



Foodfirst

Moving the Community from Hunger into Health
Spring 2023

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Ending Summer Hunger

Picnic in the Park is back! The Foodbank's beloved program seeks to solve the problem of summer hunger through healthy food and nutrition education for all children.



PICNIC IN THE PARK IS BACK!

Donate today to provide healthy meals to children in need.

FoodbankSBC.org/EndSummerHunger23



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Summer is just around the corner! For many of us, summer means family vacations and time in the sun. But, for many children who receive free and reduced-price meals during the school year, summer means hunger.

The Foodbank operates Saturday food distributions throughout Santa Barbara County to assist working families who cannot attend distributions during the week. To further assist families in the summer, we offer our beloved Picnic in the Park program, which is highlighted in this issue.

This year has already featured a host of challenges for the Foodbank. In January, Santa Barbara County experienced multiple catastrophic rain incidents that the Foodbank rapidly responded to. In February, California witnessed the end of CalFresh Emergency Allotments, resulting in unprecedented need in our community. Low-income families and seniors received their final allotments on March 26th—the average household lost \$200 per month.

As the Foodbank continues to work tirelessly to fill the gap, we recognize that our work would be impossible without the support of our community.

Thank you for being a part of our mission to end hunger, transform health and ensure disaster resilience in Santa Barbara County. Your partnership ensures that everyone in our community has access to the healthy food and vital nutrition education they need to thrive this summer.

With the utmost gratitude,

Erik Talkin
Chief Executive Officer
Foodbank of Santa Barbara County



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
AHarris@FoodbankSBC.org
(805) 280-2322

SHAREHOUSE UPDATE

Together, we have successfully completed the campaign to purchase and modify our new Sharehouse facility in Goleta!

The expanded access to food, education and disaster resources that the Sharehouse will provide our entire county is about to become a reality thanks to the support of partners like you.

The Foodbank hopes to have the Sharehouse operational by the end of 2023. We will have more updates in the coming months!



END SUMMER HUNGER FOR LOCAL CHILDREN



Picnic in the Park (PIP), the Foodbank's summer nutrition program, seeks to solve the problem of hunger during the summer months by providing free lunches—and nutrition education programming—to children countywide.

Lunches are served on a first-come, first-served basis as part of the USDA's Summer Food Service Program. There are no income requirements to participate. All children under the age of 18 are encouraged to attend.

Together, we served 28,088 lunches to children in need last summer. This was a 16% increase over the previous year.

The Foodbank plans to expand PIP this summer. In 2022, PIP operated at 11 sites across the county. For 2023, we are developing new distribution sites and food partnerships.

Picnic in the Park is currently scheduled to begin on Monday, June 12th!



**SCAN THE BARCODE
AND DONATE TODAY!**

YOUR NUTRITION

Zucchini Blossom Quesadilla

This delicious recipe can be made in minutes! Families in our Agricultores con Buena Salud (Healthy Farmworkers) Program received the ingredients and recipe to prepare this simple, nutritious meal.

Serves: 4 | Time: 10 minutes

Ingredients

- 4 corn tortillas
- 4 zucchini blossoms
- 1 cup Oaxaca cheese or mozzarella
- Other vegetables you would like to add
- Topping: Pico de gallo
 - Onion, tomato, serrano pepper, cilantro, lemon juice, salt to taste

Instructions

- Prepare the pico de gallo. In a medium serving bowl, combine chopped tomato, onions, serrano peppers and cilantro. Add lemon juice and mix!
- On a large dish, sprinkle cheese on one tortilla and add one zucchini blossom. Fold tortilla.
- Heat a large skillet on medium high heat. Place folded tortilla in pan until the cheese melts.
- Repeat with all tortillas.
- Serve and enjoy!

BACKYARD BOUNTY

Do you enjoy working outdoors, making new friends and helping others? Get involved with our Backyard Bounty Program today!

- **Volunteer:** Become a Glean Lead—independently scout and glean local properties.
- **Donate:** Harvest any excess fruit from your property and donate it to the Foodbank.
- **Coordinate:** Reach out to our Backyard Bounty team and schedule a glean.

Backyard Bounty is a great opportunity to meet new people and give back to your community. Since July, we have gleaned more than 50,000 pounds of fresh produce for our neighbors in need.

To learn more, please email BackyardBounty@FoodbankSBC.org



STAR VOLUNTEER: ABEL AHUMADA NORTH COUNTY



Abel Ahumada has been a phenomenal Foodbank volunteer for nearly ten years. During the floods this year, Abel played an integral role in the resilience of our county. In January, Abel drove to south county to help run the Emergency Operations Center Call Center. Together, he and his fellow volunteers spent over 1,860 hours in the Call Center, fielding over 1,100 calls in which they assisted people with evacuations, road closures, shelter-in-place, food, shelters, rumor control, documenting property damage and accessing related services. Thank you, Abel, for being an inspiration to us all!

STAR VOLUNTEER: CHUCK ALJIAN SOUTH COUNTY



When the pandemic started, Chuck Aljian found that he finally had extra time to give back to his community. For the past three years, he has been an indispensable Backyard Bounty Glean Lead volunteer. You will often find Chuck gleaning backyards with his "glean buddies," Rita and Adrienne, who are also Glean Leads. They have all become great friends thanks to their passion for the Foodbank. Chuck loves volunteering because "connections matter, and it's important to help those we're connected to." We are so grateful to have Chuck as a leader of our Backyard Bounty team!

SAVE THE DATE

End Summer Hunger:
May - July

Picnic in the Park:
June - August

Hunger Action Month:
September

Lompoc Empty Bowls:
Wednesday, July 26th

Santa Maria Empty Bowls: *Wednesday, October 18th*

Santa Barbara Empty Bowls: *Sunday, December 3rd*



LOMPOC EMPTY BOWLS

WEDNESDAY, JULY 26TH

**DICK DEWEES COMMUNITY AND SENIOR CENTER
1120 W. OCEAN AVENUE, LOMPOC**

SEATINGS AT 11:30 AM and 12:30 PM

Join us for the 18th annual Lompoc Empty Bowls!

Empty Bowls demonstrates the value of nourishing one another with a delicious meal of soup. Each guest takes a beautiful, handmade bowl home as a reminder of the meal's purpose: to help feed the hungry in our community.

This year's event will feature everyone's favorite Empty Bowls traditions—including our classic soup luncheon, amazing raffle, and opportunity to purchase succulents to support the Foodbank.

Buy Your Tickets:

FoodbankSBC.org/LEB23 or scan code at left.



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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Foodbank of Santa Barbara County

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4 | FOOD first

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Santa Maria Warehouse
490 W. Foster Road
Santa Maria, CA 93455

