

# Food first

Working to End Hunger and Transform the Health of Santa Barbara County Through Good Nutrition



Fall 2012



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For every dollar donated, the Foodbank can distribute \$17 worth of nutritious food. Give \$30 today for our 30 years of service. [www.foodbanksbc.org](http://www.foodbanksbc.org)

## Sowing the Seeds for a Healthy Future

After celebrating the last 30 years, we are looking forward to what we can achieve in the next 30 years at the Table of Life Gala, a luncheon held in Pacifica Graduate Institute's working organic gardens on October 28th. The event is co-chaired by Susan Bridges and Natalie Orfalet and will pay tribute to two foundations that have supported the Foodbank's work and mission over the last 30 years, Hutton Parker Foundation and Santa Barbara Foundation. Both Susan and Natalie have been long-term supporters of our work and done much themselves to move forward issues of hunger and nutrition locally.

We are grateful to Dr. Stephen Aizenstat, Chancellor and Founding President of Pacifica Graduate Institute, for opening the Lambert Campus for the first time to the public in honor of our anniversary gala. The Table of Life Gala is a fundraising event with a goal to raise \$300,000 to support the nutritional health of 30,000 children in Santa Barbara County. This vital funding will ensure that the Foodbank's national award-winning 'Feed the Future' set of children's nutrition education and empowerment programs, as well as services to its nonprofit agency network, continue to provide powerful tools and resources to build a food-secure community.

The need is great, but so is the opportunity to bring lasting change to people's ability to look after their health with food. We make a difference in the lives of one in four people in Santa Barbara County, distributing over 11 million pounds of food countywide (half of which is fresh produce) through both our own innovative programs and a network of 290 nonprofit agencies and programs.

Everyone attending will learn more about the Foodbank's exciting vision for a nutritionally healthy Santa Barbara while enjoying the unique opportunity to explore the organic gardens and enchanting orchards. A gourmet full course lunch will be enjoyed and served on the splendid rolling green lawn surrounded by beautiful flower and rose gardens accompanied by top local chefs overseeing food demonstrations from the Foodbank's teen culinary program "Pink & Dudes Chefs". To sponsor this unique event, visit our website.

Thanks to all of you for your continued support in our shared mission of a healthy hunger-free Santa Barbara County.

Sincerely,

Erik Talkin  
Chief Executive Officer  
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Ps. We will expand the Table of Life Gala to include restaurant locations countywide on October 28th. Check the Save the Date section of this newsletter.

*Marshall Chrostowski, founder of the Pacifica Graduate Institute's organic gardens and land manager, tends the produce and gardens in preparation for our Table of Life Gala.*



## Picnic in the Park Program

Just as learning does not end when school lets out, neither does a child's need for good nutrition. In fact, 84% of children in Santa Barbara County who receive free or reduced lunches during the school year face the summer without. For many children, what should be an exciting season for play with friends, a family vacation or time at the pool, can instead mean a time of hunger. We help to bridge this gap by promoting wellness and healthy eating throughout the summer months with the Picnic in the Park Program.

This is the second year the Foodbank has operated the Picnic in the Park Program and it has already grown, from 11 sites last year to 17 sites this year expanding into Santa Ynez Valley and other Santa Barbara County sites. The healthy summer meal program runs for 10 weeks, from the end of the school year through mid-August. There are no income requirements, and any child under the age of 18 is welcome to come and participate in food literacy classes, try a physical activity and receive a nutritious lunch.

Thank you to Santa Barbara Women Lawyer's (SBWL) for hosting the second annual Food from the Bar during the month of July. With top sponsor Brownstein Hyatt Farber Schreck, LLP, this year they raised over \$11,000 in support of the Picnic in the Park Program. "Food from the Bar is unique because attorneys, offices and legal organizations that may represent different interests in their work come together and rally behind a collective cause, to feed those in need in our community. We cannot tolerate anyone in our community going hungry. We must come together and do whatever we can to ensure



*Fun face painting with fruits and vegetables at one of the Picnic in the Park Program sites, Mathilda Park, in Goleta.*



*A participant at the Picnic in the Park Program pedals fast to make a cool treat on our famous bike blender.*

## Kid's Farmers Market Program

Our school-based programs, Kid's Farmers Market, Food Literacy in Preschool, Backpack and Healthy School Pantry, launch into full swing for nine months in September. Last school year for example, the Kid's Farmers Market Program operated at 18 sites and provided 62,000 pounds of fresh produce, 14 hours of nutrition education and food literacy training to 1,200 children. Visit our website for more information about our transformative programs and volunteering. We need your help.



*A student from Carpinteria Boys and Girls Club enjoys a healthy snack from our nationally awarded Kid's Farmers Market Program.*

## Your Nutrition

Edamame are highly nutritious and rich in bioactives (having activity in the body) compounds called isoflavones which makes this vegetable a functional food i.e. having a function beyond its basic nutritional value. Rich in amino acids, it is an economical source of protein and has the distinction of being the most complete of all vegetable proteins.

Luckily edamame are delicious and easy to prepare. These versatile beans have a buttery, nutty flavor and can be eaten hot or cold as a snack or as an addition to stir-fries, salads, casseroles, or soups. To prepare fresh, unshelled edamame clean and rinse pods, add them to a pot of boiling, salted water and cook for four to five minutes. To eat suck the tender beans out of the pod as the pod is not edible. Alternatively, you can open the pods with your fingers to remove the succulent beans. Another way to prepare shelled edamame is to roast them like peanuts in a hot oven for ten minutes or until they start to have golden flecks. Frozen beans can be cooked in a similar fashion to fresh but require a few more minutes of cooking time.

Edamame are featured in the May lesson of Food Literacy in Preschool Program (FLIP). FLIP introduces unique fruits and vegetables to young children, ages 3, 4 and 5 from diverse backgrounds. FLIP utilizes colorful, fun, age-appropriate interactive lesson plans that promote both nutritious eating and physical activity.

### Hot and Spicy Edamame

#### Ingredients

- 1 tsp chili powder
- 1/4 tsp cracked red pepper
- 1/2 tsp Mexican oregano
- 2 tsps salt, divided
- 1 lb fresh edamame in the pod

#### Directions

Heat 1 tsp salt, chili powder and pepper flakes in a small skillet with no oil. Stir until hot and fragrant. Remove from heat and mix in oregano. Add fresh edamame pods to salted boiling water and cook for about four to five minutes. Drain and pat dry. Toss with the chili-oregano mixture and serve warm.

Serves 4, serving size 1 cup



## Foundation Spotlight

Our Table of Life Gala will pay tribute to two foundations that have supported the Foodbank's work and mission over the last 30 years, Hutton Parker Foundation and Santa Barbara Foundation. Our organization would not be celebrating 30 years without the ongoing support of the Santa Barbara Foundation, a model community foundation - one that builds real community around its diverse philanthropic, investment and educational activities. Recent grants have supported our core programs but also acknowledged the vital importance of our education and empowerment programs in solving nutrition problems.

*"In its 30 years, the Foodbank has been a leader in the eradication of hunger. They should be commended, not just for changing the landscape of how we deal with food insecurity, but also for their efforts to provide proper nutrition for all residents of this county."*

- Ron Gallo, President & CEO of Santa Barbara Foundation

We are inspired by Hutton Parker Foundation's breadth of understanding of the Foodbank, and their continued support for us as an evolving organization. They have awarded us grants for new programs, food purchase, media campaigns and IT infrastructure among others. Perhaps most wonderfully of all, they were there for us, playing a critical role in the capital campaign that in 2006 resulted in the completion of our 22,000 square foot Santa Maria facility.

Representing the past and present of these foundations, Ron Gallo and Charles Slosser of Santa Barbara Foundation and Tom and Susan Parker of Hutton Parker Foundation will be honored.

*"Imagine our county with no Foodbank. No one there to salvage food that would be throw away. No one there to safely source, store and distribute nutritious food to 290 local service agencies and programs 3/4 of whom rely on the Foodbank as their sole source of food. The Foodbank represents a great reasons for us to want to live in the county, because we want everyone to be healthy and have enough to eat."*

- Tom Parker, President, Hutton Parker Foundation

## Corporate Food & Funds Drive 2011

Deckers Outdoor Corporation was announced as the winner of the 2011 Corporate Food & Funds Drive Challenge, a friendly competition during the holiday season that raises food, funds and volunteer hours for the Foodbank. Winning by a considerable margin, Deckers Outdoor Corporation gave 35.5 hours of volunteer service, collected 327 pounds of food and donated \$6,986.

Other participating companies included Citrix, Mentor and Network Hardware Resale, all of which also donated volunteers hours and collected food and funds. Collectively, these businesses donated \$8,296, 1,412 pounds of food and 53.5 volunteer hours. Mentor alone collected an astonishing 777 pounds of food.

The Corporate Food & Funds Drive Challenge operates annually during the months of November and December. If you would like to participate, visit our website for more information.



*The Corporate Food & Funds Drive Challenge brings together businesses behind one cause.*

## Volunteer Spotlight



**Jan Cutler**

About 2 years ago, Jan Cutler began volunteering as an Administrative Assistant, greeting visitors and providing administrative support. Jan's educational and leadership background as well as her love for doing all things exceptionally well provided immediate value to our Santa Maria facility office.

When Jan was asked to update volunteer support documents and train new office volunteers, she stepped up to the plate and hit a home run. She has earned the title Lead Administrative Assistant for her initiative, reliability and commitment to our nonprofit partner agencies, staff, and other volunteers. She is a shining example of a Community Leader and truly part of the Foodbank family. We thank Jan for her years of service and contribution to our work.

## Agency Spotlight

For over 25 years, we have worked to provide the Unity Shoppe with nutritious food. They pick up food four times a week for their essential program which provides food, clothing and other basic necessities to the families of our community.

This past year we provided over 150,000 pounds of food, valued at over \$100,000, at absolutely no cost to the Unity Shoppe. We appreciate their partnership in ending hunger and transforming the health of our county through good nutrition.



# SAVE THE DATE

**Food Confessions** - September 20  
Lobero Theatre, Santa Barbara

**Hunger Action Month** - September

**SOL Food Festival** - September 29  
Vera Cruz Park, Santa Barbara

**Agency Leader's Summit** - October 3  
Casa De Maria, Santa Barbara

**Kid's Farmers Market Program Fundraiser** - October 3  
Inn of the Spanish Garden, Santa Barbara

**Santa Maria Empty Bowls** - October 24  
Santa Maria Fairpark, Santa Maria

**\*Table of Life Gala** - October 28  
Pacifica Graduate Institute - Lambert Campus,  
Santa Barbara

**Santa Barbara Empty Bowls** - November 4  
Rockwood Woman's Club, Santa Barbara

**Holiday Activities** - November - December  
Season of Hope sponsored by KSBY  
Turkey Drive and Food & Funds Drive

***We invite you to learn more about our work and support us through our community sponsored events. Our website contains information about how to participate.***

## \*Find a Table of Life Near You

The Foodbank makes a difference in the lives of one in four people in our county and we want educate and inspire our community to get involved. On Sunday, October 28, we will expand the Table of Life Gala to include local restaurants countywide in this campaign. You will be given the opportunity to dine and donate through your favorite restaurants. Visit our website to find a Table of Life near you.



Saturday,  
September 29, 2012  
Plaza de Vera Cruz  
Santa Barbara, CA



## SOL Food Festival

For the third year, the Foodbank is partnering with the SOL Food Committee to present the SOL Food Festival.

"The SOL Food Festival was inspired by our love of food and our recognition of the fundamental role that food plays in our daily lives. Our goal with this festival is to connect our community with their food and the local farmers, businesses, non-profits and community groups that are working to create a brighter food future and to inspire and empower festival goers to become a part of the SOLution."

-Alison Hensley and Heather Hartley  
(SOL Food Festival Co-Founders)

What's the connection to the Foodbank? We work with all of those entities already to increase food security in our community. This festival offers an exciting platform to educate and inspire the general public to participate in the growing Sustainable, Organic, and Local (SOL) food movement and share our work.

[www.solfoodfestival.com](http://www.solfoodfestival.com)

## Planned Giving

A bequest of cash, securities, or real property to the Foodbank entitles you to a charitable deduction that can be used to reduce the size of your taxable estate and thus reduce or eliminate estate tax liability. There are several types of bequests from which your attorney or financial advisor can help you select. Join our Legacy Giving Society and build a hunger-free Santa Barbara County for years to come. Please contact Diane Durst, (805) 967-5741 x 104, to learn more about planned giving opportunities.

## Monthly Giving Program

There are people in our community who need nutritious food and education every month, which is why we ask for the community's support every month. Become a member of our Harvest of the Month Club to help your neighbors. Did you know that 1 in 4 individuals seek service from the Foodbank? You know someone who benefits from our work.

Support the **Foodbank of Santa Barbara County**  
and you support 290 local nonprofits and programs.

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

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