

# Foodfirst

Moving the Community from Hunger into Health

SPRING 2018

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## LEADING KIDS TO HEALTHY EATING...

Pediatric gastroenterologist Dr. Helen John-Kelly helps children counter obesity with nutrition and exercise. Foodbank nutrition education is part of the solution!

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# LEADING KIDS TO HEALTHY EATING

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During the Thomas Fire, we became acutely aware of the staggering numbers of children in our county who miss nutritious daily meals when they're not in school. Our Picnic in the Park program provides nourishing, plant-rich lunches during summer break to children countywide, along with fun physical activities.

"In a place like Santa Barbara, in the midst of plenty, there's not only poverty and food insecurity, but kids who are obese," noted Dr. Helen John-Kelly, a pediatric gastroenterologist who helps local kids get healthy with food. Childhood obesity, digestive health and nutrition are John-Kelly's focus. Preventing disease is her mission. "We talk about diseases of the GI tract, but I think it's so important before the disease even comes about, [to ask] what can you do to keep that GI tract healthy? That's where good nutrition comes in."

John-Kelly supports Santa Barbara County children through her practice Pacific Children's Gastroenterology, in conjunction with Cottage Health, and as a volunteer with Doctors Without Walls – Santa Barbara Street Medicine and Medical Missions for Children in Peru.

"When we see these kids, either they're not eating or they're eating the wrong kinds of foods. Many of them don't eat breakfast. I saw a kid in the office who whispered to a social worker, 'We don't have food in the house.' They have to go their uncle's on the weekend to get food."

We are accustomed to images of gaunt hungry children. So, what's the connection between food insecurity and obesity?

John-Kelly notes that many people don't realize that when you don't eat often enough, or when you eat cheap, unhealthy foods, your body responds to scarcity of nutrition. "I tell the kids, 'It's like putting coal into a furnace. If you don't put the coal in, the furnace is going to burn lower and lower,'" she explained. "Your body's just like that. Eventually the body's going to recognize that not much food comes in, and your metabolic rate actually falls. You need to eat the right food at the right time, and make healthy lifestyle choices like getting physical activity and limiting screen time."

"We need to be teaching kids how to cook and how to make healthy choices." Dr. John-Kelly advocates for nutrition education like the Foodbank's Food Literacy in Preschool (FLIP), Kids' Farmers Market (KFM) and Teens Love Cooking (TLC) programs, along with Healthy School Pantries and Lompoc's Alma Cena Sana, which equip the whole family to eat healthfully on any budget.

"As Hippocrates said, 'Let food be thy medicine, and medicine thy food.' This is what the Foodbank is working toward with all of the outreach programs," she said. "We talk about generational goals. These kids are going to be parents themselves someday, maybe. What are they going to impart to their children? We need to educate them now, so the same patterns aren't repeated with the next generation. Then will it just be us again trying to do the same thing?"

Erik Talkin  
CEO, Foodbank of Santa Barbara County  
[www.hungerintohealth.com](http://www.hungerintohealth.com)



## KIDS' FARMERS MARKET: Fun with Fresh Produce

Community Programs Managers Paulina Llamas-Aranda and Janessa Van Vechten and Director of Community Impact Lee Sherman contributed to this article.

Low-income students may not eat fruits and vegetables regularly because produce can be prohibitively expensive. Kids' Farmers Market (KFM) is part of the Foodbank's Children's Health Initiative that aims to end hunger within a generation. By educating youth today how to choose and prepare nutritious foods, tomorrow's adults/parents will be empowered to enjoy a healthy diet on any budget.

At KFM after-school lessons, kids in grades K-6 learn about and prepare a new fruit or veggie each month. Then they walk through a mini-farmers market where they choose several pounds of fresh produce to take home. They also receive quick and healthy recipes to share with their families.

"Our recent USDA Farm-2-School grant award shows what a great program the Kids' Farmers Market is," explained Foodbank director of community impact Lee Sherman. "Community partners recognize this and many more local kids are learning about the value of fresh produce in their diet and sharing that information with their families."

**This school year, KFM has expanded from 12 to 22 locations!** In South County (Santa Barbara, Goleta & Carpinteria), 10 KFMs serve more than 750 students. That's double last year's number! We partner with Goleta Union and Carpinteria Unified School Districts, Boys & Girls Clubs and the Housing Authority of Santa Barbara. In North County we're serving about 950 children monthly at 12 KFM sites spanning Santa Maria, Lompoc and Santa Ynez, up 40% from last year. Our North County partners include Santa Maria-Bonita School District, Boys & Girls Clubs and Chumash Tribal Hall.

Volunteer nutrition educators who run KFM classes complete our Foodbank training program and bring their own creativity to the lessons. Chef and food/nutrition blogger Emma Malina shared that, "the parents I spoke to were really grateful. 'You have no idea how much this helps.' I felt empowered by the whole experience and the kids were awesome."

Learn more about becoming a KFM nutrition educator (3 hours/month): [www.foodbanksbc.org/volunteer](http://www.foodbanksbc.org/volunteer) or (805) 403-2471.

**2017-18 Produce of the Month**  
October: Apples  
November: Carrots  
December: Oranges/mandarins  
January: Butter lettuce  
February: Pears  
March: Cabbage  
April: Tomatoes  
May: Strawberries

## YOUR NUTRITION

### Strawberry and Avocado with Tuna Salad

An easy, healthy summer meal from [www.foodiecrush.com](http://www.foodiecrush.com)

#### Tuna Salad

1 5-oz can albacore tuna in water, drained  
1 green onion, chopped  
1-2 tbsp capers, chopped  
¼ cup plain Greek yogurt or mayonnaise  
¼ tsp garlic salt  
½ tsp dill  
salt and freshly ground pepper

- Mix all of the ingredients in a small bowl. Season with more garlic salt, salt and black pepper to taste. Set aside or refrigerate until ready to use.

#### Mustard Dressing

¼ cup extra virgin olive oil  
1 tbsp rice wine vinegar  
1 tsp whole grain mustard  
½ tsp Dijon mustard  
drizzle of honey to taste  
salt and freshly ground pepper

- Add all of the ingredients to a small mason jar and shake well. Season with more honey or vinegar to taste.

#### Salad

2-3 cups fresh lettuce or spinach  
½ cup tuna salad  
4-5 strawberries, cored and sliced  
½ avocado, cut into chunks  
1-2 tbsp roasted almonds, coarsely chopped  
fresh mint leaves

- Layer the lettuce leaves in a bowl or plate and top with the tuna salad, strawberries, avocado and almonds. Drizzle with the dressing and season with salt and pepper. Garnish with fresh mint leaves.



## You Can Help End Summer Hunger

**SANTA BARBARA COUNTY HAS THE HIGHEST CHILD POVERTY RATE IN CALIFORNIA.** (EdSource.org)

60% of students in our county qualify for free school lunch.

**For these kids, no school = no lunch.**

Picnic in the Park provides plant-rich lunch and fun physical activities at parks and other safe locations every weekday.

Ensure our kids get the nutrition they need this summer. Donate today.

[foodbanksbc.org](http://foodbanksbc.org)  
[endsummerhunger.org](http://endsummerhunger.org)



## THANK YOU! Disaster Relief & Recovery

Deepest thanks to our many community donors who supported those facing hunger during and since our recent disasters. Recovery will take months for families experiencing economic impacts due to lost work and income.

Special appreciation to these sponsors for both **disaster relief**—to ensure those facing hunger now receive healthy groceries, fresh produce and nutrition education until they get back on their feet—and **disaster preparedness**—so we can respond with even greater efficacy and agility during future emergencies.

The Albertsons Companies and Vons Foundation  
United Way of Santa Barbara County  
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Target Corporation  
Katie Teall, *Rising from the Ashes*





## STAR VOLUNTEER: MANUEL ROLON-OSUNA



Manuel grew up across the street from one of our Picnic in the Park locations. Since his sophomore year in high school, he's been volunteering serving summer lunches to neighborhood kids, delivering Brown Bag groceries and fresh produce to low-income seniors who can't make it to pickup locations, and anything else needed at our North County warehouse and programs.

Currently in his third year at Stanford University, Manny also inspires the children he volunteers to support. He has seen kids who received Picnic in the Park lunches following in his footsteps and volunteering for the program as well.

Manny has our undying gratitude and respect for his many years of service to North County. We'll be honored to say "we knew him when" as his future endeavors unfold.

## STAR VOLUNTEER: EMMA MALINA



We're excited this year, with the expansion of our Kids' Farmers Market program, to welcome chef Emma Malina to our nutrition education team. In addition to inspiring children at Ellwood School to enjoy and prepare fresh fruits and veggies every month, she's inspiring us with the creative energy she brings to teaching and the enthusiastic reports she shares with us after each class.

Author of the food/nutrition blog Basking in Goodness, Emma applies her creative energy to the KFM curriculum. When lesson plans called for apple race cars, and the kids were hungry for more, she helped them make apple monsters in the spirit of the season in October.

When Chef Emma is around, everyone is more inspired to do their work, whether it's learning about produce or foodbanking!



## HUNGER INTO HEALTH

In his inspiring new book, Foodbank CEO Erik Talkin reflects on a decade working to transform the health of our community through nutrition, education, collaboration and fresh veggies! Foreword by Jeff Bridges.

100% of profits benefit the Foodbank!

Available on Amazon and directly from the Foodbank.

## Foodbank of Santa Barbara County

**Donate • Volunteer • Get Help**

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Education & Administration Center  
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 Santa Barbara, CA 93101  
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## SAVE the DATE

Join us for events that feed and strengthen the Santa Barbara County community.

**May 12**  
**Santa Barbara Wine Country Half Marathon Solvang**

**Letter Carriers Stamp Out Hunger Food Drive**

**State Assemblymember Monique Limón's Emergency Preparedness Fair**

**May 17**  
**North County Donor Gratitude Event Presqu'ile Winery, Santa Maria**

**June-August**  
**End Summer Hunger Campaign**

**September 12**  
**Foodbank Partners' Summit: Disaster Preparedness**

**Table of Life Patrons Thank You Event The Lark**

**October 6**  
**Table of Life Gala**



**FOODBANK**  
 SANTA BARBARA COUNTY

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