

# Foodfirst

Moving the Community from Hunger into Health  
Winter 2021



COVID  
RESPONSE  
UPDATE  
.....PG. 2

SALUTE  
TO OUR  
VOLUNTEERS  
.....PG. 3

STAR  
VOLUNTEERS  
.....PG. 4

## Celebrating Our Community Volunteers!

As we look back on 2020, we're grateful for all the Foodbank has been able to accomplish, thanks to the generous support of volunteers, donors and champions.

Continued on page 2



# CELEBRATING OUR COMMUNITY VOLUNTEERS!

In this issue: Volunteers at our Santa Maria warehouse serve thousands facing hunger in north county.



## BOARD OF TRUSTEES

George L. Bean, chair  
Ian Stewart, vice chair  
Erwin Villegas, secretary  
Jessica Moitoza, treasurer

Frank Abatemarco  
Christine Bisson  
Peter N. Brown  
Scott Hansen  
Tim Harrington  
Jim Houck  
Melissa Petersen  
Bruce Porter  
Elizabeth Sanchez  
Claire Sheehy  
Barry Spector  
Charles Stolar  
Barbara Tzur

Featured photos:  
Jacqueline Pilar

Within weeks of the pandemic and economic crisis erupting, the Foodbank rapidly pivoted all resources to emergency food distribution, including implementing CDC protocols for safe food handling, physical distancing and PPE.

The countywide Disaster Feeding Plan we developed following the Thomas disasters prepared us to scale our operations quickly in response to Covid-19.

By March 20, we launched our SAFE (Safe Access to Food for Everyone) Food Net—with over 50 locations, including 20+ no-contact drive-thrus. We launched a home delivery program to serve seniors under stay-at-home orders.

By March 27, we secured 40 full-time National Guard troops to help. We started a call center and a text program to help community members find food near them.

### In 2020, we provided to Santa Barbara County residents in need:

- 18 million+ pounds of food, total—nearly twice our normal amount—half of which was fresh produce;
- 3.8 million pounds from the federal Farmers to Families program;
- 60,000 home deliveries to seniors and those facing severe medical situations;
- 140,000 disaster food boxes, packed to SAFE guidelines.

This level of response was only possible thanks to the dedication and courage of our community volunteers—many of them “long-timers” along with an impressive new cohort as well—who we are proud to feature in this issue of Food First. (At right and on back page.)

Many people visited the Foodbank for the first time—not as volunteers, but as clients. With the latest wave of lockdowns and business closures, a slow vaccine rollout, and a continuing Covid-19 surge, many more will need food support for the coming 18-24 months.

A handwritten signature in blue ink, reading "Erik Talkin".

Erik Talkin  
CEO, Foodbank of Santa Barbara County

## PLANNED GIVING



**Your planned gift for the Foodbank of Santa Barbara County makes possible the following and more:**

- Optimize health and productivity for families and individuals facing hunger.
- Help children be ready to learn and grow into healthy adults.
- Provide seniors with nutritious food when monthly fixed income runs out.
- Ensure Santa Barbara County remains resilient and well-fed through current and future disasters.

If you would like assistance planning a gift of life insurance, 401k distribution, appreciated stock or other options to benefit the Foodbank's mission, we would be delighted to help.

Have you already remembered the Foodbank with a future gift? Please contact Matthew Neal at [mneal@foodbanksbc.org](mailto:mneal@foodbanksbc.org) or (805) 967-5741 x116 so we may thank you personally.



## SALUTE TO OUR VOLUNTEERS!

Keeping Santa Barbara County healthy and nourished throughout the Covid-19 crisis has only been possible thanks to the support of our thousands of volunteers. These trusty and tireless community members help by:

- Packing emergency food boxes
- Assisting at SAFE Food distributions
- Making home deliveries
- Gleaning fresh produce from local private orchards and gardens
- Supporting Foodbank administration, nutrition programs, special initiatives, and more
- Distributing summer lunches to children

We keep our volunteers safe with physical distancing (We acquired extra warehouse space and have moved some volunteer activities outside to ensure we have room to spread out!), temperature checks, hand sanitizer and masks, and by limiting the numbers of volunteers at each shift.

See next page to learn about two of our star volunteers!

**Join us to volunteer:  
Visit [FoodbankSBC.org](https://www.foodbankSBC.org)**

### 2020 VOLUNTEER IMPACT

By the Numbers

- **2,142** volunteers (1,543 in 2019)
- **26,615** volunteer hours (17,817 in 2019)
- **148,345** food boxes assembled
- **55,385** home deliveries
- **30,938** kids' lunches distributed
- **6,000** masks made and donated

## YOUR NUTRITION

### Mandarin Orange Salad

It's mandarin season! This juicy, sweet fruit is a tasty snack by itself, but can be used in a variety of nutritious meals as well! Here's an easy, delicious salad recipe, perfect for busy weeknights or quick lunch breaks, from [AMindFullMom.com](https://www.AMindFullMom.com)

#### Ingredients

Your favorite salad greens  
Fresh slices of mandarin oranges  
Dried cranberries  
Sliced almonds  
(walnuts, or pecans)  
¼ cup frozen orange juice concentrate, thawed  
¼ cup olive oil  
2 Tblsp honey  
2 Tblsp vinegar (rice wine or apple cider vinegar)  
½ Tblsp lemon juice  
¼ tsp pepper  
½ tsp salt

#### Instructions

- 1) Add greens, oranges, cranberries and almonds to a large bowl.
- 2) Shake remaining ingredients together in a sealable jar until well combined. Pour over salad and toss.

#### Options

Add sliced grilled chicken  
If limiting sugar, omit dried cranberries.  
Add more toppings like fresh shaved parmesan, pomegranate, green onions or sliced avocado.



### MANDARINS GALORE: THE SHELDON ORCHARD IN GOLETA

Chuck and Missy Sheldon generously open their citrus orchard in the heart of Goleta for three months every year and donate around 30,000 pounds of mandarins gleaned by our Backyard Bounty volunteers.

We then provide the juicy donated harvest to neighbors throughout Santa Barbara County, keeping the community healthy with a zesty source of vitamin C and other key nutrients.

Since 2011, the Sheldons have donated nearly 300,000 pounds of organic fruit. We're grateful for Chuck taking an active role; he coaches volunteers on technique, cheers on pickers of all ages, and is a lively and supportive presence among the trees. Thank you Chuck and Missy!





## STAR VOLUNTEER: BOB KIRKER NORTH COUNTY



Bob Kirker has been volunteering with the Foodbank for 15 years. After retirement, he wanted to find a way to give back to the community and has been with us ever since.

Bob's favorite volunteer activity is assisting with food sorting at our Santa Maria warehouse. Bob originally relocated to North County from Redding. Outside of his volunteer service, he enjoys jogging, exercising, fishing and baseball, and has traveled to all but five US baseball stadiums!

We are grateful to have Bob as part of our Foodbank family!

## STAR VOLUNTEER: LIZ PRETZINGER SOUTH COUNTY



Liz Pretzinger has provided 500 hours of service since she began volunteering with us last March. She saw how long the line at a food distribution in Carpinteria was, and wanted to get involved right away!

Her favorite role is helping at a food distribution on Santa Barbara's west side, but she also gleans fruit with Backyard Bounty, prepacks food boxes and makes home deliveries.

Liz lives with her husband and four children on their farm in Carpinteria. She loves music, plays a bit of fiddle and loves any activity that gets her outside.

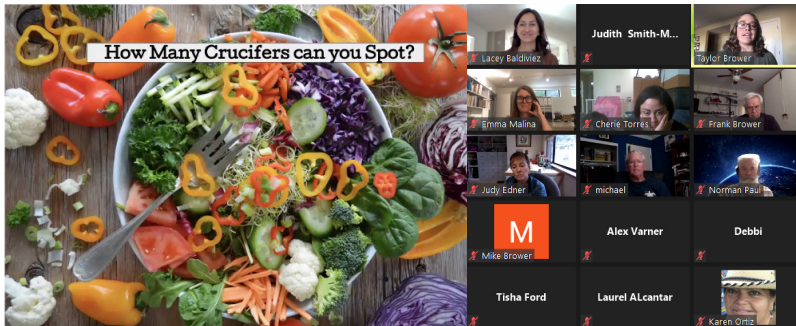
## In Their Own Words

*"It always puts things in perspective, if you're having a tough day or you think in your life something's going wrong, and then you go to the Foodbank. You realize, 'Okay, well, I have a roof over my head and food in my belly.' So it is neat to realize that you help people in a big way. You're giving them something that they need. Not want, they need."*

— Foodbank volunteer



## FOOD AS MEDICINE



Food as Medicine Interactive live webinar.

With the onset of Covid-19 restrictions, the Foodbank provided nutrition education to the entire community with "Food as Medicine," a series of engaging interactive live webinars.

Topics included the power of cruciferous vegetables in October, November's "Rethinking Protein," the effect of food on mood in January and an exploration of trending diet approaches from keto to paleo and vegan to Mediterranean early this month.

Follow us on social media or sign up to receive email alerts about future Food as Medicine events!

## 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)



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

