

Foodfirst

Moving the Community from Hunger into Health
Winter 2020

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KNOWLEDGE
FOR ALL
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VOLUNTEERS
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The Power of Nutrition Education

This month, the Foodbank is launching new food knowledge programs, improving disaster preparedness through education, and expanding our award-winning “Feed the Future” children’s health initiative.

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POWER OF NUTRITION EDUCATION

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Children in our Food Literacy in Preschool (FLIP) program learn about and enjoy a “Farmer’s Pick” fruit or veggie each month.



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On the cover: Middle schoolers in the Foodbank's Teens Love Cooking (TLC) program prepare a tofu breakfast scramble at St. George Youth Center YMCA in Isla Vista. Photo: Jacqueline Pilar

At the Foodbank, we know that learning is the pathway to positive change.

Providing food to hungry people ends hunger for a day. But nutrition education changes lives by empowering all of us, especially those living with food insecurity, to make wiser choices about our health and food.

We are sharing food knowledge to maximize wellness for everyone in Santa Barbara County, from pre-schoolers to older adults, in large-scale emergencies and in the daily disaster of hunger.

I shared our experience with the power of education to end hunger in a TEDx talk last fall. See below for details.

New in 2020: health tip “nudges” at food pantries, a high school nutrition and cooking program, food knowledge for all via Food as Medicine, and expanding our kids programs to help more children countywide enjoy fresh produce, with skills to make the most of it.

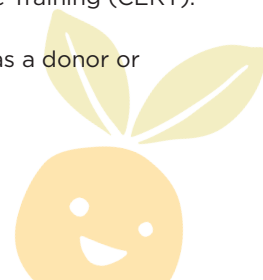
Education also ensures a more resilient Santa Barbara County.

With the Foodbank's new Disaster Feeding Plan, we're training with response agencies countywide to provide healthy food at the neighborhood level if major transport channels are disrupted and residents are sheltering in place.

And we're engaging staff and volunteers in Community Emergency Response Training (CERT).

Please join us on this journey, by attending events, listening to a podcast, or as a donor or volunteer!

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



FIBER: A TRUE SUPERFOOD

Be sure to get fiber in your diet every time you eat

WHY?

Fiber in whole foods:

- Lowers cholesterol
- Regulates blood sugar
- Feeds the beneficial microbes in your gut
- Keeps you feeling full
- Provides essential nutrients
- Provides phytonutrients to optimize health

HOW?

Seek out different sources of fiber. See chart below. Diversity is key for feeding beneficial gut microbes.

Roots	Fruits	Legumes
Inulin	Pectin	Resistant Starch
Garlic	Pear	Pinto beans
Onion	Apple	Lentils
Leek	Mango	Chickpeas
Jicama	Plum	Rolled oats
Radish	Pomegranate	Kidney beans
Dandelion root	Orange	Yams
Asparagus	Lemon	Black beans

WHY GIVING PEOPLE MORE FOOD DOESN'T END HUNGER

Watch Erik's lively, informative TEDx talk that illustrates how food literacy can solve hunger. (12 min.)

tinyurl.com/ErikTalkinTEDTalk



GROWING HEALTHY EATING

The Foodbank is expanding our programs and adding new ones to be of greater service to more people throughout Santa Barbara County!

By May 2020, we'll add 17 new locations to our current 75 program sites — from Food Literacy in Preschool to Brown Bag for Seniors — a 23% increase over last year!



Teens Love Cooking for middle schoolers will expand by 150% this year.



Brown Bag provides low-income seniors with fresh fruits and veggies and staples.

New programs will serve:

Carpinteria
Santa Barbara
Goleta
Isla Vista

Lompoc
Cuyama
Santa Maria
Guadalupe

FOOD CREATIVITY LAB

We're piloting a new food literacy program at Dos Pueblos High School. In each of four monthly workshops, students will enjoy hands-on cooking, nutrition learning, meal planning and food photography!

Food Creativity Lab team:

Merci Montecito Chef Troy Peters
Sansum Clinic dietician Christina Archer
Foodbank nutritional biologist Lacey Baldiviez, PhD

BRAND NEW!



FOOD AS MEDICINE

Via public talks, a new podcast, and email newsletters, we're helping everyone, in Santa Barbara County and beyond, improve health by making wiser food choices.

Learn more: FoodbankSBC.org/get-help/fam

HEALTHY SUCCESS

Leticia lost 120 lbs, (Her 18-year-old daughter lost 80 lbs!) has more energy, and improved her diabetes symptoms by eating fresh fruits and veggies from our Healthy School Pantry!

**"HEALTHY SCHOOL
PANTRY CHANGED
MY LIFE!"**

YOUR NUTRITION

Red Lentil Soup

by Stella Gabriel

As part of our healthy community, we're gathering recipes from locals that feature yummy, fresh plant-based ingredients. Try this easy soup on a chilly winter evening!

Ingredients

- 1 cup red lentils
- 1 medium onion, chopped
- 1/4 cup rice or barley
- 1/8 tsp red pepper
- 2 tsp salt
- 1 small onion, chopped
- 4 tbsp melted butter or oil

Instructions

- 1) In 6 cups boiling water or stock, simmer lentils, onion, rice or barley and seasonings for 1 hour (or cook under pressure 15 minutes).
- 2) Fry small onion in butter and pour over soup just before serving.

Serve hot. Serves 6.

Photo: Monika Grabkowska on Unsplash



STAR VOLUNTEER: LORRAINE CAPLEY NORTH COUNTY



Lorraine sorts donated food from Trader Joe's two days a week at our Santa Maria warehouse. To memorialize her parents' years of volunteerism, she recently had 13 family members including her husband, daughters, sons-in-law, grandkids, and cousins, who traveled from many parts of California, join her to participate in Family Volunteer Day. Lorraine also loves to garden, camp, try new recipes and spend time with family and friends. Thank you, Lorraine for sharing your dedication and commitment with the Foodbank, with a smile and amazing attitude!

STAR VOLUNTEER: MARY ANN LUND SOUTH COUNTY



Iowa native Mary Ann Lund looked for an organization that had a 'boots on the ground' approach and started volunteering with the Foodbank in 2017. Since then, she has become an integral part of our Grocery Rescue program and helps at least three days a week. When asked what she enjoys about volunteering, this exercise enthusiast said, "I love doing food rescue – it's a great workout and we have fun." Mary Ann also helps with our Brown Bag program and food distributions. We simply could not do what we do without her!

PARTNER FOCUS: SANTA MARIA-BONITA SCHOOL DISTRICT

Watch this space for features about some of the 300+ nonprofits we partner with to accomplish the Foodbank mission!

Santa Maria-Bonita School District (SMBSD) has been an outstanding partner of our **Kids Farmers Market (KFM)** program for over 10 years. This school year, they are hosting KFM at nine ASES after-school locations. From October to December 2019, 651 SMBSD K-6 students participated in KFM! The Foodbank trains ASES staff to serve as nutrition educators, who help the kids learn about fresh produce and fun, tasty ways to prepare it. Then, the children get to choose healthy fruits and veggies at a mini-farmers market. SMBSD also hosts our Healthy School Pantry program, which serves over 300 families every month.



K-6 students in our Kids Farmer's Market (KFM) program learn about monthly Farmer's Pick produce items and prepare easy recipes like pear, grape and cucumber salad!

HOLIDAY FOOD REPORT

Thanks to our generous community, we provided the following food to local families facing hunger during the 2019 holiday season — *in addition to our usual distributions and programs:*

Countywide:

2,600 Turkeys — 18% increase over 2018!
1,661 Chickens

The Foodbank provided healthy staples, fresh fruits and veggies at emergency distribution sites in Santa Barbara to fill the gap when Unity Shoppe closed last fall.

- 3 sites
- 8 weeks
- 68,000 lbs healthy groceries
- 25,000 lbs fresh produce

Foodbank of Santa Barbara County

Donate • Volunteer • Get Help

(805) 967-5741 • www.foodbanksbc.org

Blog with recipes and nutrition tips: bit.ly/2v0rEqx



FoodbankSB



Foodbanksbc



Foodbanksbc

Santa Barbara Warehouse
4554 Hollister Avenue
Santa Barbara, CA 93110

Santa Maria Warehouse
490 W. Foster Road
Santa Maria, CA 93455

Education & Administration Center
1525 State St., Ste. 100
Santa Barbara, CA 93101



SAVE the DATE

Upcoming events that feed and strengthen Santa Barbara County.

February

Deckers in-store fundraiser

February 8

Fill the Foodbank!
Drive-thru food drive
Santa Barbara & Santa Maria warehouses

February 19

Food as Medicine:
Digestion Connection
Santa Barbara Public Library

February 21-23

Volunteers Community
Emergency Response Team
(CERT) training

February 29

Lompoc Family Fiesta
Lompoc High School

March 28

Lompoc Empty Bowls
Dick DeWees Community Center

March 29

Santa Maria Open Streets

April 16

Foodbank Partners Summit:
Building Healthy
Neighborhoods
Pacifica Graduate Institute

April 17-19

SB Earth Day Festival