

STAR VOLUNTEER: MICHELLE CONRAN SOUTH COUNTY



Michelle is probably the first person you talk to when you arrive at our Santa Barbara warehouse. There simply isn't a volunteer who spends more time helping out at the Foodbank. Her dedication to supporting our agencies who are picking up food (and any other projects that come up) is unrivaled; her work ethic is equal to her care, attention and love for what the Foodbank does. While also enrolled at Santa Barbara City College, Michelle is onsite Monday through Thursday making sure food orders are filled correctly, assisting on-site shoppers and orienting new volunteers. Not only could we not do what we do without you, we love having you in our lives!

STAR VOLUNTEER: VANESSA GROSSMAN NORTH COUNTY



Vanessa is a driving force behind public awareness of ways to fight hunger in North County. Not only did she organize the Orcutt Christmas parade and community-wide food drive, she is part of our Santa Maria Empty Bowls host committee. Vanessa and her husband shared their photo booth at the 2018 Empty Bowls event, to enhance the fun factor and document the day. She also designed postcards and posters, and ran social media publicity. Vanessa puts keto principles to work in her family. Find her at "Ketotraction" on Instagram and Facebook! We're grateful to Vanessa for all she does to help the Foodbank do our best work in Santa Maria.

Truck News!

Thanks to a generous grant from the Women's Fund of Santa Barbara last summer, we recently purchased an 18-foot 2019 Hino 195 refrigerated truck. Then, our oldest truck was totaled in an accident last October.

We're grateful that no other vehicles were involved and there were no serious injuries, but the Foodbank faced \$145,000 in replacement costs. Aera Energy paid for an interim rental truck. Insurance only covered \$23,000.

Thanks to an anonymous gift from a foundation, a matching gift from an anonymous donor, the Linked Foundation and many community supporters, we were able to order a 22-foot 2019 Hino 268A refrigerated truck. In fact, the community gave so generously, we're well on our way to being able to purchase another new truck!

Refrigerated trucks enable us to pick up and deliver fresh food to our 300 partners, reducing food waste and spoilage. Having an up-to-date fleet also aids disaster preparedness enabling us to provide the entire county with wholesome food in emergencies.



Foodbank of Santa Barbara County Donate • Volunteer • Get Help

www.foodbanksbc.org

Blog with recipes and nutrition tips: bit.ly/2vOrEqx

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Santa Barbara Facility
4554 Hollister Avenue
Santa Barbara, CA 93110
(805) 967-5741

Santa Maria Facility
490 W. Foster Road
Santa Maria, CA 93455
(805) 937-3422

Education & Administration Center
1525 State. St., Ste. 100
Santa Barbara, CA 93101
(805) 967-5741



SAVE the DATE

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

February 13
Food as Medicine #1
Crucifers

March 20
Lompoc Empty Bowls

May 11
Letter Carriers' Stamp Out
Hunger Food Drive

Consider a Legacy Gift

To discuss planned giving,
please contact:

Matthew Neal
mneal@foodbanksbc.org
805-967-5741 x116

Foodfirst

Moving the Community from Hunger into Health
WINTER 2019

FOOD AS
MEDICINE
.....PG. 2

EXPANDING
OUR IMPACT
.....PG. 3

STAR
VOLUNTEERS
.....PG. 4

FOOD AS MEDICINE

The Foodbank distributes 10 million pounds of food each year – half is fresh produce – but our work extends far beyond providing groceries. We're also increasing nutrition knowledge through programs to help all Santa Barbara County residents improve their health, prevent disease, and enjoy healthy eating.

Full story on page 2

FOOD AS MEDICINE

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FOODBANK
SANTA BARBARA COUNTY



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We launched an education series, Food as Medicine, with sessions about cruciferous vegetables and digestion. The first public event, on the health benefits of crucifers, takes place February 13.

Food as Medicine is the brainchild of a pair of health advocates and Foodbank supporters who are sharing their expertise with the wider public through the Foodbank.

Vibeke Weiland (www.biodiversenutrition.com) is chair of our Board of Directors and a certified Nutritional Therapy Practitioner practicing at Santa Barbara Wellness for Life.

Randi Miller (www.thebalancednut.com) is a certified Integrative Nutrition health coach and a Functional Diagnostics Nutrition practitioner. Using functional lab testing, Randi helps people optimize their health by making sustainable diet and lifestyle changes over time.

A fundraiser last month at idyllic Rancho San Julian, one of Santa Barbara County's oldest family-run ranches, featured Randi and Vibeke presenting on the benefits of grass-fed beef bone broth for gut health and whole-body healing.

The City of Santa Barbara and the SB Teen Coalition named the Foodbank the 2018 Youth Agency of the Year for our Children's Health Initiative nutrition education programs.

Alma Cena Sana, our pilot food and healthy living center in Lompoc, continues to grow, providing fresh food, cooking demos, education and services that equip families to stay healthy.

Our Diabetes Impact Program provides food and education to those with diabetes and pre-diabetes. We also support diabetes education and outcomes through our member agencies, with over 50,000 pounds of fresh fruits and vegetables provided to Unity Shoppe in 2018 to fill produce prescriptions for Sansum Diabetes Research Institute patients.

Food is the path to vitality and we're working hard to ensure robust health and abundant nutrition for all. Join us on this journey!

Erik Talkin
CEO, Foodbank of Santa Barbara County
www.hungerintohealth.com

What We Learned: Foodbank Disaster Preparedness Conference

Last month, we published a white paper with summary learnings and action ideas from the Disaster Preparedness Conference we hosted last fall. A year after the Montecito debris flow that changed Santa Barbara forever, we're working to move forward better prepared.

Our disaster preparedness plan also includes:

- Continuing our Emergency Food Box program;
- Training volunteers especially to run emergency food distributions;
- Investing in new vehicles to improve our ability to deliver food; and
- Expanding our nutrition education programs so all of us can stay healthy in case access to food is limited.

Read the white paper online: bit.ly/2GVavn8



Summary, Learnings
and After-Action Ideas



Expanding Our Impact

By Judith Smith-Meyer, Foodbank Marketing Communications Manager

As part of our initiative to empower all SB County residents with nutrition knowledge, we are excited to welcome two new members to our team.

Lacey Baldiviez, PhD, right, joins the team as our new Director of Community Education, to envision, develop and oversee our growing role as a hub for nutrition knowledge throughout the county.

"Nutrition is critically important across all stages of life," she explained. "My vision is to build upon the food access channels already well-established in our community by introducing food into healing treatment programs, engaging children in growing food and preparing meals, and creating innovative programs to connect community members with our local food system and healthy lifestyles."

Julia Lara, left, is our new Director of Programs. Julia will oversee, support and expand our community programs for kids, seniors and more.

"What brought me to the Foodbank was the overall mission of the agency; hunger to health," Julia noted. "My goal is to elevate the great work of our community programs and think creatively about how to ensure long-lasting nutritional health in our community. Building strong partnerships is at the forefront for me."

Crucifers: Did You Know?

More veggies are cruciferous than you may think.

All of these provide sulforaphane, which supports:

- Detoxification;
- Antioxidant activation to fight free-radicals;
- Anti-cancer gene activation; and
- DNA repair.

Note: Chop crucifers at least 40 minutes before cooking/eating.

Broccoli
Brussels sprouts
Cauliflower
Horseradish/Wasabi
Kohlrabi
Radish/Daikon
Turnip
Rutabaga

Cabbage
Arugula
Collards
Kale
Bok Choy
Mustard greens
Shepherd's purse
Watercress

Sprouts or micro-greens of any of the above.

YOUR NUTRITION

Coconut Creamed Kale

Chop the kale 40 minutes prior to cooking to maximize the detoxification potential!

Ingredients

- 1 ½ tblsp organic virgin coconut oil
- 1 medium clove garlic, minced
- 1 large sweet onion, chopped
- 12 oz. kale leaves cut into bite-sized pieces
- ½ tsp kosher salt
- ¼ tsp ground white pepper
- Pinch fresh-grated nutmeg
- ¾ cup light coconut milk (canned)
- Unsweetened, grated coconut for garnish (toasted if possible)

Instructions

1. Clean and stem kale. Cut the kale leaves into bite-sized pieces. Set aside.
2. Mince garlic and chop onion.
3. Heat a large skillet over medium high heat. Add coconut oil.
4. Add garlic and onion, sauté until softened, 5-6 mins.
5. Add kale, stir and cook until leaves begin to wilt, 2-3 mins.
6. Finally, add salt, white pepper, nutmeg and coconut milk. Cook, stirring frequently, until kale is soft and coconut milk thickens, 4-5 mins more.
7. Adjust seasoning to taste, garnish with coconut and enjoy!

*Courtesy of
www.everydaymaven.com*

