

Foodfirst

Moving the Community from Hunger into Health
Fall 2020



INNOVATING
FOR COVID-19
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FIGHTING
FOOD
INEQUITY
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EMPTY BOWLS
& STAR
VOLUNTEERS
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Your Foodbank: Moving Forward with Innovation

We're proud to feature the staff of your Foodbank on the cover of this issue. This amazing team has made possible a huge response to the unprecedented challenges our community is facing.

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MOVING FORWARD WITH INNOVATION

Thanks to our thousands of community volunteers. You have been critical to an effective Foodbank response to Covid-19!

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In this issue, you'll learn about the Foodbank's constantly evolving work to respond to the Covid-19 pandemic—with its crushing economic impacts, inequitable access to resources and the challenges to provide food in a healthy environment.

As we move into the next phase of pandemic response, the Foodbank is re-envisioning our education programs to accommodate remote learning as the norm with an online education initiative, and also innovative home kits that provide the food and materials that kids need to undertake online food literacy training.

We're also actively working to serve those who face the greatest barriers to nutritional health in our community, due to income- and language-related inequity, with several proactive outreach programs you can learn about at right.

We are also reimagining our most beloved community event: a virtual countywide Empty Bowls celebration! At the Foodbank we look for as many ways as possible to support the community that supports our work. See the back page to learn more.

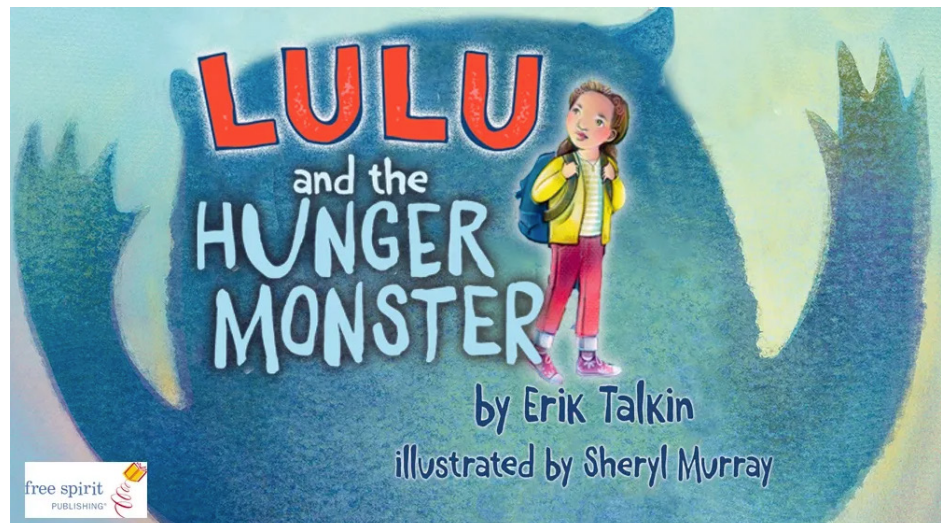
As CEO I cannot express how proud I am to work with both the amazing team of professionals at the Foodbank and the inspiring community volunteers who have stepped forward in numbers larger than ever before. Together, we have the commitment, agility, creativity and energy to prevail over the health, economic and inequity crises we are facing.

Erik Talkin
CEO, Foodbank of Santa Barbara County



Our CEO, Erik Talkin, has a particular interest in tackling the stigma that children can feel when they need food help. This problem has become even more significant during Covid-19 with the huge increase in families requiring help for the first time.

His new children's picture book *"Lulu and the Hunger Monster"* (Free Spirit 2020) explores the world of Lulu, a brave girl who is trying to help herself and her mom face a monster called hunger. Through colorful language and vivid illustrations, it empowers both kids who might need help, as well as their friends, to build empathy and create real world solutions together. Learn more at hunger-monster.com.



INNOVATING FOR FOOD EQUITY & HOME LEARNING

The Foodbank is tackling inequity in food access and education throughout Santa Barbara County to improve health outcomes. In partnership with community organizations, we're closing some gaps with new initiatives.



From left: Nutritious food for farmworkers; Healthy Community Pantry

Reaching Out

Opening 150% more SAFE Healthy Community Pantries (HCPs) where families receive fresh food, health screenings, nutrition and fitness education, community services and more.



Current HCPs:

- NW Santa Maria
- Westside Santa Barbara
- Isla Vista
- Lompoc

New HCPs:

- Tanglewood/Santa Maria
- Guadalupe
- Lompoc
- Isla Vista
- Santa Barbara (near SBCC)
- Eastside Santa Barbara

With Promotoras, **providing healthy food to local farmworker families** and nutrition education for Spanish and Mixteco speakers. These essential members of our local food system face some of the greatest obstacles to nutritional health.

Kicking off the Food Rx program with CenCal Health. **We'll deliver fresh fruits and veggies to food insecure families that have a child with obesity.** Obesity occurs at a higher rate in food insecure families due to lack of access to fresh produce.

Innovating Education

Creating fun home learning kits for students who would normally attend our Kids Farmers Markets and Food Literacy in Preschool program so they can still develop nutrition knowledge, with their families, in English and Spanish.

Launching "Foodboss," free online nutrition education for everyone who wants to learn how to eat for optimal health! Watch videos, gain cooking and meal planning skills and be inspired by the power of healthful eating. Foodbanksbc.org/foodboss

Strengthening partnerships with local school districts to best serve children in Santa Barbara County in these unpredictable times.

You can always learn more about healthy eating with our Food as Medicine podcast!
Foodbanksbc.org/get-help/fam.

YOUR NUTRITION

Veggie Quesadillas

Thanks to the California Dept. of Public Health/CalFresh for this easy, nutrient-dense recipe.

A delicious, meatless meal! Serve with red or green salsa and light sour cream.

Ingredients

- Nonstick cooking spray
- ½ cup chopped bell pepper
- ½ cup frozen corn
- ½ cup sliced green onion
- ½ cup chopped tomato
- 2 Tbsp chopped fresh cilantro
- 4 (6-inch) flour tortillas
- ½ cup shredded reduced-fat Cheddar or Monterey Jack cheese

Try adding other veggies: chopped or shredded zucchini, cabbage or carrots, red onion, cooked potatoes, etc.

Instructions

- 1) Spray a medium skillet with nonstick cooking spray. Sauté bell pepper and corn (and other veggies) until softened, about 5 minutes.
- 2) Add green onion and tomato; cook until heated through; stir in cilantro.
- 3) Heat tortillas in a large skillet over high heat. Place equal amounts of cheese and vegetables on each; fold in half and continue to cook until cheese is melted. Serve hot.

Serves 4.



STAR VOLUNTEER: CLAIRE SHEEHY NORTH COUNTY



Claire Sheehy began volunteering with the Foodbank at the start of our COVID-19 response in March. She packed food boxes and delivered groceries to seniors at home, quickly becoming one of our go-to north county volunteers. Claire comes from a family of strawberry farmers. Growing up loving the dirt, she developed a strong work ethic helping her father farm, as well as an understanding of the journey food makes from farm to table. Her dedication, positive attitude, and desire to serve our community led to her being welcomed onto our Board of Trustees this summer! Thank you Claire. We're glad you're part of the team!

STAR VOLUNTEER: BEGONIA BACIGALUPE SOUTH COUNTY



Begonia, her husband and 18-year-old son have been volunteering for the Foodbank for years, but she answered our call for additional help to translate essential Covid-19 communications to Spanish, using professional translating experience from earlier in her career. Her current employer, Alcon (formerly TrueVision Systems) offered for her to use work time to help the Foodbank. Originally, from Majorca, Spain, Begonia cooks weekly with her sister there via Skype and they share the recipes they develop with family across continents. Thank you Begonia, and Alcon!

SAVE THE DATE

Empty Bowls 2020 November 14-23

Our most beloved community events—Empty Bowls Santa Barbara, Santa Maria and Lompoc—can't take their usual form this year, so we're turning the tables to support the restaurants that generously donate gourmet soups to Empty Bowls throughout Santa Barbara County.

Watch for chances to buy one-of-a-kind artist bowls, give back to businesses that need our support, and keep the Empty Bowls spirit alive until we can meet again in person!

TABLE OF LIFE - PICNIC!



Our reimagined gala was Covid-compatible and as full of love as ever. Table of Life-Picnic this July featured gourmet picnics delivered to patrons' homes prior to an online program.

We honored the Mansbach Family who founded our monthly Family Day volunteer program. Their teen sons Jacob and Joe have raised more than \$100,000 with the JoinJacob triathlon team to provide local kids with enough healthy food to eat.

We also honored Yardi Systems for decades of partnership through funds, volunteer hours and food donations!

Thanks to our generous supporters and \$200,000 in matching grants from the John C. Mithun Foundation and a generous anonymous donor, Table of Life-Picnic raised over \$500,000 to provide food for those struck by the Covid-19 economic crisis.



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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Santa Maria Warehouse
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