

Foodfirst

Moving the Community from Hunger into Health
Fall 2023

**EMPTY BOWLS
2023**

.....PG. 2

**GROCERY
RESCUE &
BACKYARD
BOUNTY**

.....PG. 3

**HUNGER
RELIEF
CHAMPIONS**

.....PG. 4

A Sustainable Future

With nutrition education, disaster preparedness, community resilience and environmental sustainability at the forefront of our mission, we are working to solve the underlying causes of hunger in Santa Barbara County.



SEPTEMBER IS HUNGER ACTION MONTH!

Join the fight to end hunger this September.
Donate today at: FoodbankSBC.org/Donate



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Environmental sustainability has always been a top priority for the Foodbank.

Nearly 40% of all food in the United States is wasted annually. 21% of America's landfill volume is food waste, and 21% of fresh water is used to produce food that is ultimately discarded. If our country were to reduce food waste by 20%, we could reduce greenhouse gas emissions by 18 million tons.

This issue of *Foodfirst* highlights two of our largest sustainability initiatives, our **Backyard Bounty and Grocery Rescue programs**, both of which play an integral role in the elimination of food waste in our county.

The Foodbank also reduces emissions by running on clean, renewable energy. Our north county warehouse and offices operate entirely on solar power. The new south county Sharehouse will also be powered by solar.

We look forward to announcing our exciting new sustainability initiatives in the coming months! To stay in the loop, please sign up to receive our emails at FoodbankSBC.org.

A food-waste-free Santa Barbara County is possible. Thank you for your support.

With the utmost gratitude,

Erik Talkin
Chief Executive Officer
Foodbank of Santa Barbara County

EMPTY BOWLS 2023!

22nd Annual Santa Maria Empty Bowls

Wednesday, October 18th

Santa Maria Fairpark
937 South Thornburg Street, Santa Maria, CA

This year's celebration will feature a gourmet soup lunch, hundreds of hand-painted bowls, beautiful succulent arrangements and an exciting raffle!

Tickets: FoodbankSBC.org/SMEB23



26th Annual Santa Barbara Empty Bowls

Sunday, December 3rd

Foodbank Sharehouse
80 Coromar Drive, Goleta, CA

For the first time since the pandemic, soup will be served onsite! Come explore the Holiday Marketplace, Artisan Gallery, annual raffle and selection of bowls.

Tickets: FoodbankSBC.org/SBEB23



WORKING TOWARDS A FOOD-WASTE-FREE SANTA BARBARA COUNTY

The implementation of California's new food waste law (SB-1383) is prompting an expansion of our *Grocery Rescue* program. Established in 1982 as the Foodbank's first program, *Grocery Rescue* annually salvages over **3 million pounds of perishable goods** that would otherwise be discarded.

We have 62 Grocery Rescue Partners throughout the county, including Albertsons, Aldi, Big Lots, Costco, Dollar General, FoodMaxx, Foods Co, Gelson's Markets, Gopuff, Grocery Outlet, La Tolteca, Lassens Natural Foods, Montecito Village Grocery, New Frontiers Natural Marketplace, Ralphs, Smart & Final, Spencer's Fresh Markets, Sprouts Farmers Market, Target, Trader Joe's, Vallarta Supermarkets, Valley Fresh Market, Vons, Walmart and Whole Foods Market.

Backyard Bounty is the Foodbank's volunteer-powered gleaning program. Since the program began in late 2007, Foodbank volunteers have harvested over 1.5 million pounds of fruits and vegetables from local properties. In the past year, we gleaned **105,809 pounds of fresh produce** for our neighbors in need!

The Foodbank ensures that no rescued food goes to waste. Food that cannot be distributed for human consumption is distributed to local composting operations, pig farms and horse farms.

We are partnering with California Climate Action Corps (CCAC) to host two full-time positions to further support these programs. CCAC is a national service program dedicated to advancing climate actions that engage communities, cultivate change and leave a lasting impact.



YOUR NUTRITION

Arugula Salad

This recipe comes from Santa Barbara's beloved Vibeke Weiland, certified Nutritional Therapy Practitioner and former chair of our Board. With its simple ingredients and straightforward technique, it's the perfect way to add kid-friendly cruciferous veggies to any meal!

Serves: 4 | Time: 10 minutes

Ingredients

1 bag of arugula
Crumbled walnuts (can be toasted)
Halved cherry or grape tomatoes
Shaved Romano cheese
Fresh-squeezed lemon juice
Extra-virgin olive oil
Salt and pepper

Instructions

- Throw everything except lemon juice, olive oil, salt and pepper into a salad bowl.
- Create the dressing with equal parts lemon juice and olive oil, plus as much salt and pepper as you like. Throw the ingredients in a small jar and shake.
- Dress the salad just before tossing and serving.

BACKYARD BOUNTY

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. To learn more, please email **BackyardBounty@FoodbankSBC.org**



STAR VOLUNTEER: LEO GARCIA NORTH COUNTY



Leo Garcia began his volunteer journey with the Foodbank in 2015. He was looking for new ways to support Santa Maria when he heard that the Foodbank was looking for volunteers. Leo loves working as a team with his fellow volunteers — he is proud that, in our county, “we all give our 100% to help each other.” His favorite part of volunteering is seeing the smiles on families’ faces when the Foodbank truck arrives at distributions. We are so grateful for everything you do, Leo!

STAR VOLUNTEER: DENNIS JENNINGS SOUTH COUNTY



Dennis Jennings has been a dedicated Foodbank volunteer for the past two years. After he retired, Dennis suddenly had the free time to do what he had always hoped: to make a positive impact in our community. Though he can often be found at Pre-Packs, his favorite volunteer activity is delivering food directly to people’s homes through our Older Adults Nutrition home delivery program. Thank you, Dennis, for dedicating your time, energy and enthusiasm to helping our neighbors.

HUNGER RELIEF CHAMPIONS

Foodbank Hunger Relief Champions donate more than 30,000 pounds of fresh produce in a single year. They play a pivotal role in contributing to positive health outcomes countywide. Thank you to our Hunger Relief Champions!



SAVE THE DATE

September
Hunger Action Month

September 1
National Food Bank Day

September 15
Hunger Action Day

October - November
Foodbank Turkey Drive

October - December
*KSBY Season of Hope
Countywide Food Drive*

October 12
Foodbank Giving Day

October 18
Santa Maria Empty Bowls

October 30 - December 11
*Hunger Heroes
Corporate Showdown*

November 18
Fill the Foodbank!

November 18
*Special Thanksgiving
Food Distribution*

November 28
Giving Tuesday

December 3
*Santa Barbara Empty
Bowls*

December 9 & 13
*Special Holiday Food
Distribution*

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.

FoodbankSB

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Foodbank of Santa Barbara County

501(c)3 Tax ID # 77-0169214

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Santa Barbara Warehouse
4554 Hollister Avenue
Santa Barbara, CA 93110

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

