

FOODBANK OF SANTA BARBARA COUNTY

MOVING THE COMMUNITY FROM HUNGER INTO HEALTH

A Year in Review 2016

Making Santa Barbara County A Healthier Place







MAKING SANTA BARBARA COUNTY A HEALTHIER PLACE

It is such a joy to have the opportunity to lead the Board of Trustees of this crucial organization. Some times in life we might work our hearts out for a project that leads nowhere or turns out differently than we expected. That is why the mission of the Foodbank is so appealing. It is simple, immediate and vital. Nothing else gets done in our nation if people are not fed, healthy and ready for work.

The Foodbank is providing award-winning education so that the community can better look after themselves through healthy eating. Thanks to its committed staff, volunteers, and leadership I believe that the Foodbank is doing a remarkable job at making Santa Barbara County a healthier place.



We need your participation to succeed, so please review our report; let us know what you think and how we can work together to end hunger in community,

Gratefully,
Barry M. Spector
Board of Trustees Chair

DEAR SANTA BARBARA COUNTY,

This year has seen the Foodbank providing more food than ever before, with 10 million pounds distributed both to our member network of 300 local partner non-profit agencies, and to our own national award-winning food and education programs. It's not just quantity but quality too, with half of the food distributed being fresh produce. That's where the buck stops for the Foodbank, and what you, our supporters have always counted on us to achieve.

Yet you also count on us for relentless innovation which will build a food secure and food literate generation of Santa Barbara County children, who are nutritionally self-reliant and healthy. This year has seen an exciting development in the evolution of the programming we provide.

When I first signed on board the good ship Foodbank, these nine springs ago, the focus of Foodbank programs was simple provision of food of widely varying quality. Our team has worked tirelessly during this time to first vastly improve the nutritional quality of the food distributed and then to turn these distributions in 'mini health fairs' educating and empowering people to be healthy through food.

In 2017, you will see the latest evolution, with the launch of a pilot Community Food Access Center in Lompoc. This creates a weekly space in a neighborhood where we are providing education and food for all ages as well as other health interventions and even an incubator for food businesses. We want to help develop communities using a great resource—food.

This is your Foodbank. Volunteers run our programs and financial supporters provide the means to ensure that we all remain fed and healthy.

As ever, we need your ideas, your energy, your frustrations, your tireless support and your desire to engage with us in the exciting alchemy of turning something so basic (food) into something of multigenerational worth (family health).

The table is set, so please join us.



CHARITY
NAVIGATOR

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Erik Talkin CEO Foodbank www.hungerintohealth.com

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OUR MISSION

To end hunger and transform the health of Santa Barbara County through good nutrition.

10 MILLION POUNDS
Of the 10 million
pounds of food
distributed by the
Foodbank annually,
half is produce.

The Foodbank has provided healthy food and nutritional resources to Santa Barbara County for over 35 years. Our reach spans from Nipomo to Carpinteria covering all of Santa Barbara County via three facilities of approx. 34,500 sq. ft.—a large receiving center in Santa Maria, a distribution hub in Santa Barbara and an education and administration center in Santa Barbara—and a fleet of 10 trucks traveling 114,263 miles annually. We work daily with farmers, growers, grocery retailers, food manufacturers and Feeding America to source the healthiest

food possible and to reach those most in need of nutritional support.

Our role at the Foodbank is to keep people healthy and make sure they have the skills and ability to make healthy food choices even if they are struggling. We are committed to taking a negative thing—hunger and food insecurity—and through our combined community efforts transforming it into a positive thing—health. This leap forward in health is achieved with three ingredients: food, education and empowerment.

1 IN 4 PEOPLE SEEK HELP FROM US IN OUR COUNTY

35% of those we serve are children. We're growing a new food-literate generation.

AGES OF PEOPLE WE SERVE

35% Children 0-17 49% Adults 18-59 16% Seniors 60

300 PARTNERS & HEALTH PROGRAMS

We've made a significant pivot over the last five years from simply providing emergency food to our partners to operating like a preventative health organization, improving low-income people's health in the most economical way possible—through what they eat. Our nationally recognized continuum of programs tackle the challenges of hunger, nutrition and obesity all at once by providing age appropriate nutrition intervention for preschool to high school graduation. This builds what we call their food literacy: their ability to look after themselves with food—to enjoy produce, budget, shop, cook and use food responsibly. By transforming their relationship to food to being one that powers their personal health, we are creating a tipping point which makes a huge transformation in the health of Santa Barbara County.

Our 300 local partner non-profit agencies receive millions of pounds of nutritious food and fresh produce, shared best practices and network partnership, food literacy training curricula, CALFresh (food stamp) outreach materials and access to effective program models that make long-term change. Our partners include Allan Hancock, Boys & Girls Clubs, Catholic Charities, Central Coast Rescue Mission, Community Action Commission, Good Samaritan Services, Inc., Organic Soup Kitchen, People Helping People, Salvation Army, Santa Barbara Rescue Mission, Santa Ynez Senior Citizens Foundation, UCSB Food Bank, Unity Shoppe and many more.

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OUR STRATEGY FOR MOVING THE COMMUNITY FROM HUNGER INTO HEALTH

FOOD, EDUCATION AND EMPOWERMENT: The Foodbank invests in the nutritional health of children, families, seniors and individuals by operating more than one hundred program sites countywide. These national accredited Foodbank programs improve food security and build community health by addressing the specific needs of the target population.

For families & individuals

HEALTHY SCHOOL PANTRY & HEALTHY COMMUNITY PANTRY

Designed like health fairs, these program provide families with nutritious food, tastings, recipes, food demonstrations, CAL-FRESH outreach, gardening instruction, and health screenings at neighborhood centers, community sites, and schools around the county each month.

CALFRESH. EBT/ food stamp benefits, is a supplemental food program to help individuals and families get the nutritious food they need to stay healthy. The Foodbank assists with the application process.

Food Literacy In Preschool

A Program of the Foodbank of Santa Barbara County

FOOD LITERACY IN PRESCHOOL

Creatively introduces fruits and vegetables to young school children from food insecure families through colorful, fun, age-appropriate interactive lessons that promote nutritious eating and physical activity.

KID'S FARMERS MARKET

Provides fresh produce and a nutrition education lesson to elementary-aged students in afterschool programs.



For seniors

At the core of our Children's

Health Initiative, Feed the Future programs are a series of sequential, innovative programs designed to foster nutritional independence and health in children from preschool through high school



PICNIC IN THE PARK

Provides 30,000+ free nutritious meals and physical fitness activities, Monday through Friday, to children countywide during the summer as part of the USDA Summer Food Service Program.



FEED THE FUTURE PROGRAMS

TEENS LOVE COOKING

Provides middle school-aged

teenagers the opportunity to learn

valuable kitchen and cooking skills

culminating in a family fiesta.

grow your Own wa la comida crece en casa

graduation.

GROW YOUR OWN WAY

SENIOR FARMERS MARKET provides fresh produce and healthy recipes to

seniors living in low-income housing. BROWN BAG supports 1,692 seniors

living on very low fixed incomes struggling to pay for housing, health care, and

basic needs. The average Brown Bag recipient is a 75-year-old-woman living on less

than \$900 a month. To maintain a healthy, independent lifestyle, recipients get two

bags of groceries and fresh produce monthly to supplement their food budgets.

As part of our program curricula, our Grow Your Own Way program provides children with information and resources—such as seeds, plants, compost and growing materials-for cultivating their own food.

MOBILE FARMERS MARKET & MOBILE FOOD PANTRY

Located in remote, underserved communities in Santa Barbara County, these programs provide families and individuals with access to healthy food and produce on a monthly basis.

DIABETES HEALTH & EDUCATION **PROGRAM**

Using food as medicine, the education program Healthy **Eating for Diabetes** offers a full suite of services for participants: four weekly classes focusing on diabetes education, nutrition and cooking, access to bi-monthly boxes of healthy foods and produce, follow-up social support meetings and free monitoring of blood Hemoglobin A1C levels for all participants.

FOOD ACCESS CENTER (NEW IN LOMPOC)

Opening in 2017, the Community Food Access Center will improve food security and food literacy fluency by supporting the needs of Lompoc families. It will offer weekly activities tailored to the demographic; food literacy classes, diabetes education classes, cooking classes, health screenings, healthy produce and food distribution and CALFresh supplemental food enrollment, plus business incubator opportunities.

NUTRITION ADVOCATES NETWORK

The Nutrition Advocate Network is a nutrition education, food literacy and civic engagement network that empowers Foodbank program participants to make healthy behavior changes for themselves, their families, and their peers through positive role-modeling. Trained Nutrition Advocates are community leaders who model health

and wellness and are committed to personal growth. In order to become Nutrition Advocates, Foodbank program participants must graduate from the Nutrition Advocate Training Program, which consists of four monthly Cooking/Training Groups and engage in annual Advocacy Projects.

SECURING A HEALTHY FUTURE





The Santa Barbara County Food Action plan began when Foodbank CEO Erik Talkin visited one of his peers, Community Environmental Council E.D. Sigrid Wright. The question was posed: "What if we had a plan that looked at food in a wider context across the County, as a tool for economic development and to promote nutritional and environmental health?" It was certainly a novel partnership with a food and an environment charity

coming together for common cause. It was also inspiring enough to garner enthusiastic support from the Santa Barbara Foundation and its LEAF (Landscapes, Ecosystems, Agriculture and Food Systems) initiative as well as providing a fitting cap to the inspiring food system work of the Orfalea Foundation. The plan brought together farmers with political, business, education, healthcare and nonprofit leaders to work with community









SANTA BARBARA COUNTY FOOD ACTION PLAN

For healthy people, a healthy economy, and a healthy environment













focus and stakeholder groups to develop priorities for utilizing food as a powerful engine of beneficial change. The plan was completed and launched last year, and you can find the complete plan at **sbcfoodaction.org**.

Still, a plan is just a plan that sits on the shelf unless it is used as a basis of action. We're excited that some of the plan's key priority goals are areas that the Foodbank is heavily invested in moving forward. These include piloting a Community Food Access

Center in Lompoc, creating 'Food as Medicine' programs such as the Foodbank's Diabetes Impact Groups, and promoting the creation of more groups of Nutrition Advocates, who are peer-to-peer nutrition teachers and community leaders that come out of Foodbank and other programs with a keen desire to help their friends and neighbors. We are really just beginning this exciting work, which will usher in a new phase for the Foodbank as a community leader in food and health.

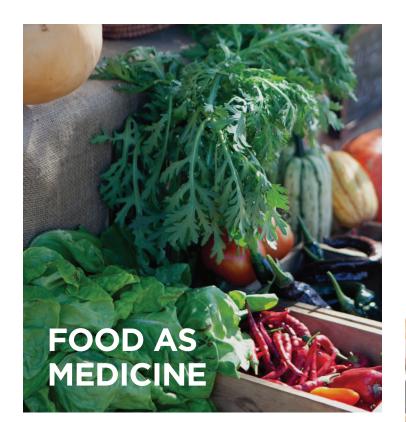












MEET MARIA

Maria Rosalva (54) lives with her daughter, Norbella (32) and her two grandsons (3 and 7 years old), and her mother, Juana (69). When Maria was diagnosed with Diabetes Type 2 two years ago, she did not have access to healthy diabetic friendly foods or the tools to turn her health around. Her doctor recommended the Foodbank's Diabetes Education Program and through our classes, she began learning how to use healthy food to improve her condition along with the health of her family. Maria joined the program and immediately became very motivated to improve her eating patterns and inspire her family members to do the same. Her A1C has gone down substantially since joining.

"THROUGH THESE FOODBANK CLASSES I FEEL ALIVE AGAIN.

I made changes to my food choices every day and I inspired my family to do the same. I have the motivation to care for my own health."

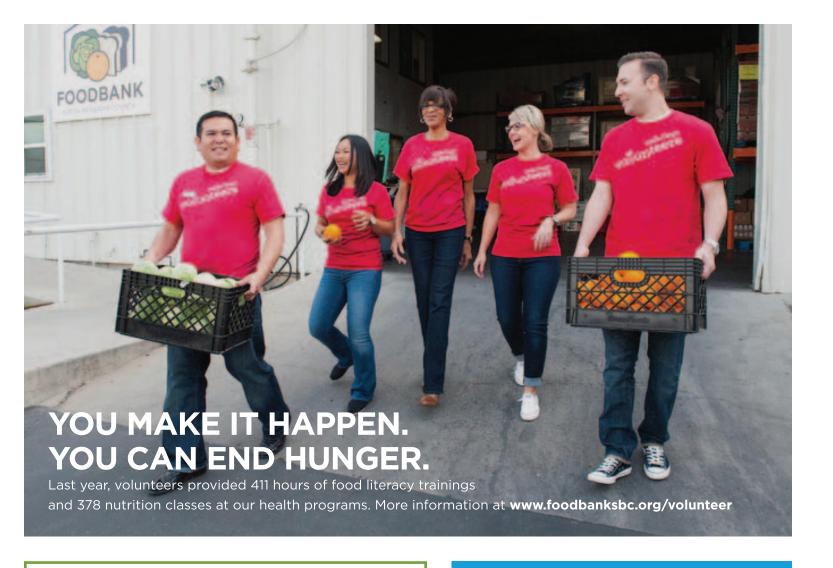
- Maria Rosalva

RESEARCHERS FIND that food insecure adults face higher risks of chronic diseases (like diabetes and hypertension). For children, food insecurity is also linked to poor academic outcomes.

AN ESTIMATED 21% of households served by the Foodbank report having at least one member with diabetes.



Our Diabetes Education Program, using food as medicine, offers a comprehensive range of services including 4 weekly classes focusing on diabetes education, nutrition and cooking, access to bi-monthly boxes of healthy foods and produce, follow-up social support meetings and free monitoring of blood Hemoglobin A1C levels for all participants. At the completion of our 4-week curriculum. participants receive bi-monthly food provisions with diabetic friendly foods (low-sodium, high fiber, whole grain etc.) and produce to support continued health, learning and application of their new food literacy training. Participants also take a grocery tour as part of the curriculum to explore making healthy food choices, experience the importance of physical activity and participate in group activities for diabetes self-management.



OPPORTUNITIES TO GET INVOLVED

In 2016, volunteers provided 25,062 hours of their valuable time and service, allowing the Foodbank to provide more resources to the community. Through Foodbank programs and food literacy education, a circle of mutual benefit occurs, empowering volunteers to improve their own health through good nutrition while building community around food for all. The Foodbank welcomes and trains volunteers to help at our facilities, manage our programs, administer food literacy training and cooking classes, lead fundraising events and so MUCH more.

Do you have extra fruit trees or vegetables growing in your backyard? The Foodbank's **BACKYARD BOUNTY** program provides local produce to those in need of nutritional support and reduces waste within our food system. We gladly accept all produce donations and can help pick large harvests. Visit backyardbounty.org to sign up to volunteer (as an individual or group) or register your orchard for a harvest. Your produce donation will be distributed directly to those in need.



NUTRITION OUTREACH VOLUNTEER ACTION

Community members receive a two-hour training on how to successfully prepare and lead a food demonstration and nutrition lesson in the community. Participants leave with a greater understanding of the Foodbank's mission to end hunger and transform the health of our county through good nutrition and the opportunity to volunteer at Foodbank programs.

EVENTS





The **TABLE OF LIFE GALA** (held in the fall) honors Santa Barbara County's finest and supports 1 in 5 kids in our county—hungry children whose health is impacted by poor nutrition, childhood diabetes, obesity and lack of food literacy. Gala guests learn the power of good nutrition for a better future. At Stephanie and Jim Sokolove's exquisite Montecito estate, we proudly honored Maryan Schall and David Powers of Deckers Brands as our 2016 Table of Life Honorees for their long-standing commitment to ending childhood hunger in our county. In 2017, the Foodbank has the distinct pleasure of honoring Jeff Bridges and his 30 year commitment to ending hunger in America.

Table of Life Honorees: 2015 - Lady Leslie Ridley-Tree and Sherry Villanueva of the Lark and Acme Hospitality; 2014 Chuck and Missy Sheldon and Driscolls; 2013 Sara Miller McCune and Citrix; 2012 Hutton Parker Foundation and Santa Barbara Foundation.

Each year the Foodbank hosts three EMPTY BOWLS events in Santa Barbara (November), Santa Maria (October) and Lompoc (March) bringing the community together to end hunger over delicious soup and locally made pottery. Thanks to our wonderful Empty Bowls Committee (Elisa Atwill, Danyel Dean, Chair, Merrillee Ford, Sarah Hanna, Donnalyn Karpeles, Nancy Krug, Colette Mason, Elizabeth Olson, Laurie Potter, Shanon Sedivy, Peggy Shoemaker, Deirdre Woode) this year the Santa Barbara Empty Bowls will reach its 20th anniversary milestone.

For those that love Santa Barbara County food and wine events, the Foodbank puts on the **FORK & CORK CLASSIC** each spring inviting chefs and wine makers to share their greatest tastes and delights and celebrate our local food system. Fork & Cork toasts local luminaries whose talents enrich our local culinary and wine landscape, and whose generosity has played a role in helping the Foodbank transform hunger into health for thousands of families, children, and seniors in Santa Barbara County. **In 2017, the Foodbank will present Archie McLaren, Jessica Foster and Jasper & Brook Eiler with Fork & Cork Modern Master awards.**

2016 Modern Master Awardees: Steve Beckman, Winemaker; Dario of Ca'Dario; Jack Motter and Jeff Kramer, Ellwood Canyon Farms. **2015 Modern Master Awardees:** Chef Justin West, Julienne and Wildwood Kitchen; Blair Fox, Blair Fox Winery. **2014 Modern Master Awardees:** Chef Michael Blackwell; Leslie Mead, Foley Estate, Lincourt and Two Sisters; Clarissa Nagy, Riverbench.

WITHOUT WHOM

We help 1 in 4 people in our county through the generosity of the Santa Barbara County agricultural community, food industry, philanthropic individuals, civic groups, churches, corporations and foundations who all give their time, food and funds to move the community from hunger into health.

"Our Hunger Relief Champions are local farms and distributors who demonstrate extraordinary commitment to their local community by donating more than 30,000 pounds to the Foodbank in a single year. The tremendous contributions from these partners enable us to build a food secure community; reaching youth, families and the community at large, and we honor them for their support." -Erik Talkin, CEO Foodbank





HUNGER RELIEF CHAMPION

* DECEASED

™ GIVE A MEAL DONOR THROUGH FEEDING AMERICA

LEADERSHIP CIRCLE

(Donation of or valued at \$50,000 and above)

Bank of America, Feeding America, JL Foundation, Mericos Foundation, Santa Barbara Foundation, State of California— Health & Human Services Agency, The Henry Mayo Newhall Foundation, Walmart Foundation, Wells Fargo Foundation, Wood-Claeyssens Foundation.

AG Against Hunger, Albertsons, Apio Inc. Dejo Seeds, Bimbo Baking Co., Bonita Packaging Co. 🍑 , California Emergency Foodlink, ConAgra Consolidated, Costco, Cottage Health Paris Nursing, Driscoll's 🍑 Durant Distributing, Dynasty Farms, Epic Veg, Food 4 Less, FoodMaxx, Haggen, Hollandia Produce ••, Houghton Partners, Innovative Produce ••, Jordano's ••, Kellogg Company, Lassen's, Mister E's Freeze, Pacific Coast Produce, Pacific Pickles, Panera Bread, Porterville Senior Gleaners, Ralph's, Sheldon Ranch, Target, Trader Joe's, US Department of Agriculture, US Letter Carriers Union, Von's, Walmart, Whole Foods, Windset Farms (Wood-Claeyssens) Foundation.

FRUIT OF THE EARTH CHAMPIONS

Donation of or valued at \$25,000 - \$49,999)

Brownstein Hyatt Farber Schreck, California Association of Food Banks, City of Santa Barbara, County of Santa Barbara, Dignity Health Catholic Healthcare West, Edwin & Jeanne Woods Foundation, Mark and Dorothy Smith Family Foundation, Jack and Mercedes Mithun, Outhwaite Foundation, Southern California Gas Company, The Albertsons Companies Foundation and The Vons Foundation, Volentine Family Foundation. Wal-Mart Foundation. Walter J. & Holly O. Thomson Foundation, Yardi Systems, Inc.

Adam Bros Farming, Babe Farms, CA Association of Food Banks, California Food Trading Inc., Combs Distribution, Direct Relief International, Duncan Family Farms, Farmers Rice Cooperative. Food Forward. Foodlink/Donate Don't Dump. Foods Co. General Mills, Gold Coast Packing, Inc., Harvest Santa Barbara, Heinz, Kraft Foods Inc., Mission Produce Inc., Procter & Gamble, Superior Growers, Veggie Rescue.

GARDEN OF HEALTH ADVOCATES

(Donation of or valued at \$10,000 - \$24,999)

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ConAgra, Diana Brelsford, Marcy Carsey, Citrix, City of Santa Maria, Community Foundation of Sonoma County, Cottage Health, Dancing Tides Foundation, Deckers Brands, Elizabeth Bixby Janeway Foundation, Hutton Parker Foundation, Mondelez International Foundation, Ralphs Foundation, Red Nose Day, Roy and Ida Eagle Foundation, Santa Barbara Housing Assistance Corporation, Schuler Family Foundation, Stephanie and Jim Sokolove, St. Francis Foundation, Ms. Eunice Stephens, Tom and Heather Sturgess, Carole and Richard Taniguchi, The Towbes Foundation, The Walt Disney Company, Tres Chicas Foundation, Trinity Episcopal Church, Union Bank of California, Venoco, Mr. and Mrs. Harold Wayne, WWW Foundation.

Alexander Ranch Inc., Big E Produce Inc., Boy Scouts of America, Corona Marketing, Fresh Venture Foods, Guadalupe Cooling Co, Organic Soup Kitchen, Starbucks Corporation, Swift Transportation.

SCHOOL OF KNOWLEDGE SPONSORS

(Donation of or valued at \$5,000 - \$9,999)

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America Local 1800, Union Pacific Foundation, Danielle and Diane Vapnek, John and Samantha Williams, Philip and Carol Wyatt, Stephen and Diane Zipperstein.

FEED THE FUTURE SUPPORTERS

(Donation of or valued at \$1,000 - \$4,999)

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YOUR FOODBANK BY THE NUMBERS

We invest \$1M in the procurement and distribution of *healthy* food.

Where does the 10M lbs of food come from?

71% 14% 15%

DONATED

PURCHASED

USDA

ANNUAL OPERATING REVENUE	7/1/15-6	5/30/16
Individuals	\$1,461,397	41%
Foundations	\$688,644	19%
Corporations	\$637,314	18%
Government	\$349,839	10%
Organization, Special Events	\$428,857	12%
TOTAL	\$3,566,051	
*Note: This revenue does not include the follow tributions and b) \$446,587 of other revenues (

TOTAL	\$18,589,012	
Fundraising	\$960,925	5%
Management	\$830,889	4%
Community Program Services	\$4,441,920	24%
Free Produce Program	\$5,019,948	27%
300 Nonprofits/Agency Services	\$7,335,330	39%
ANNUAL OPERATING EXPENSES	7/1/15-	6/30/16

WAYS TO GIVE: Volunteer • Donate Food & Funds • Sponsor An Event • Donate Produce Visit foodbanksbc.org/give-help

FOOD CATEGORI 10 Million Pounds Annual	
50% PRODUCE Miscellaneous, Soups, & Condiments Beverages & Fruit Juice Grains	Meat/Fish/ Poultry & Other Proteins 7% Dairy

STATEMENT OF FINANCIAL POSITION

STATEMENT OF FINANCIAL POSITION			
ASSETS			
Cash and Investments	\$868,139		
Accounts Receivable	\$1,148,201		
Deposits	\$33,926		
Food Inventory	\$732,945		
Land, Building, and Equipment	\$1,746,182		
Total Assets	\$4,529,393		
LIABILITIES & NET ASSETS			
Accounts Payable & Accrued Expenses	\$423,023		
In-kind Loan	\$396,012		
Total Liabilities	\$819,035		
NET ASSETS			
Unrestricted: Undesignated	\$1,769,656		

CONTACT OR VISIT US AT

NORTH COUNTY

490 W. Foster Rd. Santa Maria, CA 93455 Phone: (805) 937-3422 Fax: (805) 937-8750

M—F 7AM—4PM

SOUTH COUNTY

M-F 7AM-4PM

4554 Hollister Ave. Santa Barbara, CA 93110 Phone: (805) 967-5741 Fax: (805) 683-4951

Foodbank Education & Administration Center

Temporarily Restricted
Permanently Restricted

TOTAL LIABILITIES AND NET ASSETS

Total Net Assets

1525 State St., Ste 100 Santa Barbara, CA 93101 Phone: (805) 967-5741 Fax: (805) 683-4951 M—F 8 AM—5 PM Tax ID # 77-0169214

\$1,233,085

\$3,710,358

\$4,529,393

\$5,379

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