

# Foodfirst

Moving the Community from Hunger into Health  
Fall 2019

COLLEGE  
FOOD  
INSECURITY  
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FACES OF  
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## NOURISHING LOCAL COLLEGE STUDENTS

We're celebrating our 8th Table of Life Gala this month, and honoring one of Santa Barbara's most potent philanthropic forces: the Women's Fund of Santa Barbara. More than 700 members strong, the Women's Fund makes sizable grants...

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# NOURISHING COLLEGE STUDENTS

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On the cover: Foodbank CEO Erik Talkin with Shelley Hurst, Michele Neely and Maureen Ellenberger of Women's Fund of Santa Barbara. Photo by Jacqueline Pilar.

via a rigorous application and review process to fund major projects each year that benefit the well-being of women and children.

The Foodbank was proud to be a recipient of a 2018 grant.

"The Women's Fund of Santa Barbara identifies food and nutrition as a vital need in our community," Shelley Hurst, steering chair for the Women's Fund, explained. "Last year, we proudly awarded the Foodbank a grant of \$95,000 for a new refrigerated truck to help serve children, families, seniors and college students caught in the rising tide of food insecurity."

Hunger and food insecurity are a growing epidemic among college students nationwide. A shocking recent article in "The New York Times" (5/2/2019) shed light on the difficulties many students experience. It personalized the statistics of the Hope Center's 2019 National "#realcollege" report.

In that survey of 86,000 college and university students, 45% reported being food insecure (not knowing where their next meal would come from) in the previous 30 days. 56% were housing insecure and 17% were homeless in the last year.

A report from the non-partisan Government Accountability Office vetted more than 30 studies and concluded that millions of college students nationwide face hunger and homelessness while trying to finish school. ("The Atlantic," 1/9/2019)

And right here in Santa Barbara County, our work on the ground reflects this trend.

In the first six months of 2019, the Foodbank of Santa Barbara County saw needs increase by 71% at UCSB, 54% at SBCC and 34% at Allan Hancock College, over the same period in 2018.

Check out the info in "By the Numbers" below to see how much healthy food and fresh produce we provided to local college and university students through campus food banks and pantries. And learn about the many faces of college hunger in the profiles at right.

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



## COLLEGE HUNGER: BY THE NUMBERS

Healthy Food Provided to Local College Students by the Foodbank of Santa Barbara County



(Six-months January 1 - June 30, 2019)

**COLLEGE STUDENTS WHO ARE FOOD INSECURE**

**UNIVERSITY OF CALIFORNIA, SANTA BARBARA**  
47%

**SANTA BARBARA CITY COLLEGE**  
50%

**ALLAN HANCOCK COLLEGE**  
37%



Healthy Food (Total)

**123,550 lbs**

**105,310 lbs**

**80,060 lbs**



Fresh Produce

**45,520 lbs**

**22,740 lbs**

**39,500 lbs**



Increase over 2018

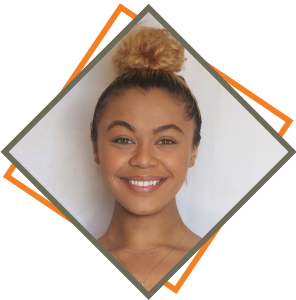
**71% ↑**

**54% ↑**

**34% ↑**



# FACES OF COLLEGE HUNGER



**JAZZ** *SBCC full-time, collegiate volleyball*

Jazz came home after a year at university to help her family. She works two jobs and has a brother at SBHS and a sister at Franklin School.

“For student athletes, it’s important to maintain a healthy diet. There have been days where my mom [says], ‘We really don’t have any food.’”

“Before I knew about the Foodshare, I wasn’t eating very much. I would just drink coffee... So many kids need help with this. Every time there’s a Foodshare, the line goes across the lawn.”

**ERIC** *UCSB junior, first generation*

Eric worked at the A.S. Foodbank and as a CalFresh advocate. After taking out loans to pay rent, this year he switched to living in a van.

“My whole life we had food stamps [and went] to food pantries. It has come full circle: now I’m the one making sure people get those dry goods and apply for benefits.”

“We’re really lucky to have so much fresh produce from the Foodbank of Santa Barbara County, [retailers] and the edible campus program. I’ve cut out a lot of unhealthy foods.”



**MICHELE** *Allan Hancock grad, transferring to La Verne for B.A.*

Michele works as a student ambassador at AHC, where her three children are also enrolled. “Providing food for students takes the weight off the family. If a student’s family is suffering, that can keep them from being able to concentrate on their work.”

“I have experienced homelessness, so I know what the students are going through. Being that I’m an older student, I can empathize and encourage them that they can make it through. At times when my husband wasn’t working, I didn’t tell anyone, but I was grateful when the food bank came. I thought, ‘Okay, I can make it another week.’ or ‘I can make it through the weekend.’”

**IAN** *SBCC grad, attending UCI this fall*

Ian is a San Marcos alum who came home from university due to financial constraints. While attending SBCC, he learned about food insecurity firsthand.

“It’s easy to get two [fast food] burritos for \$3 to make it to your next meal. I did that for awhile, but my health started deteriorating. I wasn’t as active as before. I wasn’t thinking clearly. I thought maybe it was stress or not having enough time to study, but after taking part in the Foodshare, I realized it was because I was not eating right. I would go to sleep at 6 pm because I was hungry. When you’re constantly worried about food, that leads to depression and anxiety.”



**RAYMOND** *SBCC returning student, future drug & alcohol counselor*

Raymond works with the SBCC food pantry, and understands food insecurity from both sides.

“For me, food insecurity has been a problem. I’ve been homeless four times, so I know what being hungry is like. I’m a single father of two teenagers. It’s a struggle to pay rent, pay bills, put food in your kids’ mouths.”

“You don’t know who’s eating and who’s not. When I first started working at the pantry, I’d hear stories like ‘I haven’t eaten in four days,’ or ‘I’ve just been drinking water.’ Everybody should be able to power through school and not be sitting in class saying, ‘When am I going to get my next meal?’”

## YOUR NUTRITION

### Two-Ingredient Pancakes

These protein-rich, quick-and-easy pancakes make a great fast, healthy breakfast!

#### Ingredients

2 eggs

2 bananas

Blend or mix until smooth and pour onto greased heated pan in small lumps.

Add any available fruit as a healthy topping!

*Photo: nikldn on Unsplash*



## STAR VOLUNTEER: MIGUEL A. IBARRA-BUENROSTRO NORTH COUNTY



Miguel has been one of our outstanding high school volunteers for three years, and just started his senior year at Pioneer Valley H.S. This summer, he was our site leader for Picnic in the Park at Grogan Park where he was a steady presence working with individual, groups and corporate volunteers, as well as the kids getting lunch. When asked why he volunteers with the Foodbank, Miguel said "I volunteer because I enjoy helping others." Thank you so much Miguel for all your hard work!

## STAR VOLUNTEER: DEBORAH FLEMING SOUTH COUNTY



Deborah has volunteered with our Brown Bag program and Picnic in the Park since 2018. She retired two years ago after almost 30 years in student affairs administration at UCSB. As someone who worked with college students, Debbie understands the financial struggles that many students face. She believes that campus foodbanks make a big difference, by feeding hungry college students and by educating young people about healthy eating. She loves to travel, read fiction, garden, grow succulents, go to Zumba, and wander beaches looking for sea glass. Thank you Deb!

## DISASTER PREPAREDNESS UPDATE: EMERGENCY FEEDING PLAN



KEYT senior reporter John Palminteri highlighted the Foodbank's Disaster Feeding Plan and other preparedness initiatives.

The Foodbank's Disaster Feeding Plan initiative kicked off with a meeting at the Carousel House in Santa Barbara in June. Over 60 disaster professionals and nonprofit leaders gathered to establish key priorities for a successful feeding plan in the event that a disaster isolates our county from outside sources of food.

This happened in a significant way during the Thomas Disaster with only one road closed. A major earthquake could close all roads and leave the community depending on the Foodbank's stock of disaster food in the short term.

Based on outcomes from the kick-off event, the Foodbank, in partnership with Swardenski Consultants, developed a draft framework over the summer. The completed document will be ready this fall, when participants will gather again to train around the new plan.

The plan will be updated and participants reconvened annually to ensure that we remain ready to feed all of Santa Barbara County in case of a large-scale emergency.

## SAVE the DATE

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

### September

Join Jacob Campaign

Hunger Action Month

### September 17

Table of Life Sponsors

Thank-you Event

SB Public Market

### September 28

Table of Life Gala

### October 18

Food as Medicine #3

Eating for Optimal Digestion

### October 23

Santa Maria Empty Bowls

### November 10

Santa Barbara Empty Bowls

### November 13

Food as Medicine #4

Fess Parker Home Ranch

Los Olivos

### November 16

Letter Carriers Food Drive

South County Only

### November-December

End Hunger Games

Corporate Challenge

Thanksgiving and Holiday  
Funds & Food Drives

Mandarin Mania  
Backyard Bounty  
Gleaning Season

## Foodbank of Santa Barbara County

Donate • Volunteer • Get Help

(805) 967-5741 • [www.foodbanksbc.org](http://www.foodbanksbc.org)

Blog with recipes and nutrition tips: [bit.ly/2v0rEqx](https://bit.ly/2v0rEqx)



FoodbankSB



Foodbanksbc



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Santa Maria Facility  
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