

Foodfirst

Moving the Community from Hunger into Health
Spring 2022

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Growing Nutrition Knowledge from Preschool to Older Adults

Your Foodbank ramped up service to our hurting community and has distributed more-than double pre-pandemic amounts of nutritious groceries and fresh produce for nearly two years.

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GROWING NUTRITION EDUCATION

In this issue: Foodbank provides education about healthy eating for county residents of all ages, from preschool through older adults, with expanded programs.

*On the cover: Kids Farmers Market.
At right, Food Literacy in Preschool.*



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*Featured photos:
Veronica Slavin*

Families with children, individuals and older adults in Santa Barbara County received **over 30 million pounds of food at no cost** during the peak months of Covid-19.

In the face of that gargantuan effort, however, we never lost sight of our focus on education.

At all times—but especially during a public health crisis—the need for skills and knowledge about how to optimize health with food is critical. During lockdowns, the Foodbank developed online programs and educational materials to send home for children who were learning remotely.

With a promising forecast that the pandemic was slowing last fall, the Foodbank—along with local schools—resumed in-person learning through our award-winning children's programs.

Collaborating with long-standing partners and forging new relationships to expand our reach with Kids Farmers Market and Teens Love Cooking, we opened more locations than expected. Learn more about this growth at right!

We believe learning continues throughout life. That's why we're building education into our Older Adults Nutrition program.

Also, we'll soon be expanding our Healthy Farmworkers program into south county and Ventura, which features wellness and nutrition lessons in both Spanish and Mixteco. (See back page for details.)

Read below about our Empty Bowls fundraisers, which we resumed last fall in Santa Maria and Santa Barbara ... with modifications. We're eager to see you at Lompoc Empty Bowls this summer!

Erik Talkin
CEO, Foodbank of Santa Barbara County

EMPTY BOWLS RETURNS!

Empty Bowls events raise funds and awareness about hunger in Santa Barbara County with soup served in handmade bowls attendees take home after the event. Local restaurants and businesses donate soup and raffle items, and proceeds support those facing food insecurity in local communities.

Santa Barbara and Santa Maria Empty Bowls brought tremendous success in 2021. The Santa Maria event raised over \$40,000 and offered 'Party Packs' with 10 unique bowls and servings of soup delivered to workplaces, families and neighbor groups.

Santa Barbara Empty Bowls brought in over \$100,000 with a holiday marketplace at our warehouse! Community support made both events memorable. Many thanks to Pacific Premier Bank and other generous sponsors for their support.

Watch for details about Lompoc Empty Bowls, which will take place on July 27!



NUTRITION KNOWLEDGE FOR ALL AGES

Our mission to transform hunger into health includes making sure those we serve—at every stage of life—know how to eat for optimal health on any budget.

CHILDREN

Helping children prepare for adulthood equipped to eat healthfully is core to our kids programs.

FOOD LITERACY IN PRESCHOOL

Youngsters age 2-4 living with challenges like homelessness enjoy hands-on curriculum and fresh produce.

Santa Barbara

- Storyteller Preschool (2 sites)
- Notre Dame School

Carpinteria Children's Project

Isla Vista Youth Projects (2 sites)

Opening April 2022

Head Start in

Santa Maria

Lompoc

Guadalupe



KIDS FARMERS MARKET

K-6 students learn about nutrition and learn to make easy dishes. They take recipes and bags of produce home to share with family!

North County

Santa Maria Schools

- Adam, Battles, Bonita
- Liberty, Sanchez

People's Self-Help Housing

Los Adobes de Maria Apts

Boys & Girls Club of

Mid-Central Coast

Lompoc - Boys & Girls Club

Guadalupe - People's Self-Help

Housing Riverview Apts

South County

Carpinteria Schools

- Aliso, Canalino
- Girls, Inc.

Santa Barbara Schools

- Cleveland, Franklin
- Harding, McKinley
- SB Community Academy

Turner Foundation

Village Apts

People's Self-Help Housing

Villa La Esperanza



TEENS LOVE COOKING

Middle schoolers learn about healthy eating and how to cook using heat.

Santa Barbara Schools

- People's Self-Help Housing
- Villa La Esperanza
- Turner Foundation Village Apts.
- Girls, Inc.
- Carpinteria Girls Inc.

Opening spring 2022

Santa Maria junior high schools

- El Camino, Fesler,
- Tommie Kunst



FAMILIES

HEALTHY SCHOOL PANTRY

At convenient locations for working families to learn and receive nutritious food and services.

Santa Barbara - Harding School

Goleta - El Camino School

Isla Vista Youth Projects

Lompoc High School



YOUR NUTRITION

Healthy Lentil and Feta Frittata

Serves 4

Make this colorful, tasty frittata in minutes. Thanks to myfoodbook.com for this recipe!

Ingredients

8 eggs

½ cup milk

1 tbsp extra virgin olive oil

1 onion, *thinly sliced*

14-oz can lentils, drained, *rinsed*

1 fresh red bell pepper, *thinly sliced*

3 oz feta cheese, *crumbled*

2 tbsp chives, *chopped*

Garnish:

Cherry tomatoes, *halved*

Red onion slices

Fresh basil

Instructions

1. Preheat oven to 350°F. Crack eggs into a bowl, add milk and whisk. Season with salt and pepper.

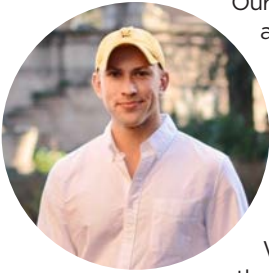
2. Heat oil in an 8-inch ovenproof skillet over medium-high heat. Add the onion; cook for 5 minutes or until light golden. Stir in lentils, bell peppers and 1 tbsp chives.

3. Pour in the egg mixture and scatter with feta and chives. Bake for 15-20 minutes or until cooked.

4. Remove from oven, cool for 5 minutes before removing from pan. Scatter with chives and top with halved tomatoes, red onion and basil tossed in vinaigrette.



STAR VOLUNTEER: IAN CAIRNS NORTH COUNTY



Our Kids Farmers Market program benefits when culinary professionals take an interest in providing our county's youth with the skills and knowledge they need to be healthy and happy. Ian Cairns works as a chef and is passionate about "helping people discover new foods and flavors." When he discovered our Kids Farmers Market program, he recognized the opportunity to teach children about food and cook alongside them. It was a chance he "couldn't pass up."

Having experts like Ian volunteer makes a big impact on local children. What's even better is the return on investment that our volunteers receive for their time. For Ian, it's "seeing the kids' faces light up when they enjoy the food they made themselves...priceless."

STAR VOLUNTEER: KIT HOLMUND SOUTH COUNTY



Kit Holmund started volunteering at the Foodbank two years ago, at the advent of the pandemic. She saw a growing need for our mission and "began working at the Boys & Girls Club in Lompoc to help with food packaging," in addition to donating monthly to charity. The pandemic, in turn, presented Kit with an opportunity to do more because of the flexibility that remote work allowed her. "It was easier for me to volunteer during my lunch hour in my community."

Volunteers love the Kids Farmers Market Program because of the tangible impact that can be felt helping children grow through education and activity. As someone who loves to spend time with her grandchildren, Kit is inspired by the program and finds joy in "working with the kids."

SAVE THE DATE

Food as Medicine

March 1

Boost Your Immune System with Food

Volunteer

Appreciation Week

April 17-23

Countywide food drive

May 14



NUTRITION KNOWLEDGE FOR ALL AGES (CONT. FROM PAGE 3)

FAMILIES

HEALTHY FARMWORKERS

Four locations in Santa Maria

Healthy food and education in Spanish and Mixteco, in neighborhoods densely populated with farmworkers.

Four new sites opening in Carpinteria this spring!



SENIORS

OLDER ADULT NUTRITION (FORMERLY BROWN BAG)

Serving seniors at 14 locations with nourishing food and education about vibrant aging.

- Santa Barbara
- Santa Ynez
- Orcutt
- Lompoc
- Santa Maria
- Guadalupe



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

