this be a reminder of all those who are at risk for hunger.

4. Take the CalFresh (formerly Food Stamps) Challenge for a week by attempting to provide three healthy meals daily using only the average daily CalFresh amount of \$4.50 per day per person – share your experience on our Facebook page.

5. Go orange for hunger on Thursday, September 5th and help turn the nation orange in support of hunger relief. Show your support by wearing orange – then post your orange photos on our Facebook page!

6. Take your children to the library and check out *Stone Soup*, *Beatrice’s Goat*, *Tight Times* or another children’s book featuring the theme of hunger (on display at the Eureka library).

7. Donate produce from your garden or fruit trees to Food for People’s Gleaning Program, or call for our help gleaning any large size donation by contacting Laura Hughes, Local Food Resources Coordinator, at (707) 445-3166 extension 312.

8. Check out our updated website, where you can find details about our 14 programs, learn about our latest events, read past

copies of our quarterly Food Notes or sign up to be a volunteer. All at www.foodforpeople.org.

9. Donate food to your neighborhood food pantry in Humboldt County. Contact Renee Gibbs, Pantry Network Coordinator, at (707) 445-3166 extension 316, for the nearest pantry location and details.

10. Sponsor a local child in the Backpacks for Kids program. Donate \$200 to provide weekend backpacks filled with healthy food for an entire school year (or \$25 for a month’s worth of backpacks, or \$6 for a week’s worth of Backpacks).

11. Find volunteer opportunities at Food for People by calling Anna Kanouse-Tempelaere, our Volunteer Coordinator, at (707) 445-3166 extension 310, or by checking out our website at www.foodforpeople.org.

12. Sign up for one of our free cooking classes held monthly at the Eureka North Coast Co-op and learn cooking tips for preparing healthy, low-cost meals with food bank items and seasonal produce. Contact Ciel Hoyt, our Nutrition Education Coordinator, at (707) 445-3166 extension 305.

13. Join our regular giving program, the 800 Club, to donate monthly or quarterly, and help us build a strong foundation for our programs.

14. Submit a My Word article to the local newspaper and help raise awareness of local hunger.

15. Organize a food drive by checking in with Laura Hughes, our Local Food Resources Coordinator, at (707) 445-3166 extension 312, and find out what food items are

currently needed.

16. Cook a meal with your children, and teach them the importance of healthy food for all of us, including those in need.

17. Attend the free movie, “A Place at the Table,” at the Kate Buchanan Room at Humboldt State University on Tuesday, September 17th or at the Calvary Lutheran Church in Eureka on Thursday, September 26th, beginning at 4:30pm. Participate in the discussions afterwards on making healthy food available and affordable for all.

18. Help pack food for our Backpacks for Kids program with your group, club, team, church, office or family – it only takes a few minutes each week.

19. Volunteer to help pass out fabulous produce on Thursday, September 19th at the People’s Produce Market at our Eureka location at 307 W. 14th Street from noon to 2pm. This is a great event with live music and participation with partner organizations.

20. Skip your morning latte for a week and donate the savings to Food for People.

21. Participate in the National Day of Caring on Saturday, September 21st by volunteering at Food for People. This event is sponsored by the United Way of the Wine County and is a great time for community and business volunteers to lend their hands and hearts.

22. Know any seniors on a fixed budget? Help them find out if they are eligible for our Senior Brown Bag Program by calling Argelia Muñoz, Community Food Programs Coordinator, at (707)

445-3166 extension 303.

23. Take advantage of the “buy one, get one free,” specials at your local grocery store. Keep one for yourself and donate the free item to your local pantry.

24. Learn about hunger (and more) by signing up to receive our quarterly advocacy e-newsletter. Email a request to HungerAction@foodforpeople.org.

25. Swing by the Fortuna Pantry and Garden for “Nutrition in the Garden” on Wednesday, September 25th for cooking demo, smoothie biking and more! Located at St. Joseph’s Pantry Shelf at 2292 Newberg Road from 10am to noon.

26. Bring your teenagers to sort food with you at the food bank, and let them see how the food donation and distribution system works.

27. Volunteer to help deliver monthly food boxes to homebound seniors. It’s only a few hours a month and drivers are currently needed. Contact Argelia Muñoz, Community Food Programs Coordinator, at (707) 445-3166 extension 303.

28. Go to our section on Nutrition Education at www.foodforpeople.org for some healthy recipes on a budget such as Pineapple Chicken Stir Fry. Send us some of yours!

29. Donate a local grocery store gift card to Food for People so we can provide more food for those we serve.

30. Help us end hunger in Humboldt County all year long – donate funds, food or volunteer your time at Food for People!

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.*



First Class Delivery

By Argelia Muñoz, Community Food Programs Coordinator

Jim and Corinne Stanfield began helping with deliveries for the Senior Programs earlier this year. When asked about their experience, they told us the following:

"As a pair of old retired folk, we find it easy to say yes when asked to volunteer, as was the case when we were advised that Food for People was in need of someone to deliver food to home-bound residents in Fortuna. It's not a big deal. It takes us about two hours each month. We find that it's much more rewarding than pay. Since we deliver to the same people each month, we're getting to know them and to care about them. They make us smile as we chat for a few minutes with each delivery. This little two hours a month enriches our lives and makes us aware and grateful that

we are able to contribute to such a worthwhile endeavor."

"Perhaps the most rewarding part of volunteering is the obvious joy we help bring to others. Regardless of their condition (it varies greatly), they all are happy to see us and our exchange brings a little sunlight to each other's life. We have grown to look forward to the second Tuesday of each month when we get to visit with some very special people."

Not only are Jim and Corinne generous and caring volunteers, they are also modest. The clients in Fortuna have only wonderful things to say about Jim and Corinne and speak very highly of them. One client was blown away by their generosity and willingness to help. One of our homebound clients in Fortuna, Jo Ann Wolf, always looks forward to their visit.

She said, "They are so nice, helpful and uplifting. It's good to have the company. Being homebound is difficult, but they treat me like a person and I am always happy to see them."

If you find you have time once a month and would like to start delivering, we are looking for volunteer drivers in a few locations. Our Eureka distribution happens on the first Thursday of each month and we have a couple routes we need to fill with only eight to ten home deliveries. We also need help with deliveries in the Phillipsville and Garberville area on the second Thursday of the month. For these distributions, we deliver the commodities to the Healy Senior Center in Redway, so there would be no need to drive into Eureka. For more information about volunteering to help with deliveries, contact Argelia (also know as Argie) Muñoz at (707) 445-3166 extension 303.



Jim and Corinne Stanfield deliver food monthly to seniors who are homebound and bring along a caring connection at the same time.

A Locally Delicious Summer for Senior Nutrition Programs

Once again, Locally Delicious would like to thank the many farmers who grow food for Food for People via funds provided by the Locally Delicious Food Fund. The fresh produce and herbs grown by these farmers provides in-season and locally grown food to seniors and reducing their waste from surplus. With the help of Laura Hughes, Food for People's Local Food Resources Coordinator, we have been able to support farmers as far as Hoopa (Green Fire Farm) and

Willow Creek (Neukom Family Farms) as well as farms here on the coast like Flora Organica, Produce Peddler and Rain Frog Farms.

The Locally Delicious Food Fund is made possible by the generous donations of community members and there is still time to contribute. Supporters who donate \$50 or more will receive a free copy of *Locally Delicious: Recipes and Resources for Eating on the North Coast* or *LunchBox Envy: An Adventure in Healthy Eating for Kids and Families*. For more information contact Ann at info@locally-delicious.org.



Above photos show only some of the beautiful, local, organic produce we are able to provide for seniors participating in our programs. Beth Dunlap in the photo below is surrounded by her plants and flowers.

Know Your Farmer

Continued from page 1

to harvest extra produce from the farm. She even taught this program coordinator how to drive a tractor! I had the opportunity to talk to Beth in more depth about her farm and her relationship with the food bank on a recent gleaning trip.

Paradise Flat Farm is approximately six acres total, with three acres under intensive cultivation – a small farm to be sure, but don't be fooled! The highly integrated and diversified nature of this little operation produces prolific amounts of food. Tomatoes are Beth's main crops, with 23 varieties planted this year including favorites like Early Girl, Beef Steak, five different varieties of Roma tomatoes and a whole range of delectable and weird-looking heirlooms and cherries. Beth also grows gourds and a number of both summer and winter squashes. Other vegeta-

ble crops include sweet onions, peppers, garlic and melons. She is adding more permaculture elements to the farm as well, including fruit trees like Adriatic figs, apples, plums, peaches and other permanent plantings. Beth uses organic practices. She's not certified, but notes that her practices are more stringent than California Certified Organic Farmers (CCOF) standards. She implements permaculture techniques such as closed-loop systems - creating fertilizer on-farm with cover crops and green manure



- providing habitat for beneficial insects and pest predators and minimizing the amount of outside inputs required.

Beth says she started farming because she discovered fresh garlic as a student. She was attending College of the Redwoods and studying theater as a stage manager/technician. She decided to take a class in plant propagation just for fun and to fill up her

Continued on page 8



Heirloom Tomatoes celebrate five years together on June 8th, 2013 at the Arcata Farmers Market (from left to right is Ann King, Suzanne Simpson, Anne Holcomb (special guest appearance by the Executive Director of Food for People), Ann Anderson, Carol Moné and Martha Haynes with Lauren Cohn-Sarabia at center of the tomato. Photo by Mark Larson Photography.

People's Produce Markets have been going strong this season!

By Harriet Pecot, Fund Development Director



Many hands working together help create a festive atmosphere at our People's Produce Markets with fabulous produce, food samples, live music and informational displays by partner organizations. Produce offerings have included apples, artichokes, broccoli, cabbage, carrots, fresh corn, lettuce greens, onions, potatoes, red bell peppers, sweet potatoes and watermelon while local musicians such as Dale Winget, play guitar in the background. Representatives from Public Health of the Department of Health and Human Services might be serving up food samples of watermelon salsa or another healthy dish while providing recipes and recipe books for people to take home. And always, many people are in line waiting for their turn.



A good number of the local residents who are eligible for the produce market line up many hours before it opens in order to have a place in line. Even though I tell them we have plenty of produce for all, there are still some who will patiently begin their wait as early as 7am in the morning for a market which opens at noon. Although most of the people do not arrive that early in the morning, many do arrive ahead of time to secure their place and make sure we do not run out of any coveted items of produce. Walking through the line of waiting people, one sees a diversity of locals, including many families with young children, many elderly folks and many people with disabilities who have brought something to sit on or have arrived in wheel chairs. Not everyone wants to chat or meet my eyes but most of the people are quick to give thanks for produce they would not otherwise be able to put on their table. All are well aware of the rising expense of fresh fruits and produce and willing to wait patiently and humbly for their turn.



Since the markets resumed in May, we have distributed 24,383 pounds of fresh produce and served 2,541 individuals (or 889 households) in Eureka alone. In Fortuna, we have distributed 25,967 pounds of produce and served 1,668 individuals (or 425 households). At the Garberville/Redway markets, the amount of produce handed out equals 14,141 pounds to 541 individuals (or 237 households).



Check out our website at www.foodforpeople.org for more details and the next produce market nearest you!

Welcome Renee Gibbs



Renee graduated from the University of Wisconsin with a degree in Conservation Biology. She has a true love of nature and fell in love with the beauty of Humboldt County eight years ago during a visit. She also met (and married) her husband during this time and relocated to Humboldt. As Pantry Network Coordinator, Renee will oversee the food distribution to our 15 active pantries, as well as work one-on-one with each site. Prior to joining our team, she worked as a seasonal park guide at the Redwood National and State Parks. She is excited to be working with us and contributing to our community.



Goodbye Ivy Matheny

During her years working at our Food for People pantry, it was common to hear people "ask Ivy" for all their questions (so much so that we even considered Ask Ivy t-shirts). Her calm energy and bottomless compassion made her a great asset to our organization as well as a good friend. She will be sorely missed and we wish her well with her new endeavor as she continues to work for increased food security in Humboldt County. She assumes her new position as the Outreach and Operations Coordinator at the North Coast Growers' Association where she will help low-income community members gain access to locally produced food, while supporting the local agricultural community.

Know Your Farmer *Continued from page 6*

schedule, but it turned out that she fell in love with the plants, discovering that they each have different identities, learning who they are and what they like. Plants were no longer just green things on the side of the road to Beth. They became creatures, not objects. Beth really loved living in Humboldt County, the countryside and the rural, small-town atmosphere, but there was no living in theater, so she decided to try something else, and this time outside. After two years working in Alaska, another year working and traveling across country, and a big old school bus later, she ended up living on the farm in Shively. After an incident that wrecked the school bus (not her fault, she adds), the insurance reimbursement was enough to put a down payment on the farm she happened to be working on at the time. Beth notes that it just landed in her lap and says how very fortunate she is to have ended up with

such an amazing piece of property that boasts some of the best soil in the world. Beth was part of a wave of newer farmers in Shively at the time, and learned dry farming techniques from Bear Jones, who influenced the whole valley. She remarks on the new influx of young farmers in Shively these recent years and is glad to see the farming tradition continue in a neighborhood that has such an important agricultural history.

Beth feels that farming is good, honest work, offering something that is good for people no matter where or who they are. For her, good business means something where everyone benefits. She remarks on how important it is to provide people with good nutrition and a good eating experience. "People are able to think more clearly and make better decisions when well-nourished" she says. She argues that insufficient nutrition results in imbalances in the

body which then result in imbalances in behavior and personality. Beth states if people feel good physically, they're more able to think positively and make good choices. As a student in the early 80s, Beth used the food bank services when it was a little house on V Street. She has always been grateful to the food bank for the assistance she received then and she started donating produce once she started farming and has been doing so ever since. Beth doesn't earn a lot of money as a farmer, but food is her wealth and she likes to spread the love and give back as much as possible. She will provide food to help out starving artists,

young families on the road and even tips her waiters with fresh heirloom tomatoes.

Beth also works as a caregiver and is well-loved. She says it's her "real job" to support her "farming habit," as the farm only supports itself plus some. She enjoys working with people, noting that eating good food, laughing, being happy, and having people that care about you and enjoy spending time with you are often things that are overlooked by our healthcare system. As a caregiver and a farmer, Beth sees both sides to the Locally Delicious equation. She says that from the farming perspective, the beautiful thing about the Locally Delicious contract is that it allows a farmer to take a good crop and enter into a contract that will pay in the beginning of the season to get seeds, labor and what is needed to get that crop growing. On the other end as a caregiver, Beth is the one who opens the door when Food for People delivers. She is often present when recipients get their deliveries, describing responses from people when they see what is inside their bags of goodies, particularly older people who remember what a real tomato tastes like but can't afford it, or can't get out of the house to purchase fresh produce.

Beth talks about how many people in the county are homebound and the need for assistance. She says for those of us who can walk around and have a car, we just don't even think about what it would be like not be able to drive, get out of the house or shop for ourselves. But there are so many people locally that are in these dire situations. Food for People's programs are very necessary, and programs like Locally Delicious are an important part of the big picture. Having some fresh tomatoes or peaches can really make a person's day. Beth also notes that the produce provided by our programs helps challenge people to eat things that they may not think about eating. But if it is sitting in their kitchen then it is medicine for their bodies. She notes it's easy to tell people "eat fresh fruits and veggies," but there's nothing like it when you get produce that was just picked recently.

Thank you Beth, for your warm heart, big laugh, and dedication to supporting the health and wellness of our community!



Beth Dunlap farms with a lot of care and attention, which shows in the quality produce we receive for our senior programs.

I want to become a Volunteer at Food for People!

Call 707-445-3166 or email:

Volunteer@foodforpeople.org. Or fill out and send in:

Name: _____

Address: _____

City, State, Zip: _____

Please have someone contact me:

Phone: _____

Email: _____

Grocery Outlet Strikes Again!

For the past three years during the month of July, Grocery Outlet has hosted Independence from Hunger, a community food drive to help generate nonperishable food donations during a time when donations to the food bank are typically at their lowest yet the need is often greater. Summer is repeatedly the busiest time for food banks when children are out of school and not receiving school meals and families need more in the way of food assistance. Grocery Outlet customers were able to either purchase pre-made bags which included much

needed pantry items or donate funds at the register which would then be donated to the food bank. This year, the Independence from Hunger food drive brought in a total of 1,219 pounds of food which will be available in our pantries for struggling families with children, seniors on fixed incomes and our most vulnerable community members. Many thanks go to Mary and Mike Barber of Grocery Outlet who go out of their way to support our efforts at hunger relief for the many in need in our community. We cannot say enough about their caring hearts and their ongoing support for Humboldt County!



Another Awesome Summer Lunch Delivery Driver

Jonathan Baer has been packing coolers full of lunches for children across Humboldt County each day this summer. He arrived at the food bank at 6:30 am every weekday to play his crucial role in our Children's Summer Lunch program: loading the van and delivering food to our 20 sites, so that 300 to 400 children can get a free lunch every summer weekday.

Jonathan was born in the San Francisco Bay area, raised in Tennessee and returned to California to pursue a higher education. He finished his second year in the Humboldt State University Environmental Science program with an emphasis in environmental policy. He's planning to also earn a teaching credential so he can put his energy to good use inspiring middle and high school students.

Jonathan is staying busy this summer, working a second job at Carl Johnson Company as well as planning a wedding in September with his lovely fiancée, Brooke.

His hobbies include playing guitar and singing, recording and posting silly videos to his YouTube channel, and hiking and camping in the great outdoors. We were very pleased to have his positive attitude and enthusiasm on our team this summer. Thanks for your hard work, Jonathan!



Jonathan always brightened our mornings with his cheerful attitude and positive energy.

County CalFresh Update

By Heidi McHugh, Community Education and Outreach Coordinator

In 2012 the Humboldt County Department of Health and Human Services allocated funds to address the low participation in CalFresh, formerly known as Food Stamps, by eligible Humboldt County residents. According to California Food Policy Advocate's report, *Lost Dollars, Empty Plates*, only 62% of eligible people are participating in Humboldt County; that is a lot of food not getting on the tables of low-income residents. A broad variety of community based organizations (CBOs) were invited to partner with DHHS on CalFresh outreach, in recognition of the existing relationship between these organizations and potentially eligible clients. Participating CBOs have incorporated CalFresh outreach and application assistance into their regular services, many of which have a nutrition education focus, to encourage healthy eating. On June 6th, 2013 approximately 90 representatives from local CBOs convened at Humboldt State University for the 2nd annual CalFresh Forum. The focus of this year's forum was strengthening outreach strategies, improving retention rates for CalFresh participants, and integrating nutrition messaging with CalFresh.

Thanks to the Humboldt County CalFresh Task Force, which meets monthly, community partners engaging in CalFresh outreach don't have to wait for the annual forum to discuss new ideas for outreach. The task force brings together community-based organizations and county agencies

serving CalFresh eligible households in Humboldt County and is facilitated by Food for People. Together, we stay up to date on local CalFresh enrollment statistics and processes, in addition to state and federal legislation that impacts our clients. We work toward making the doorways to applying for CalFresh as accessible as possible, and work in partnership with the county to plan for methods that suit the unique needs of our rural county's many communities. Member partners share current and upcoming projects and events that reach low-income Humboldt County households with CalFresh information and application assistance, ranging from farmers' market incentive programs, application assistance at an increasing number of local nonprofits, home and community gardening initiatives through CalFresh, integrating CalFresh outreach with health programs, localized outreach at family resource centers and community centers county-wide, trainings for community members and nonprofit providers, and so much more.

One the most successful initiatives for increasing CalFresh participation has been the ability to use CalFresh dollars at local farmers' markets. The North Coast Growers' Association (NCGA) Farmers' Markets and Food for People teamed up once again to offer the Humboldt Market Match during the 2013 market season. With this program, CalFresh households can access more of the locally grown fruits and vegetables

sold at NCGA Farmers' Markets in Eureka, Arcata and McKinleyville, and now also at the farmers' markets in Fortuna and Garberville. CalFresh recipients who spend \$10 from their CalFresh (formerly Food Stamps) Electronic Benefit Transfer (EBT) debit card receive a matching benefit of up to \$5 in free farmers' market tokens. This bonus matching benefit is available once per market day, all season long as funds permit. Cards can be swiped at the Market Manager's booth in exchange for wooden tokens that can be spent at any of the farmers' booths on fresh fruits and vegetables and plant starts that produce food.

The premier of Market Match in 2011 was a smashing success. EBT usage at NCGA farmers' markets increased 313% from the year before. NCGA Farmers' Markets began accepting CalFresh in 2005 and the concept caught on slowly. Only \$5,493 in EBT benefits were redeemed during the entire 2008 market season. By 2010, it almost doubled to \$10,973. After introducing Market Match in 2011, redemption more than tripled to \$34,363. By the 2012 season, CalFresh sales reached \$36,356. As of June 2013, \$14,766 CalFresh dollars have been spent on locally grown produce at farmers' markets. Market Match is possible thanks to a California Department of Food and Agriculture (CDFA) Specialty Crop Block Grant and funding from Roots of Change and the Humboldt County Department of Health and Human Services (DHHS).

Would you tell your hunger story?

By Harriet Pecot, Development Director

Here is mine —

My name is Harriet and when I was a young teen, my parents were in a serious highway accident. A car jumped the divider coming the opposite direction and collided with their car. The driver was a young man without any car insurance. My father ended up in the hospital with a lot of medical complications and couldn't work for a long time. I remember my mother bringing a couple of bags of food into the kitchen one day which had come from a food assistance program. I didn't really understand what was happening at the time

but I knew it was life changing for all of us. Having food provided gave our family a basic necessity and helped us feel connected to community.

I am looking for people who would be willing to tell their story about hunger and food assistance (photos and names are optional). Stories would be used in Food for People communications with the public to illustrate the diversity of experiences and the many faces of local hunger as well as some of the solutions.

Contact me by calling (707) 445-3166 extension 306 or email me at harriet@foodforpeople.org.



Let me know how to get in touch with you and when we can arrange a time for me to listen to your story. You can also provide your name and contact information to a Food for People employee or volunteer. I look forward to hearing from you!

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.

You can honor a friend or family member by making a donation to Food for People. Simply add a notation to your donation. If you include an address, we'll send an acknowledgement to that person to let them know about the donation in their name or the name of their loved one. You can also let us know if there is a favorite program of theirs and we'll make sure the donation goes to their program of choice. It is a great way to celebrate and/or honor the memory of someone you love.

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

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

DIANE L. SANTIAGO
JI-MI SU STEPHENS
ROGER WEISS
JOHN, JASON &
GRANDDAUGHTER WENDI
JAMIE PAWLAY
RON BOTTEMILLER
BETTY JOHNSTON
RICHARD JIMENEZ
PAT MORANDA
MICHAEL GOMPERTZ
DR. ROBERT PETERS
JOHN & RALPH ARMITAGE
BILL & RALPH MCCORD
FELA MAISONT
NANCY MOORE
MAUVEALINE LA MARR
SAM BROWN

IN HONOR

JAN WERREN
CARL E. KLAMER
TRISH HARVEY
DON CLAUSSEN
MARGEE COLEMAN
FRANCES VANDERLICK
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HART & BUCKLEY FAMILIES

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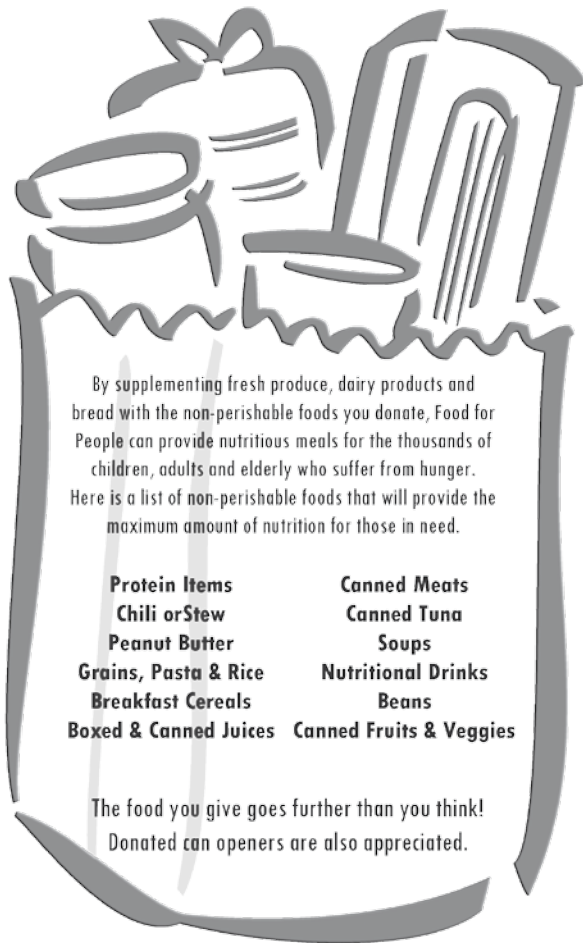
Monthly Quarterly Amount: \$ _____

Card Number: _____

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

Clip and mail to:

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



Cooking Class Fun: Exotic Veggies Make Their Way to Summer Meals

By Ciel Hoyt, Nutrition Education Coordinator

A continuing barrier to good health is a lack of knowledge about how to prepare or use different foods, especially fresh produce. Many people never have the chance to learn healthy cooking techniques or the importance of eating sufficient servings of fruits and vegetables.

Food for People addresses this issue through a monthly cooking class. The many programs that we offer, such as the free seasonal produce markets, our Mobile Produce Pantry and gleaning programs, allow our clients to access large amounts of fresh fruits and vegetables. In addition to the well-known and loved varieties, we often receive unusual and exotic forms of produce such as fennel, kohlrabi and rutabaga, to name a few.

Our monthly cooking class is a great way to encourage clients to use all of the produce they can access. And since our canned goods are often the same throughout the year, our cooking class offers different as well as healthy ways to use these items. Exciting recipes and techniques optimize taste as well as nutrition information and inspire clients to eat more of these healthy foods.

Throughout the one-hour inter-

active class, we highlight nutrition facts and tips about the different healthy ingredients we cook with, as well as healthy cooking alternatives and techniques. At the end of each class, everyone gets to enjoy the healthy meal we've prepared. Clients leave with a sheet of recipes, informational nutrition materials as well as produce that we used in the class so they can make the recipes at home for their families.

Summer salads and picnic dishes were the theme of June's class. Fennel happened to be the exotic ingredient of the month, and the Choice Pantry was overflowing with these delicious bulbs.

Fennel is a crunchy, slightly sweet vegetable that can be eaten raw or cooked. When eaten raw, the flavor is very similar to licorice. This vegetable helps to keep our immune systems working with its high vitamin C and antioxidant content. It is also a good source of fiber, folate and potassium — all essential nutrients to keep us strong and healthy. Another health bonus of fennel is that it acts as a digestive aid.

We made a raw tomato and fennel salad as well as a roasted fennel and summer squash side dish so that participants could taste this

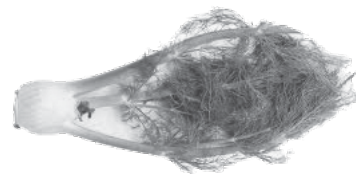
vegetable both raw and cooked. We also made a fruited chicken curry salad using the canned chicken that is a staple in the pantry. In this recipe we demonstrated how low-fat, plain yogurt can be substituted for mayonnaise, still making a delicious salad. The black bean and sweet potato salad was a class favorite. This salad uses two ingredients we nearly always have in the pantry - black beans and sweet potatoes. It keeps for two to three days and stays delicious. I made some for a Fourth of July camping trip and it was a major hit.

The knowledge that participants gain by attending this cooking class affects their eating habits and therefore positively impacts their own health and that of their families. One woman who regularly attends said, "I always look forward to this class. I learn so much and use the recipes all month long. I also feel more energized now that I have been cooking with more vegetables."

Another woman who cooks for an organization that cares for adults with disabilities agreed, "Our clients trust what I make will be tasty, even if the whole dish is green. It wasn't always like that. This class has helped immensely."

Tomato and Fennel Salad

Ingredients:
1 tablespoon olive oil
1 tablespoon white wine vinegar
1/2 teaspoon salt
pepper to taste
1 pound tomatoes cut into wedges
2 cups thinly sliced fennel bulb
1/4 cup chopped fresh parsley
1/3 cup toasted nuts (optional)



Fennel Bulb shown above.

Preparation:

Whisk oil, vinegar, salt and pepper in a large bowl until combined. Add tomatoes, fennel, parsley, and nuts. Toss to coat and enjoy!



Black Bean and Sweet Potato Salad

Ingredients:
2 tablespoons olive oil, divided
1/2 teaspoon cumin
2 medium sweet potatoes, peeled and cut into 3/4 inch cubes

1/4 teaspoon red pepper flakes (optional)

2 tablespoon fresh lime juice (can substitute lemon juice or vinegar)

1 can black beans, rinsed and drained

1/2 medium red onion, finely chopped

1/2 cup chopped fresh cilantro salt and pepper to taste

Preparation:

Preheat oven to 450°F.

Place sweet potatoes on a baking sheet. Drizzle with 1 tablespoon olive oil and season with cumin, red pepper flakes (if using), salt and pepper. Toss to coat.

Roast on lower rack, until tender. 25 to 35 minutes.

In a large bowl, whisk lime juice with remaining olive oil. Add sweet potatoes, beans, onion, cilantro and salt and pepper to taste. Mix gently to combine and serve!

Your donation is important!

I am enclosing a donation to help eliminate hunger in our community.

I would like to join the 800 Club & donate regularly. Please send me a packet of envelopes

or

Please charge my Visa or Master Card:

Monthly Quarterly One Time

For the amount of: \$ _____

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

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



Above photos show a recent cooking class using seasonal vegetables taught by Anne Harris as part of Food for People's Nutrition Education Program and hosted at the North Coast Co-op. Locals attending the class are shown in the bottom photo and include Marcia Bonham, Andrea Colon, Dorothy Swendeman, Christine Bies and Alma Sosa.

Jared Huffman Takes the CalFresh Challenge

By Heidi McHugh, Community Educator and Outreach Coordinator

The CalFresh Challenge is an experiment in empathy during which the participant has a budget of approximately \$35 for seven days worth of food and beverages. This is the average amount of money that participants receive through CalFresh, a California assistance program known nationally as the Supplemental Nutrition Assistance Program (SNAP) and formerly known as Food Stamps. Common themes for participants in the week-long challenge include lack of food variety, increased time preparing foods, inability to afford fresh produce, preoccupation with food and fatigue from decreased nutrient intake.

Criticisms of the SNAP Challenge also follow common themes. Critics argue that the challenge-taker has the comfort of returning to their accustomed food budget at the end of the week. Another common criticism is that the terms of the challenge defy the intention of the SNAP program as a "supplement" to an existing food budget.

In the fall of 2012, a Twitter debate occurred between the Mayor of Newark, New Jersey, Cory Booker, and one of his Twitter followers about the responsibility of the government to provide free or reduced-price school meals to low-income children. This resulted in one of the most publicized SNAP Challenges to date. The rise in the use of SNAP was one of many hot issues debated during the Presidential Election of 2012. It is believed by some that nutrition assistance programs like SNAP and school meals have become too large and cutting these programs will aid in balancing the federal budget. It is also believed by some that many people participating in the program "rely" on them and use the programs as a crutch to avoid work.

The SNAP program grew in response to a poor economy. This is what the program was designed to do when it was created during the Great Depression. The United States Department of Agriculture (USDA) cites that participation in SNAP and the free and reduced-price school meals has increased by 70% since 2007, and that co-

incides with a 94% increase in unemployment in that same time period. The USDA also has data on those who participate in the SNAP program: 76% of SNAP households contain a child, elderly person, or disabled person, and 41% of participating households have at least one wage earner. According to the White House Office of Management and Budget, expenditures on food and agriculture, including SNAP, represent only 1% of the entire federal budget.

Funding for SNAP, and a vast number of services under the USDA's umbrella, is determined by the Farm Bill that is reauthorized every five years. The current Farm Bill was supposed to have been reauthorized by September 30, 2012, but it was not, as members of the House and Senate could not come to an agreement on a new Farm Bill. This was largely due to differences of opinion on cutting funding to the SNAP program. Because of the failure to pass a Farm Bill, SNAP funding levels remained untouched until Congress could again address the Farm Bill. This defeat inspired the House Agricultural Committee to draft a new version of the Farm Bill that left the SNAP program out of the bill completely; this version passed in July of 2013. This was an unprecedented event and it is unclear what the outcome will be. The Congressional Chambers will have to reconcile their versions of the bill, and the President has to sign that bill. President Obama has already stated he will not sign a Farm Bill that does not include SNAP. The Farm Bill is currently operating on a continuing resolution that will expire September 30, 2013.

Because of the Farm Bill reauthorization, the debate over funding for SNAP continues to be as lively as it was during the 2012 elections, and so has interest in the SNAP Challenge. In anticipation of the 2013 June vote for the House bill that included \$20 billion in cuts, 26 members of Congress undertook the SNAP Challenge, including Humboldt's own representative, Jared Huffman. Congressman Huffman shared his experience on his Facebook page and invited the public to offer tips, recipes and opinions. Here is what

he posted on the fourth day of his challenge -

"Day four of the SNAP challenge begins with more French toast. It will be PB&B for lunch. Lather, rinse, repeat. I'm not complaining, just observing that when you try to eat on \$4.50 per day, you eat a lot of the same stuff over and over. Given that, it had better be the right stuff or your nutrition will suffer. I think I've done OK in planning my meals, but I was too worried about protein and should have found a way to include more fruit and vegetables. Probably easier said than done."

Congressman Huffman voted no on both House bills this summer as he opposes any cuts to the SNAP program.

In August of 2012, staff members from Food for People and the Eureka Times-Standard participated in a seven-day CalFresh (SNAP in California) Challenge. We all noted feelings of fatigue, increased time spent preparing meals, regrets for not planning better and the absence of fresh produce that other SNAP Challenge participants have noted. We also received a mix of compliments and criticisms for our efforts. It matters not if people view the CalFresh/SNAP Challenge positively or negatively, because the whole point of the exercise is to increase awareness of food insecurity and the vital role of programs like CalFresh in reducing hunger and poverty. The person who laments that challenge participants have the security of returning to an increased food budget at the week's end has grasped the hard reality of food insecurity - it can be endless.

Cory Booker's and the Congressional challenge captured the attention of the nation. Every person who encountered a news story, televised interview, blog post or Tweet about a challenge was somehow engaged in the conversation about hunger and the importance of nutrition assistance. Many of those people were likely inspired to apply for SNAP, volunteer in their community and advocate for the policy changes that are needed to put an end to hunger.



Hunger Action E-News

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

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Plant a Row for the Hungry

By Laura Hughes, Local Food Resources Coordinator

Do you like to garden? Community residents growing food can make a difference and share the benefits of fresh, local produce with those in need by sharing the harvest through the *Plant a Row for the Hungry* campaign. This campaign is a nation-wide, people-helping-people program sponsored by the Garden Writers Association.

Facilitated locally by Food for People, *Plant a Row for the Hungry* is a simple way for all backyard gardeners to pitch in and provide hunger relief for friends and neighbors in need. Simply harvest extra produce from your garden and bring it to Food for People or one of our 15 food pantries throughout the county. In this way, growing a garden supports the health and wellness of your neighborhood and community, and provides a wonderful opportunity to teach children about gardening, food security and service.

Fresh produce is a vital part of any healthy diet, and too often it's left out when money is tight. Fortunately, there are things communities can do to bridge the gap between food insecurity and local food sources. By giving away the surplus from their gardens each harvest, local residents can ensure their neighbors have access to fresh fruits and vegetables. So far this season, *Plant a Row* participants have already donated more than 8,000 pounds of fresh produce from their gardens, includ-

ing greens, potatoes, herbs and blueberries, among many other tasty items.

Local *Plant a Row* participants shared their thoughts about the campaign. "I love to garden and produce much more than I need for myself or friends. I have a great variety of apples and it is a joy to share them with others. What fun we have when Food for People comes to glean the trees," says Eureka resident and board member Betty Osborne.

Susan Anderson of Arcata also reflects about why she participates. "Because it's easy," Anderson says. "Food for People's willingness to help out makes it easy to help provide good food to people who might not be able to access it otherwise. And I can't stand to see food go to waste, especially fresh, organic produce."

Willow Creek resident Penelope Chastain remarks, "I really believe it is important to eat food that was grown locally as much as you can. People with low incomes don't always have that opportunity. We have an abundance of produce in Humboldt

County. And we personally have abundance and like to share."

Donations made by local farmers and gardeners like these do much more for the community than simply feed the hungry. They also work to break the systemic cycles of poverty by exposing a wide range of people to the many benefits of locally grown food. In addition to providing fresh, healthy produce to families who otherwise might not be able to access it, Food for People's Nutrition Education and Outreach team also provide easy recipes and tips for preparing various produce items offered in a tasty and healthy manner, so that everyone can enjoy the benefits of this area's agricultural abundance. Recipients say over and over again how appreciative they are of the fresh, high-quality produce provided through the generosity of gardeners and growers in the community.



Photos clockwise - Maxwell Hewes helps glean at Fieldbrook Valley Apple Farms, kohlrabi waits to be transported from Paradis Flat Farm and Ron Kuhnelt picks artichokes for Food for People's Choice Pantry.

The Jefferson Project

By Nicole Gribi,

Child Nutrition Programs Coordinator

During the last two weeks of July, we started a new Children's Summer Lunch program at the old Jefferson School site in Eureka. The lunch service is part of a free Boys and Girls Club program taking place there, and is just one of the ways we have begun to support the community development efforts of the Westside Community Improvement Association (WICA).

The Jefferson Project is the culmination of six years of meetings, planning sessions, negotiations, and hard work by the members of WICA and other community organizations like the Redwood Community Action Agency (RCAA). The Jefferson School closed in 2006, leaving the neighborhoods in the Westside of Eureka without a park or communal gathering space. In response, WICA formed with the goals of restoring the site as a Park and Community center, and revitalizing the area. With funding from grants and local donors, the Jefferson Project is well underway. The playground has been restored and re-opened, and the Community Center has a packed event calendar. Yoga and zumba classes, sign language lessons, and group meetings are already being hosted in the old school buildings. Every Saturday, the Jefferson Project is also hosting a free produce market!

We at Food for People are excited to build connections and partnerships with this new community organization. The enthusiasm of all the people involved for revitalizing the space and bringing much needed services and activities to the neighborhood is inspirational. Thanks Jefferson Project! We look forward to working with you!

Food for People is always recruiting *Plant a Row* gardeners and volunteers. There are a number of ways to participate:

- Plant an extra row of food in your garden dedicated to *Plant a Row for the Hungry*.
- Harvest and donate the produce to Food for People or to one of our 15 food pantries located throughout the county.
- Volunteer to help harvest produce from local farms, orchards, and backyard gardens who participate in our Gleaning Program
- Include your fruit trees in our Humboldt County fruit tree gleaning database
- Donate seeds, soil or plant starts to be distributed to *Plant a Row* gardeners

Food for People can provide additional assistance to donors when possible, including information, seed packets, and even volunteers to help harvest the bounty if the donation is large or donors are unable to do so themselves. Once harvested, donations can be dropped off at 307 W. 14th St. from 9am to 4:30pm during the week. Any residents living in outlying areas may directly drop off any excess produce at their local food pantries. A list of Food for People's Pantry Network schedule and locations can be found online at <http://www.foodforpeople.org/pantry-network-schedule-and-locations>.

For more information about Food for People's Gleaning Program and *Plant a Row* campaign, please contact Local Food Resources Coordinator Laura Hughes at 707-445-3166 x312 or lhughes@foodforpeople.org. Thank you for being a part of the solution!

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