



# Foodfirst

Moving the Community from Hunger into Health  
Winter 2023

INCREASING  
NEED  
.....PG. 2

VETERANS  
SERVICES  
.....PG. 3

STAR  
VOLUNTEERS  
.....PG. 4

## Serving Critical Needs

Veterans and active service military families, as well as our unhoused (homeless) neighbors, are among the Foodbank's strategic priorities this year. Learn more inside about how your Foodbank is helping!





The Foodbank provided food to 111,000 community members last fall, the most individuals that we have seen since the beginning of the Covid crisis! We truly serve 1 in 4 county residents.



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Last fall we served 111,000 individuals who needed food. That's **the most people turning to the Foodbank since the record-setting first months of the Covid crisis!** With a current population count of 446,000, we're seeing exactly 1 in 4 residents depending on the Foodbank.

And **38% of those we serve are children**—meaning 14.3% of children living in Santa Barbara County are nutritionally insecure.

Our holiday distributions last year saw record numbers of families lining up at 5 a.m. to receive food. In just three hours on the day before Thanksgiving and on December 23, we served over 1,000 households (more than 5,000 individuals).

Those figures reflect the fact that **Santa Barbara County has the third-highest poverty rate in the state.** Stubborn inflation continues to plague our low-income neighbors the most.

Your support puts healthy meals on the tables of our friends and neighbors—whether they are turning to us for the first time or are struggling with long-term hunger.

As we look to 2023, we're celebrating last year's successes, honors and our growing initiatives that serve hard-working families, farmworkers, veterans and our unhoused neighbors.

Your support makes this critical work possible. Thank you for your partnership!

With gratitude,

Erik Talkin  
CEO, Foodbank of Santa Barbara County

## SERVICES FOR VETERANS AND UNHOUSED NEIGHBORS

Serving both veterans and our unhoused (homeless) neighbors are strategic priorities for the Foodbank. In many cases, the two groups overlap as veterans face multi-faceted challenges in our community.

This year we're thrilled to support the opening of a new Veterans Food Pantry and Service Center at Santa Ynez Valley Community Outreach (SYVCO; formerly Buellton Senior Center). Veterans can receive nutritious food at no cost Monday through Friday.

In the past year, we launched monthly food distributions for local veterans and active service families at the Santa Maria Vets Clinic and Vandenberg Space Force Base in Lompoc. We also warehoused 2,500 pairs of new athletic shoes that we—along with Cloverlane Foundation and 10 other service organizations—distributed to vets at no cost.

We're proud to provide food for bi-monthly Veterans Stand Down lunches hosted by the Santa Maria Elks and Band of Brothers, and Good Samaritan's Homeless Outreach Shelter. At last count, 80% of shelter beds were occupied by unhoused veterans.

The Foodbank also launched our Care Bags program in which we provide nourishing foods (hand-held fruits and veggies...) accessible for those without kitchens, and socks donated by local organizations and individuals.



Proud to partner for veterans: (from right) Tim Reynolds, Santa Maria Elks Lodge 1538; Luis Gomez, Band of Brothers; Gerry Chase, Cloverlane Foundation; Foodbank's Glen de St. John; and (front) Willie Hendrickson, Veterans Mobility Project, at opening of SYVCO's Vets Service Center in Buellton.



Foodbank Partner Services Senior Manager Jamie Diggs welcomes veterans at the new Veterans Service Center at SYVCO.

## YOUR NUTRITION

### Cilantro Lime Cauliflower Rice

Make this tasty, light side dish from our Teens Love Cooking program. Thanks to ASaucyKitchen.com!

#### Ingredients

- 1 tbsp olive oil
- ½ cup onion, chopped
- 1 clove garlic, minced
- 1 jalapeño, deseeded and chopped
- 3 cups riced cauliflower
- 2 tbsp vegetable stock or water
- ½ tsp salt, or to taste
- zest from ½ lime
- ½ cup cilantro leaves, chopped
- 1 tbsp fresh lime juice

#### Instructions

- On medium heat, sauté onions in oil until soft.
- Add garlic and jalapeño; cook until garlic is fragrant.
- Add cauliflower; stir to mix well.
- Add stock/water, 1/4 cup cilantro, salt and zest.
- Cook on high for 1 minute.
- Lower heat and add lime juice. Mix well.
- Add remaining cilantro and salt to taste.
- Serve warm.

## FOODBANK HIGHLIGHTS



### 1. Little Toddlers Sprout

It's never too early to learn about healthy food!  
Our new program for 2-year-olds expands our nutrition education to include at-risk littles.



### 2. Food as Medicine

Expert nutrition learning for everyone!  
Listen wherever you get podcasts, visit FoodbankSBC.org/FAM or scan code to listen online.



### 3. Healthy Farmworkers Program

Our Healthy Farmworkers program earned Feeding America's 2022 Network Values prize! The award recognizes our essential food and education program, but also our collaboration with Ventura's FOOD Share, Inc, with whom we source culturally relevant foods like masa, hominy and chiles.

The program grew from four original sites in Santa Maria to 11 sites countywide, including four farms in Carpinteria and one in Lompoc.



## Plant Your Legacy Grow Your Impact

We are happy to assist with

- Stock transfers
- IRA rollovers
- Estate bequests
- And more

Please contact  
Alisse Harris  
Chief Development Officer  
(805) 280-2322  
AHarris@FoodbankSBC.org





## STAR VOLUNTEER: MICHAEL BROWN SOUTH COUNTY



Michael Brown started volunteering nine months ago because he believes that “in the richest country in the history of the world, no one should be hungry.” He enjoys working at the Foodbank’s Saturday distributions and Picnic in the Park because “you get to meet the people who directly benefit from the Foodbank’s help.” We’re grateful to have Michael support us at many events through his enthusiastic volunteerism.

## STAR VOLUNTEER: KRISTY SORIANO NORTH COUNTY



As a volunteer ambassador, Kristy Soriano represents the Foodbank at a variety of events in the community. Kristy started volunteering at the Foodbank in 2021 and, since then, has become an integral part of our team, also teaching healthy habits and skills to grade-schoolers at our Kids Farmers Market. Providing healthy lunches to kids at our summer Picnic in the Park program is another of Kristy’s favorite activities. Thank you, Kristy, for dedicating your time and energy to helping our community!



**Moving the Community from  
Hunger into Health**

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Find Food



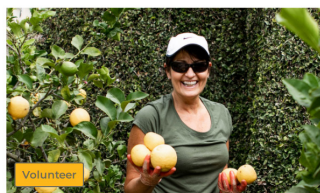
Programs



Donate



What's New



Volunteer

## STOP BY FOR A VISIT!

Our website has an engaging new look and makes it easy and fun to:

- Donate
- Sign up to volunteer
- Find food
- Discover our new Sharehouse
- Buy Foodbank apparel
- Learn about nutrition education programs.

www.FoodbankSBC.org or Scan code with your smartphone camera!



## THANKS FOR YOUR SUPPORT!



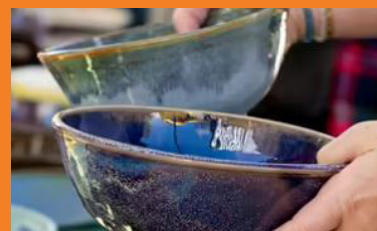
### Table of Life Gala October 9, 2022

At a breathtaking ocean-view estate in Montecito, we celebrated the new Sharehouse and honored contributors Patricia Bragg and La Centra-Sumerlin Foundation.



### Santa Maria Empty Bowls October 26, 2022

Santa Maria community members rejoiced to come together for an in-person lunch for the first time in three years, to enjoy gourmet soup and handmade bowls.



### 25th Annual Santa Barbara Empty Bowls November 13, 2022

A quarter-century of the most beloved community event brought together Barbareños in ceramic arts heaven!

## Foodbank of Santa Barbara County

**Donate • Volunteer • Get Help**

(805) 967-5741 • www.FoodbankSBC.org

For senior food delivery, help with CalFresh applications and other immediate information, call (805) 357-5761.

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in Foodbank of Santa Barbara County

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4 | FOOD first

