

Foodfirst

Moving the Community from Hunger into Health
Spring 2019

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EXPLORING STUDENT HUNGER

As another school year wraps up, thousands of children in our community will go hungry this summer when the school meals they rely on for daily nutrition disappear. And student hunger doesn't end after high school...

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EXPLORING STUDENT HUNGER

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A sad and shocking reality is that, at **28.8 percent**, Santa Barbara County has the **highest child poverty rate in California**. (Edsource.org, April 2018)

For these kids, no school = no lunch. Our Picnic in the Park program offers free healthy lunches to all summer to kids under 18. Your help is needed to provide these meals. Learn more at right.

But hunger doesn't end with high school. Food insecurity among college students is on the rise.

During my Food Security Challenge in February, I met UCSB junior Jackie Molinero (pictured, cover). Jackie shared how, during her freshman year, having enough to eat was a daily struggle. It was only in her second year that she went from a freshman struggling to find food to a CalFresh communications intern who teaches other students about nutrition resources available to keep them healthy.

Jackie is the first from her low-income Bay Area family to attend university. In her first year, she struggled with calculus and chemistry, couldn't find a job, and life in Isla Vista (though cheaper than living on campus) was expensive. She wondered if she made a mistake going to college.

"Not knowing where my next meal would come from made everything that much worse," she said.

Typically, Jackie would eat a packet of instant oatmeal for breakfast. She'd cook a batch of plain pasta and ration it for lunches and dinners.

"When I finally learned about the A.S. Foodbank, I was able make healthy meals with tomatoes, onions, potatoes, and fruit, like oranges and pears," she explained.

Jackie is not alone. We provided 80,000 pounds of food to the UCSB food banks during the first quarter of 2019!

Many students in college do not qualify for CalFresh (food stamps) because they aren't able to study and meet the 20 hours-a-week work requirement, or they receive just over the income limit in grants, or renewing every six months poses too great a difficulty. This means that having enough to eat is still a struggle and college pantries become even more important.

Students of all ages deserve the nutrition they need to succeed in school. Jackie will graduate next year and attend law school in fall 2020. We can't help but wonder, what potential will healthy nutrition unlock for local school kids this summer?

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

ENDING SUMMER HUNGER: What We're Doing; How You Can Help

PICNIC IN THE PARK 2019: Free, healthy lunches for children under 18

By the Numbers:

39,000 lunches
1,200 children
17 parks, libraries &
low-income housing – 20% increase!
10 weeks

Cities Served:

Carpinteria
Santa Barbara
Goleta
Los Alamos
Lompoc
Santa Maria
Guadalupe

**Funds needed: \$120,000
YOU CAN HELP!**

Donate/Volunteer: FoodbankSBC.org

We're thrilled to work with Santa Barbara Unified School District Food Services to provide fresh, plant-rich lunches to children countywide. Together, we're even making sure kids can have lunch without having to cross dangerous streets like Hollister in Old Town Goleta!

"With our focus on fresh ingredients prepared with love, and the Foodbank's commitment to providing nutritious food to all who need it, we can make the greatest possible impact on children's health countywide. We really are better together."

— Nancy Weiss, Director of Food Services
Santa Barbara Unified School District



A Teacher Speaks: "I am a kindergarten teacher in Santa Maria and every day I see that the lunch [my students] receive is probably their first real meal of the day. So, I really understand the need to provide meals to these children."
— Foodbank donor

YOUR NUTRITION

Kale, Orange & Banana Smoothie

Great for a quick, healthy and delicious breakfast! Peel, slice and freeze in a plastic bag bananas that are ripe if you can't eat them before they go bad. Grab from the freezer and drop into a smoothie!

Ingredients

3 small or 2 large oranges, peeled
1 banana, peeled
½ cup fresh kale
(washed, stems removed)
2 cups liquid, such as:
Unsweetened vanilla almondmilk,
milk, soy milk, rice milk, fruit juice

Instructions

1. Place all ingredients in blender.
 2. Blend until smooth.
- If using frozen banana, your smoothie will be thicker; add a little extra liquid for easier blending

Courtesy of Allan Hancock College
Food Science and Nutrition Program.



WE HAVE A NEW LOOK!

With healthy people at the heart of all we do, we're updating our look!

Our aim is to empower everyone in our community with fresh food, and the skills and knowledge to eat healthfully with limited resources.

We polled our partners, volunteers, program participants, staff, supporters and social media followers. A super-majority chose this bright, engaging image to represent the work we do. Watch for our new logo on:

- Trucks delivering healthy food,
 - Signs at our summer lunch programs,
 - Our website and social media, and
 - New merchandise you can sport to show you care about healthy food for all.
- (Shop at FoodbankSBC.org)



"The meals I got at school were the only food I ate all day." — Damian Ochoa



Damian Ochoa works as a student ambassador in charge of reporting for the Foodshare Because We Care program at Allan Hancock College. He's planning to attend UC Berkeley this fall to work toward a PhD in English.

In a recent conversation about student hunger, Damian noted, "I'm able to buy my own food now with careful budgeting and a job, but coming from a low-income family as a kid, sometimes the meals I got at school were the only food I had all day."

Donate to provide summer meals for hungry kids!
foodbanksbc.org

STAR VOLUNTEER: ALICE LAUFER NORTH COUNTY



Alice is an art teacher at Lompoc Valley Middle School. She has served as our Bowl Coordinator for Lompoc Empty Bowls for the last fifteen years. She helps make sure the bowls are painted, glazed, fired, and ready to go for event day. Alice and her team masterfully organize the bowl area at the event to ensure that the guests can see and pick out all the beautifully painted bowls, which keeps the event running smoothly. She is kind, hardworking, and is a key member of our Lompoc Empty Bowls committee.

STAR VOLUNTEER: THE MANSBACH FAMILY SOUTH COUNTY



The Mansbach family—Jennifer, Mike, Jacob (15) and Joseph (13)—joined the Foodbank family in 2012 when then 8-year-old Jacob tackled the Santa Barbara Triathlon and raised \$4,600 to provide food for local kids. The whole family was inspired to get more involved, volunteering and raising awareness in the community. Since then, triathletes Jacob and Joseph have raised \$95,000 for the Foodbank! In 2013, they established Family Day, which they run on the second Saturday of the month, providing families and children an opportunity to help.

PLANNED GIVING

Foodbank of Santa Barbara County welcomes gifts that are planned to maximize your legacy and life income, while also minimizing current and future tax liabilities. These flexible options are a great way to secure your financial goals for your family and favorite charity alike.

Planning a gift to the Foodbank assures, in perpetuity, food security for our county's most vulnerable residents. Thank you for considering memorializing the values we mutually share to increase the health of Santa Barbara County through good nutrition for all.



Options to consider:

- wills and trusts
- appreciated stock
- IRA rollover gifts,
- life insurance beneficiary.

Please contact Matthew Neal with questions or let us know if you've already remembered us in your plans.

mneal@foodbanksbc.org

Thank you!

SAVE the DATE

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

May 11

Letter Carriers Stamp Out Hunger Food Drive

Santa Barbara Wine Country Half Marathon Solvang

May 14

Food from the Bar Campaign Kickoff Mixer Topa Topa Brewing Co.

May 21

Food as Medicine: Culinary Herbs Pacifica Graduate Institute

Social Justice Book Club Discussion "The Unending Hunger" SB Public Library

May 29

Food Insecurity Panel Discussion Santa Barbara Public Library

June – August

End Summer Hunger Campaign

July 19-20

California Wine Festival

August – September

JOIN JACOB Campaign

August 23-25

Santa Barbara Triathlon

September 28

Table of Life Gala

September 29

Carpinteria Triathlon

Foodbank of Santa Barbara County

Donate • Volunteer • Get Help

(805) 967-5741 • www.foodbanksbc.org

Blog with recipes and nutrition tips: bit.ly/2v0REqx



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