

Foodfirst

Moving the Community from Hunger into Health
Spring 2021



LOCAL KIDS
THIS SUMMER
.....PG. 2

PICNIC IN
THE PARK
.....PG. 3

STAR
VOLUNTEERS
& MORE
.....PG. 4

Children's Health and Nutrition

At the Foodbank, we're always thinking about kids and the families who love them. With summer just around the corner, we're even more aware of the hunger so many in our county face.

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FRESH PRODUCE TO PROMOTE CHILDREN'S HEALTH IS TOP OF MIND AT THE FOODBANK!

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Featured photos:
Ryenne Bee

June is when schools, which only just reopened from Covid restrictions, close for summer and the school meals that so many children depend on for daily nutrition can disappear.

Children make up 41% of those we serve and that number increases every year.

Kids' Data (kidsdata.org) shows that typically nearly 31% of Santa Barbara County children live in poverty, much higher than the statewide rate of 23.7%. Child homelessness is nearly 14% in our county, versus less than 5% statewide.

And the numbers can only be worse since the Covid-19 economic crisis plunged even more families into financial hardship from lost jobs and closed businesses over the last year.

At the Foodbank we have worked tirelessly throughout the pandemic with school districts, healthcare and nonprofit partners to ensure families have access to healthy food they need. Read more in this newsletter to see how we have and are planning to ensure good nutrition for those most hurting in our county.

(We were honored to receive an award for great partnership this spring. See bottom of next page for details!)

See right to learn about our summer children's nutrition program, Picnic in the Park.

Check out the back page to see how our Healthy Farmworkers program has more than doubled our service to those who make fresh healthy produce available to the rest of us, but who can often not afford to feed their own children!

As always, we invite you to join us to make this important work happen. Donate, or sign up to volunteer, at FoodbankSBC.org.

Erik Talkin
CEO, Foodbank of Santa Barbara County

JOIN THE FOODBANK FAMILY WITH EASY MONTHLY DONATIONS!

When you join the Foodbank Family as a monthly donor, you're part of a committed group of people transforming hunger into health with good nutrition. Your automatic monthly gift is easy for you and makes a big impact! You'll provide healthy food to those who need it most and nutrition education programs to keep everyone in Santa Barbara County as healthy as possible.

Join us at FoodbankSBC.org/FoodbankFamily





PICNIC IN THE PARK

At Picnic in the Park (PIP), any child can receive a free healthy meal when school is on summer vacation.

The Foodbank team collaborates with school districts across Santa Barbara County to ensure that all children have access to healthy nutrition each summer.

Some districts continue to provide summer lunches. In Goleta, for example, we fill gaps where kids might have to travel too far from home to pick up school lunch.

Some districts shut down services and the Foodbank jumps in to serve all children in the area.

Picnic in the Park lunches always include a healthy protein, fresh fruit and veggies, and milk. We're pleased to work with Revolution Foods again to provide tasty, kid-approved meals.

Safety first! All lunch sites will observe CDC safety recommendations and our volunteers will receive special training to ensure everyone stays healthy!

\$100,000 NEEDED!

Donate at FoodbankSBC.org/Picnic2021

Carpinteria

Canalino School
Carpinteria Middle School

Santa Barbara/Goleta

SB Public Library
Casas de los Carneros

Santa Maria/Guadalupe

Grogan Park
Minami Park
Tunnell Park
Arrellanes Jr. High
Boys & Girls Club
Riverview Townhomes

Solvang/Los Alamos

Los Alamos Park
Solvang Elementary

PIP BY THE NUMBERS

12 sites

10 weeks

1,100 kids/day

42,000 meals



WE ARE HONORED!



The Housing Authority of the City of Santa Barbara (HACSB) honored the Foodbank as its 2020 Outstanding Community Partner of the Year.

We are proud to collaborate with The Housing Authority to provide healthy food to 200 households monthly at Presidio Springs, one of HACSB's largest affordable housing developments for older adults, and anyone in the surrounding community facing hunger or food insecurity.

YOUR NUTRITION

Chicken Caesar Salad Wraps

Stuffed with lots of fresh lettuce, tomatoes and lean chicken, these quick wraps are nutritious and friendly for the whole family!

Thanks to Lauren at www.TastesBetterFromScratch.com for the recipe and photo!

Ingredients

- 2 cups cooked chicken, chopped
- 3 cups fresh Romaine lettuce, chopped
- $\frac{2}{3}$ cup cherry tomatoes, halved
- $\frac{1}{4}$ cup freshly grated parmesan cheese
- $\frac{1}{3}$ cup croutons
- $\frac{1}{2}$ cup Caesar salad dressing
- Freshly ground black pepper, to taste
- 5 large flour tortillas

Instructions

- 1) Toss all ingredients, except tortillas, in a large bowl.
- 2) Place a large spoonful of mixture in a line along edge of tortilla. Roll up tightly and secure with a toothpick, if needed.



STAR VOLUNTEER: JAN BAUMGARTNER NORTH COUNTY



Jan Baumgartner has been volunteering with the Foodbank for about a year now. The Foodbank used to be across the street from her house, so it was always something she wanted to do. When she retired, she was finally able to come help us! Her favorite volunteer roles are with Picnic in the Park and driving home deliveries to seniors. She is originally from Kansas but has lived here for the last 40 years, and retired from Taco Bell as a manager. Her hobbies are walking and reading.

STAR VOLUNTEER: CHUCK ALJIAN SOUTH COUNTY



Chuck Aljian began volunteering at the Foodbank last summer and quickly became known for his humor, enthusiasm and willingness to help out wherever needed. When his real estate business began to slow in response to the pandemic, Chuck decided to invest his extra time and energy in giving back to the community he's called home for the last 28 years. Chuck loves that his work at the Foodbank allows him to stay active while connecting with other volunteers and those we serve.

In Their Own Words

A community member shares his story:

"I'm a single dad of three children and haven't been able to work because I've had to stay home with my children. I wish more people knew about the Foodbank. I have friends and family that don't know about this and are going hungry. I really appreciate the food you give to us. Thank you!"

HEALTHY FARMWORKERS PROGRAM IS GROWING!



We launched our Healthy Farmworkers program with Community Health Centers (CHC) last July, with initial funding from the California Association of Food Banks (CAFB). As of April, we have served more than 25,000 farmworkers and their families!

CHC, with Santa Barbara County Promotoras and Health Linkages, provides health education that reduced Covid-19 infection rates from 18% to 4% (before vaccines were available). Nutrition topics, offered in Spanish and Mixteco, include lowering cholesterol, plant-based proteins, adequate hydration and more.

Thank to generous community support, we've **doubled** our program, providing food and education at four sites in Santa Maria and Guadalupe each month!

Foodbank of Santa Barbara County

Donate • Volunteer • Get Help

(805) 967-5741 • www.foodbanksbc.org

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



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

