

# Foodfirst

Moving the Community from Hunger into Health

FALL 2016

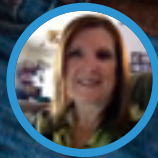
IT TAKES  
A VILLAGE  
..... 2



FOOD AS  
MEDICINE  
..... 3



STAR  
VOLUNTEERS  
..... 4



## IT TAKES A VILLAGE...

It takes a village to end hunger and food insecurity. In the past, the Foodbank has focused on helping families and individuals get enough to eat and giving them the skills they need to stay healthy with food. Our new Healthy Neighborhoods Initiative marks a major progression in this approach...

Full Story on page 2

# IT TAKES A VILLAGE...

continued from page 1



## BOARD OF TRUSTEES:

Barry Spector, Board Chair  
Frank Abatemarco, Vice Chair  
Vibeke Weiland, Secretary  
Cindy Halstead, Treasurer  
George Bean  
Peter N. Brown  
Dianne Dawes  
Narded Equiluz  
Wayne Elias  
Dr. John La Puma  
Carol Olson  
Carla Rosin  
Barbara Tzur  
Erwin Villegas

Our new Healthy Neighborhoods Initiative marks a major progression in this approach, transitioning our work in neighborhoods containing high poverty and food insecurity to use strategies that bring together families to learn from and support each other in the effort to build a resilient and nutritionally healthy community. Food and health become the focus for community engagement, education and economic development.

This neighborhood approach is based around key physical locations, operating as Community Food Access Centers, which are place-based, food-centric neighborhood revitalization efforts.

The guiding principle is: Education and Empowerment for all and food for those that need it. Providing the life-blood of the Community Food Access Centers and supporting community involvement are neighborhood networks of volunteers—Nutrition Advocates—that provide bi-lingual peer-to-peer education, empowering community members to improve their health. Food-related programs offer the “idea bridge” for others to provide skills and knowledge training.

The community has supported our Healthy School Pantries which were an earlier version of this approach, providing a range of services at a single site. Our pantries create a focal point where once a week families can come and learn together and cook together.

Our Healthy Neighborhoods Initiative will evolve to include a small food business incubator which will help people enter the local food economy by providing business, food safety and marketing training to Nutrition Advocates and food entrepreneurs. We will also expand our ‘Food As Medicine programs’ focusing initially on our diabetes programs providing diabetic appropriate food, education and blood sugar monitoring to allow food insecure diabetics to control their condition. Currently, we are partnering countywide with Cottage Health and Santa Barbara Neighborhood Clinics and Marian Regional Medical Center (learn more on page 3).

We have already begun initial Healthy Neighborhood work in two areas: the Westside of Santa Barbara and Lompoc. More will follow as we go deeper into this deep and lasting approach to helping our communities.

Thanks for all your support and involvement in keeping SB County fed and healthy,

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



## FRED SMITH

In late July, Fred Smith retired from the Foodbank after nearly 27 years of service. A native to Santa Barbara, Fred spent several decades working in the local grocery industry before he started volunteering for the Foodbank in 1990. Within a few years of volunteering Fred began working as a warehouse employee and driver, often leaving at 3 am to pick up from donors as far away as Stockton. Before the Foodbank had a warehouse in Santa Maria, Fred began a program that shuttled food from the Santa Barbara warehouse to churches and non-profits across the Santa Maria Valley.

“We’ve expanded a lot,” Fred noted, saying that services have quadrupled since he started with the Foodbank. “We were able to make this more efficient,” but says he would “like to see us build a warehouse in Santa Barbara comparable to Santa Maria, to give us ability to store things better and reach more people who need help. We’ve basically had the same amount of space in Santa Barbara since I started.”

Throughout his years of service Fred also worked as food solicitor, warehouse assistant, and warehouse manager. He has become one of the most recognizable faces at the Santa Barbara facility, known for being a straight talker who’s always eager to help. “I have thoroughly enjoyed all of this, especially the driving,” shared Fred.

“The Foodbank is honored to recognize Fred for his many years of service to the Foodbank,” said Erik Talkin, CEO. “It’s because of great loyalty and dedication like his that make the Foodbank such a strong organization, enabling us to continue to serve the people that need us the most, and build a food secure community.”





## NUTRITION & DIABETES EDUCATION PROGRAM

By Tonja Van Gorp, Community Programs Coordinator

In partnership with Dignity Health, Marian Regional Medical Center and Marian Community Clinics and Family Medicine Center, the Foodbank launched an education program for Santa Maria residents dealing with diabetes and food insecurity. About 21% of households served by the Foodbank have at least one member with diabetes. This education program - 'Healthy Eating for Diabetes' or "Comida Saludable para la Diabetes" offers a full suite of services: 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 the 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.

One participant shared, "Thanks a lot for all the information. It helped me a lot to improve on what I eat with my family, control my diabetes and reach my health goals."

We've completed two series in April and May with Santa Maria residents and started a third series in August. In June, our first series started with Santa Barbara residents with support from Santa Barbara Neighborhood Clinics and Cottage Health. More series will run countywide this fall.

Thanks to these wonderful countywide partnerships, we aim to increase participation and retention rates in our Food As Medicine programs, refer program participants to a physician when needed and mutually promote the 'Healthy Eating for Diabetes' program services.

## PERSIMMON SEASON

Persimmon season is almost here! These fall fruits are abundant in Santa Barbara County and are delicious to eat fresh or bake into quick breads and cookies. If you would like to donate extra fruit on your trees, please pick them while they are still a little bit green so they won't be too soft to transport.

We can accept donations at either of our warehouses Monday-Friday 7am-3pm. If you have more than 100 pieces of fruit and need assistance harvesting you can register your crop at [www.backyardbounty.org](http://www.backyardbounty.org) to request a volunteer crew.

All donations to the Foodbank are tax deductible and protected under the Federal Bill Emerson Good Samaritan Food Donation Act.

# YOUR NUTRITION

## Persimmon Bread

Persimmons are delicious, exotic fruits that do more than serve as a sweet and tasty treat; they have a wealth of vitamin and minerals packed inside them, including vitamins A, C, E and B6, as well as dietary fiber, manganese, copper, magnesium, potassium and phosphorous.

SERVINGS 10 - 2 loaves

Ingredients:

3/4 cup vegetable oil  
1 1/2 cups sugar  
2 eggs, beaten  
1 cup persimmon pulp  
1 3/4 cups flour  
1/2 teaspoon baking powder  
1 teaspoon baking soda  
1/2 teaspoon nutmeg  
1/2 teaspoon clove  
1/2 teaspoon allspice  
1/2 teaspoon salt  
1 teaspoon cinnamon  
1/2 cup chopped walnuts  
1/2 cup chopped dates (optional)

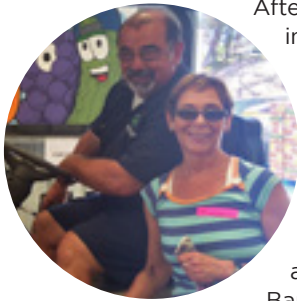
Directions

1. Preheat oven to 350 degrees.
2. In a large bowl blend sugar and oil; add eggs and persimmon pulp.
3. In a separate bowl, sift together flour, baking powder, baking soda and spices; add nuts and dates then mix well.
4. Stir flour mixture into persimmon mixture. Turn into two greased and floured loaf pans. Bake for one hour or until done, testing center with a pick.
5. Turn out on wire rack to cool.



# STAR VOLUNTEER: ELLEN RAUCH

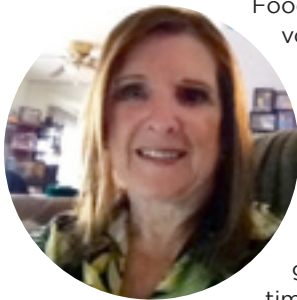
By Caitlin Henry, Community Leadership Coordinator



After retiring a year and a half ago from the film and television industry in Los Angeles, Ellen Rauch made her way up north to settle in Santa Barbara. Motivated by her desire to give back, Ellen reached out to the Foodbank and began volunteering at the warehouse. She was particularly impressed by what she called the “family feeling” and is now involved in leading other volunteers in sorting donated foods at the warehouse, in setting up for the Healthy School Pantry at the Goleta Valley Community Center, as well as volunteering as a Site Supervisor at Picnic in the Park at Storke Ranch. As a member of the Santa Barbara Newcomers Club, she even organized an event to share with other members about the Foodbank’s mission and how to get involved. Ellen is passionate, hard-working, friendly, and the Foodbank is so grateful for her partnership in ending hunger in our community.

# STAR VOLUNTEER: SHERRY PURSER

By Darlene Chavez, Community Leadership Coordinator



Foodbank Projects Coordinator, Lori Bailey, has a superstar volunteer in Sherry Purser. Lori shares: “Sherry has been a volunteer with the Foodbank since April 2013 and is the most active all-around volunteer I have seen. Sherry does it all, repackages food every Wednesday, fills Brown Bags every month Wed-Fri, and delivers bags each month to seniors with her mom. Sherry also sets up supplies for the Santa Barbara County Veteran’s Stand Down event and helps at the Fairpark on event day. She helps with anything we need. She has a great joy for helping and we are incredibly lucky she gives her time and generous spirit to the Foodbank”. Thank you Sherry!

# SAVE THE DATE

We invite you to learn more about our work and support us through our community-sponsored events. Tickets on sale now!

**September 11**  
**Santa Barbara**  
**Fermentation Festival**

**October 8**  
**Table of Life**

**October 26**  
**Santa Maria Empty Bowls**

**November 13**  
**Santa Barbara Empty**  
**Bowls**

**November 1 - December 31**  
**Thanksgiving &**  
**Holiday Drives**  
**Corporate Challenge**

## Join Us for Dinner in the Garden

**\$300**  
GENERAL  
ADMISSION

**TABLE of LIFE**  
OCTOBER 8, 2016 4-7pm

FEATURED  
ART BY  
PENELOPE  
GOTTLIEB

HOSTED BY: STEPHANIE AND JIM SOKOLOVE

### ENJOY:

- Hors d'oeuvres
- Wine/Cocktails
- Silent Auction
- Farm to table dinner created by: Chef Michael Hutchings and Christine Dahl

### FEATURING:

- Emcee Palmer Jackson Jr.
- Live music by Doublewide Kings
- Guest speaker Fred Kass, MD, Cancer Center of Santa Barbara

Table of Life 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.

[WWW.TABLEOFLIFE.ORG](http://WWW.TABLEOFLIFE.ORG)



Support the **Foodbank of Santa Barbara County** and you support over 300 local non profits and programs.

501(c)3 Tax ID # 77-0169214

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

FoodbankSB Foodbanksbc

Santa Barbara Facility  
4554 Hollister Avenue  
Santa Barbara, CA 93110  
T: (805) 967-5741  
F: (805) 683-4951  
info@foodbanksbc.org

Santa Maria Facility  
490 W. Foster Road  
Santa Maria, CA 93455  
T: (805) 937-3422  
F: (805) 937-8750  
info@foodbanksbc.org

**FOODBANK**  
SANTA BARBARA COUNTY  
Education & Administration Center  
1525 State. St., Ste. 100  
Santa Barbara, CA 93101  
T: (805) 967-5741  
F: (805) 683-4951  
info@foodbanksbc.org