

Foodfirst

Moving the Community from Hunger into Health

Fall 2021



FALL
HIGHLIGHTS
.....PG. 2

VETS AND
ACTIVE
SERVICE
.....PG. 3

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

Serving Those Who Serve Us

The Foodbank of Santa Barbara County is honoring the veterans and active service members in our community.

Continued on page 2

SERVING THOSE WHO SERVE US

Continued from page 1



BOARD OF TRUSTEES

Jim Houck, Chair
Charles J.H. Stolar, MD, Vice chair
Melissa Petersen, Secretary
Jessica Moitoza, Treasurer

Christine Bisson
Peter N. Brown
Ted Bruckner
Scott Hansen
Tim Harrington
Bruce Porter
Elizabeth Sanchez
Claire Sheehy
Barry Spector
Ian Stewart

Featured photos:
Ryanne Bee

This fall, we're honoring local veterans and active service members, many who struggle to get back on their feet following their service. Food insecurity is high, but with the help of our community, they will continue to receive healthy food through our distributions and home delivery program.

Our Santa Barbara and Santa Maria Empty Bowls events are coming this November! We will honor the service of local veterans and active service members, and the event will be held safely, operating off of the most up-to-date Covid-19 health protocols. We can't wait to celebrate Empty Bowls once again!

We're also celebrating the 10th annual Table of Life gala this fall, honoring the California National Guard and our amazing volunteers who stepped up throughout this past year.

With the return of live events comes the return of our children's education programs. Our Food Literacy in Preschool and Kids Farmer's Market programs will be launching in October, in schools across the county. We're excited to safely bring back nutrition education opportunities for our county's youth—stay tuned for more updates to come!

Keep reading to learn about how your Foodbank serves local veterans and active service members, the California National Guard team we had on board throughout this past year, our star volunteers and exciting events to come!

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

Best,

Erik Talkin
CEO, Foodbank of Santa Barbara County



EMPTY BOWLS 2021

Who's ready for delicious soup and handmade bowls? We're getting ready for Santa Maria and Santa Barbara Empty Bowls this fall, and Lompoc Empty Bowls in March 2022! While we don't know what Covid-19 event guidelines will look like in a few months, our Empty Bowls events will be held safely, operating off of the most up-to-date health protocols. Look out for more event details to come—we can't wait to celebrate the Empty Bowls spirit with our community!





FRESH FOOD FOR THOSE WHO SERVE(D)

This fall, we're recognizing the veterans and active service members in our community, many of whom rely on Foodbank distributions and deliveries for fresh produce and healthy grocery staples. We will be providing fresh produce at the 9th Annual Santa Barbara County Veterans Stand Down event on October 16, as well as honoring service members and veterans at both Santa Maria and Santa Barbara Empty Bowls events this November! Here are two stories from local veterans:

"Laura" is a local veteran living in Lompoc, CA. She and her husband both served for 31 years, and have been getting by with nutritious food from the Foodbank. Her husband is very sick and can't keep anything down, so Victoria has a hard time supporting him. The Foodbank is one of the only services that actually helps, she said. At the end of a call with a Foodbank staff member, she said "God bless you."

"Hank" is a Korean War veteran living with his daughter in Santa Barbara. They get a home delivery of groceries from the Foodbank every other week—he said he gives whatever they don't eat to his neighbor, who is also a veteran. "Support is hard to come by these days," he said. "We do what we can with what we've got—we're thankful for the Foodbank, more than you know."

Make sure those who serve and have served our country have enough healthy food to eat. Donate today or sign up to volunteer at FoodbankSBC.org.

WE SALUTE YOU!

Thanks to the California National Guard for their active service with the Foodbank throughout this past year. Our Covid-19 response and continued community assistance would not be possible without their help!

National Guard Hours for Fiscal Year 2021

32,399 Hours

15 full-time positions (equivalent)

50 guard troops deployed



YOUR NUTRITION

White Bean and Veggie Salad

This fresh, fall salad combines creamy, delicious white beans and avocado. You can mix it up with different seasonal vegetables to create a new recipe each time you make it. Thanks to Katie at EatingWell.com for the recipe!

Ingredients

- 2 cups mixed salad greens
- $\frac{3}{4}$ cup veggies of your choice, such as chopped cucumbers and cherry tomatoes
- $\frac{1}{3}$ cup canned white beans, rinsed and drained
- $\frac{1}{2}$ avocado, diced
- 1 tablespoon red-wine vinegar
- 2 teaspoons extra-virgin olive oil
- $\frac{1}{4}$ teaspoon kosher salt
- Freshly ground pepper to taste

Instructions

Combine greens, veggies, beans and avocado in a medium bowl. Drizzle with vinegar and oil and season with salt and pepper. Toss to combine and transfer to a large plate.

EatingWell.com / All rights reserved. Used with permission.



STAR VOLUNTEER: JOSÉ QUINTERO NORTH COUNTY



José Quintero has been volunteering at the Foodbank for a little over a year and has put in around 200 hours with us. He is a retired produce manager and comes to every pre-pack at the warehouse where he enjoys spending his time with the other volunteers. When asked about why he volunteers with us, he stated, "there is a time to help and this is my time." He is very passionate about helping the community and those in need, especially those affected by the pandemic. Thank you, Jose!

STAR VOLUNTEER: ADRIENNE JONES SOUTH COUNTY



Adrienne Jones has been a dedicated volunteer at the Foodbank of Santa Barbara County for over six years. She is a staple at the Foodbank, regularly attending various events such as pre-packs, distributions and gleans, directly fortifying our Backyard Bounty program by being one of our exemplary Lead Glean volunteers. When asked what brought her to the Foodbank, she responded that she simply needs to help those in need. Thank you to Adrienne and all of our volunteers for dedicating your time and energy to our organization, and in turn, your community.

WE'RE HONORED TO SHARE... SEVERAL RECENT FOODBANK ACCOLADES!

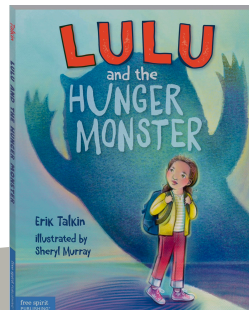


Lompoc Chamber of Commerce Award, with honors from US Congress and CA State Assembly:

Presented to Jamie Diggs, Foodbank Partner Services Manager, named Nonprofit Person of the Year for her outstanding nonprofit work in the community.

2021 Social Justice Literature Award from the International Literacy Association's Literacy and Social Responsibility Special Interest Group:

"Lulu and the Hunger Monster," children's book by Foodbank CEO Erik Talkin.



Top 50 Fundraising Organizations on Classy (Foodbank fundraising platform):

for our fundraising work over the past year, specifically within the top 10 highest annual growth in donations.

2021 Clarion Award:

Recognized for outstanding communications in our 2020 FoodFirst Newsletters.

SAVE THE DATE

Hunger Action Month

September (Look out for a Foodbank calendar filled with ways you can participate!)

Dine Out for Hunger

September 1 - 30

Hunger Action Day

September 17

Donor Town Hall: Foodbank Past, Present and Future

September 28

Table of Life 10th Annual Gala

October 9

9th Annual Santa Barbara County Veterans Stand Down Event

October 16

Turkey Drive

November 1 - 24

End Hunger Games

November 1 - December 10

Holiday Food and Funds Drive

November 1 - December 31

Santa Maria Empty Bowls

Details coming soon

Fill the Foodbank!

November 6

Santa Barbara Empty Bowls

Details coming soon

Giving Tuesday

November 30

Foodbank of Santa Barbara County

Donate • Volunteer • Get Help

(805) 967-5741 • www.foodbanksbc.org

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

FoodbankSB FoodbankSBEspanol FoodbankSBC FoodbankSBC Foodbank SBC

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

