

Foodfirst

Moving the Community from Hunger into Health

WINTER 2017

AN APPLE
A DAY
.....PG. 2

ACCESS TO
HEALTHY
FOOD
.....PG. 3

STAR
VOLUNTEERS
.....PG. 4

AN APPLE A DAY...

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Full Story on page 2

AN APPLE A DAY...

continued from page 1



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THE PRESCRIPTION FOR TURNING HUNGER INTO HEALTH

The saying goes that an apple a day keeps the doctor away. It is certainly cheaper than medical co-pays or prescription drugs. This is also the concept that the Foodbank brings to its work amongst the 1 in 4 food insecure people served through our programs and our partnership with 300 local nonprofits. We know that reaching vulnerable populations like seniors and children with the right amount of nutritious food and the education to be able to use that food can create huge healthcare savings for individuals and the community.

We leverage the powerful combination of nutritious food and food literacy education and use food as medicine, distributing over 4 million pounds of produce annually. This approach has led to innovative Foodbank programs that help undiagnosed or untreated diabetics get the education and diabetic-appropriate food that they need to get healthy, and we also help steer them to a medical provider.

Recently, Dr. Fred Kass, MD Cancer Center of Santa Barbara spoke at our Table of Life fundraising event and explicitly made the link between the groundbreaking work the Foodbank is doing and ensuring lower levels of cancer amongst the patients he sees:

“For many years, our cancer prevention efforts have focused on tobacco. We recognize that obesity is now the national health problem that most affects life expectancy. That’s why I am here to support the Foodbank of Santa Barbara County. Fresh produce is the medicine our kids and their families truly need and from which they benefit from throughout their lives.”

- Dr. Fred Kass, MD Cancer Center of Santa Barbara

We are committed to turning hunger into health. Some people will always be in a tight spot and need nothing but a bag of groceries from us, but seniors, children and other at-risk populations need the type of specific nutritional care and attention that will enable them to be productive and independent members of the community.

Join us in eating an apple a day.

Thanks for all your wonderful partnership.

Erik Talkin
CEO, Foodbank
www.hungerintohealth.com

Hofmann Architecture



Thank You For A Great Holiday Season

This past November and December, the Foodbank distributed 1,363,304 pounds of food (equivalent to 1.13 M meals) to children, families, individuals and seniors in Santa Barbara County. With community support, we also provided 1,771 turkeys and 5,767 chickens to families throughout the holidays and received 39,550 pounds of non-perishable goods via the Santa Barbara Letter Carriers—over 94,000 pounds in total. We are thankful for all our Santa Barbara County businesses partners, who generously gave gifts both large and small. Through the End Hunger Games, Deckers, Village Properties, Graphiq, Bacara, CIO Solutions, RightScale, Curvature, Procore, Brown & Brown Insurance (Winner!), Karl Storz, Yardi and AECOM all volunteered, collected food and donated funds in a friendly competition. At Presqu’ile Winery, all tasting sales went to providing healthy food to our community during the month of November. The owners of JDX Pharmacy invited customers to give a matching gift in celebration of 40 years in business. Rizzoli’s Automotive held a monthly drawing to benefit us. Hofmann Architecture hosted an Open House in December to show off redesigned airstreams and raise funds for us and Draughtsman Aleworks, a new craft brewery and taproom in Goleta, donated \$1 to the Foodbank for every beer pulled from their Karma Tap for the month of December.



BUILDING THE WESTSIDE OF SANTA BARBARA INTO A HEALTHY NEIGHBORHOOD

By Bethany Stetson, Director of Community Impact

Every fourth Tuesday afternoon of the month, you can find a joyful, high-energy community event unfolding in the cafeteria of Harding University Partnership School on the Westside of Santa Barbara. We launched a Healthy Community Pantry nearly a year ago. Our pantry takes an innovative approach to improving food security by providing a suite of empowerment resources and access to fresh produce and nutritious foods for hundreds of families. Set up like a healthy fair, the resources include health screenings for diabetes, cooking demonstrations and tastings, nutrition education and training, gardening instruction, CALfresh (food stamps) enrollment, and physical fitness activities.

The Healthy Community Pantry was formed through a series of community meetings with members of the Westside neighborhood, focusing on opportunities to improve health, food security and their needs. Food insecurity—the state of being without access to a sufficient quantity of affordable, nutritious food—is a major obstacle for families on the Westside. After passing through the health fair resources, pantry participants are presented with a beautiful display of healthy foods and produce to take home, which include items like whole grain cereal, uncooked black beans, fresh onions and carrots, as well as oranges gleaned from local properties through the Foodbank's Backyard Bounty Program.

Thanks to these partners who have helped build this Healthy Community Pantry: Cancer Center of Santa Barbara with Sansum Clinic, Catholic Charities, Cottage Health, Harding University Partnership School and ELAC, Free Methodist Westside Initiative, Office of Cathy Murillo, Santa Barbara Unified School District, Santa Barbara Parks and Recreation, Santa Barbara Neighborhood Clinics – Westside Neighborhood Clinic, Trinity Episcopal Church, Uffizi Order, United Way, United Boys and Girls Club, Westmont College, Westside Community Group, Westside Healthcare Advocacy Team and William Sansum Diabetes Center.

ACCESS TO HEALTHY FOOD

By Jamie Diggs, Partner Services Manager

Community Health Centers, a partner of the Foodbank since 2005, provides critical, immediate medical care services in northern Santa Barbara County. They focus on supporting and serving the homeless, migrant farmworkers and the uninsured through their mobile services unit. Noemi Velasquez, Outreach Coordinator for Community Health Centers, distributes nutritious Foodbank food 3-4 times a month in isolated pockets of Santa Maria to create access to healthy food and produce. Noemi and volunteers from Vandenberg Air Force Base are able to help provide much needed nutrition by using Drought Food Assistance Program boxes to support the agricultural workers.

YOUR NUTRITION

Winter Mandarin Salad

Mandarins are a good source of dietary fiber and vitamin A, and are an excellent source of Vitamin C, with one mandarin providing up to 80% of your daily needs. Mandarins are also high in antioxidants, which help to prevent heart disease and cancer.

Ingredients:

3 cups fresh spinach washed
3-5 mandarins*, peeled and separated
1/4 cup toasted pecans optional
1/4 cup dried cranberries
1 1/2 tablespoons olive oil
3 tablespoons orange juice
2 tablespoons rice vinegar
1/2 teaspoon salt

Directions

1. In a small bowl, combine oil, orange juice, rice vinegar and salt for the dressing.
2. In a large bowl, combine spinach, mandarins, nuts and cranberries. Toss salad with dressing and serve.

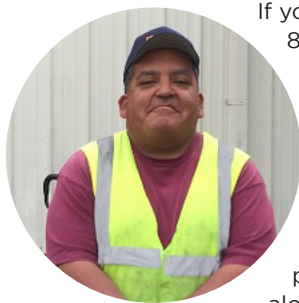
*Mandarins can be substituted with Fuyu persimmons or avocado.



It's Citrus season. Volunteers are busy at work harvesting local mandarins. Join us.

STAR VOLUNTEER: PAUL MENDOZA

By Caitlin Henry, Volunteer Services Manager



If you have ever stopped by the Foodbank warehouse between about 8am and 12pm, you know that it is a very busy place. There are numerous nonprofits picking up food and produce, orders being prepped to be delivered, food being brought back from the grocery stores, and everyone working hard to make sure the food gets out to those who need it. Over the last five months, volunteer Paul Mendoza has been an integral part of this daily activity at the warehouse in Santa Barbara. Staff member John Huerta says, "He is on-time, happy to do his work, and always provides customer service with a smile." Paul helps pull orders alongside our warehouse team for our 300 nonprofit partners and programs and is extremely dedicated to helping things run smoothly.

Thanks, Paul, for your many hours of service and doing it all with such a great attitude!

STAR VOLUNTEER: CAROL NOELLE

By Caitlin Henry, Volunteer Services Manager



Volunteer, Carol Noelle, has been happily supporting the Foodbank's Brown Bag program for over three years now. After a suggestion from a neighbor, Carol decided to search for an organization to invest her time in, and we are so lucky she found us. The Brown Bag program served over 1,400 low-income seniors this past year, and it could not have done without the patient, warm-hearted calls Carol makes to all applicants, clients and interested participants. She said that at 80 years old, it gives her a "new outlook" and renewed sense of being a part of the work force. She emphasized, however, that what she loves most is her purpose here at the Foodbank - "to get people food" - and she feels lucky to do so.

SAVE THE DATE

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

February
Food Security Challenge
by Foodbank CEO

March 22
Lompoc Empty Bowls

May 7
Fork & Cork Classic, Santa
Barbara Fess Parker
Doubletree

June
End Summer Hunger
Campaign

Presenting the Foodbank's 4th Annual

FORK & CORK CLASSIC

\$95/General Admission
\$125/VIP (Early Admission)

May 7, 2017
3pm - 6pm
Santa Barbara Fess Parker
Doubletree (new location)

Food and wine aficionados can look forward to tastings of premium wines and gourmet dishes prepared by top Santa Barbara County restaurants and wine makers. Join us in the picturesque setting, enjoy fantastic food, entertainment, and a one of a kind silent auction. VIP Guests will **enjoy earlier access (2pm)** and sit back in comfort in the shade of the **VIP Lounge**.

Honoring: Jasper & Brooke Eiler, Archie McLaren and Jessica Foster

WWW.FORKANDCORKCLASSIC.ORG



Support the Foodbank and you support the nutritional health
of 1 in 4 people in **Santa Barbara County**.

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