

# Foodfirst

Moving the Community from  
Hunger into Health

FALL 2024



## THE FARM BILL, SNAP, AND HUNGER IN CALIFORNIA

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**1 in 5 Californians, or about 8 million people, experience food insecurity**, with communities of color disproportionately affected (1). In Santa Barbara County, that number is even higher with the Foodbank serving an estimated 1 in 3 neighbors in an average year. Unfortunately, national data and Feeding America's Map the Meal Gap study show that hunger rates are continuing to rise (2, 3).

### THE ROLE OF SNAP

While the Foodbank provides supplemental food, the **Supplemental Nutrition Assistance Program (SNAP) is crucial for helping families put food on the table**. In California more than 1 in 3 SNAP households are working families, and almost 20% have household members who are older adults or disabled (4). Last year, SNAP supported 5 million California neighbors, including over 76,000 in our congressional district, contributing \$186M in food benefits, \$335M in economic activity, and 2,525 jobs (5,6,7).

### THE FARM BILL

The Farm Bill, which governs food and agriculture programs like SNAP, is reauthorized every five years. The current Farm Bill is extended until September 30, 2024 (8). Different Farm Bill frameworks have been proposed and are being discussed now. **The California Association of Food Banks reports that one of the new proposed Farm Bills would cut SNAP funding by \$30 billion over the next decade (9).**

### THE IMPACT OF POTENTIAL SNAP CUTS

SNAP benefits are already limited, averaging \$6 per person per day (10). Consequently, 3 in 10 SNAP households rely on food banks (11,12). After SNAP Emergency Allotments ended, the Foodbank's annual service demand grew by over 40%. Additional cuts to SNAP will greatly increase the rate of people who need to utilize the Foodbank, in turn placing immense strain on the Foodbank and our capacity to serve the community.

**The Foodbank of Santa Barbara County is committed to ensuring access to nutrient dense, culturally important food for everyone in our community.** We are watching the Farm Bill carefully to prepare for the impact this legislation may have on our community.

## LEARN MORE

For more information on the Farm Bill, visit:  
[www.cafoodbanks.org/2023-farm-bill](http://www.cafoodbanks.org/2023-farm-bill)

To view citations, visit:  
[foodbanksbc.org/about-us/publications](http://foodbanksbc.org/about-us/publications)



# THE INTERSECTION OF FOOD INSECURITY

Each year millions of people in the United States do not have enough food to eat and experience food insecurity. At the same time, **33% of all food in the United States is being wasted, equating to:**

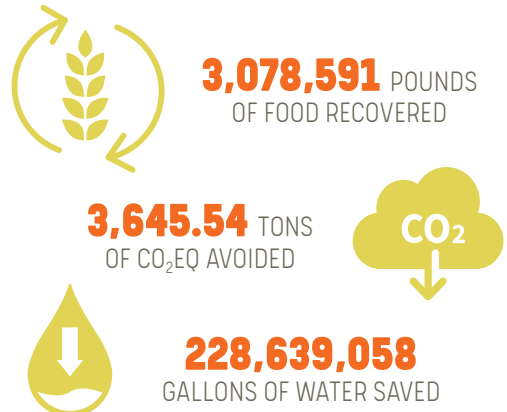


**Food waste has significant impacts on the environment and climate change, including harmful gas emissions and resource loss.**

At the Foodbank, we have edible food recovery programs to act as one crucial bridge to connect food that would otherwise go to waste to the people who need it most. Additionally, through our community outreach initiatives we help educate the public about how food waste can be reduced at home.

## FY24 IMPACT

### GROCERY RESCUE AND BACKYARD BOUNTY FOOD RECOVERY PROGRAMS:



### BOARD OF TRUSTEES

- Christine Bisson, Chair
- David Bishop, Vice Chair
- Melissa Petersen, Treasurer
- Charles J.H. Stolar, MD, Secretary

- George Bean
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- Barry Spector
- Sheraton Kalouria
- Magdalena Serrano
- Tim Harrington

## STAR VOLUNTEER: CARMEN GARCIA NORTH COUNTY



Carmen Garcia has served as an amazing volunteer for the Foodbank for the last three years. Carmen originally began volunteering with the Foodbank because she loves to help people and her community. Over the years, Carmen's favorite part of volunteering has become the joy of talking and laughing with other Foodbank volunteers, staff, and neighbors visiting the Foodbank distributions. We are so grateful for Carmen's invaluable volunteerism over the years, thank you Carmen!

## STAR VOLUNTEER: CELESTE DAVIS SOUTH COUNTY



During COVID-19, Celeste Davis decided to begin volunteering at the Foodbank in order to help the many people who were out of work and struggling to feed their families. Through the last four years of volunteering, pre-pack has become Celeste's favorite volunteer activity. Celeste likes pre-packs because she enjoys the "fast pace and being able to see the high quality, healthy food" being packed for neighbors. Thank you Celeste for your years of dedication to helping our community and the Foodbank.

## CELEBRATING SEASONAL PRODUCE

As we transition into the cooler Fall months, new seasonal produce starts to emerge. Carrots, broccoli, onions, and garlic are just some of the delicious vegetables that are ready for harvest in the fall. Enjoy the following recipe celebrating fall seasonal produce from the Foodbank's Instagram.

### Roasted Autumn Veggie Soup

Serves: 4 | Time: 1 hour

#### Ingredients

- 1 head of broccoli, chopped
- 1 onion, chopped
- 1 pound of carrots, chopped
- 1 head of garlic
- 2 tomatoes, chopped
- 2 tbsps avocado oil
- Salt and Pepper to taste
- 4 cups vegetable broth
- ¾ cup cottage cheese

#### Instructions

1. Preheat the oven to 400 and grease a baking sheet.
2. Mix all veggies with avocado oil and salt and pepper. Spread out veggies on the prepared baking sheet.
3. Bake veggies for about 40-50 minutes or until tender.
4. Add cooked veggies and broth to a blender and blend until smooth. Transfer blended veggies to a sauce pot.
5. Bring to a boil, then reduce to a simmer for 5 minutes.
6. Turn off heat, add cottage cheese and mix. Add additional salt and pepper if needed.
7. Serve as soup with toast and salad. Or as a hearty pasta sauce. Enjoy!

## UPCOMING EVENTS:

### SANTA MARIA EMPTY BOWLS

OCTOBER 16, 2024

### FOODBANK GIVING DAY

OCTOBER 18, 2024

### SANTA BARBARA EMPTY BOWLS

NOVEMBER 10, 2024





SANTA BARBARA COUNTY

82 Coromar Drive  
Goleta, CA 93117

## HARVEST HEROES MONTHLY GIVING CLUB:

### JOIN THE HARVEST HEROES CLUB!

#### Every meal matters.

Your commitment to supporting our community makes a world of difference. Join the Foodbank's Harvest Heroes Club and be a hero all year round.

#### To join...

email **Sarah Clement** at [sclement@foodbanksbc.org](mailto:sclement@foodbanksbc.org)  
or visit [foodbanksbc.org/HarvestHeroes](http://foodbanksbc.org/HarvestHeroes).

## Foodbank of Santa Barbara County

Donate • Volunteer • Get Help

(805) 967-5741 • [www.FoodbankSBC.org](http://www.FoodbankSBC.org)

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

 FoodbankSB

 FoodbankSBEspanol

 FoodbankSBC

 FoodbankSBCBilingue

 Foodbank SBC

 Foodbank SBC

 Foodbank of Santa Barbara County

501(c)3 Tax ID # 77-0169214

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Santa Barbara Warehouse  
4554 Hollister Ave.  
Santa Barbara, CA 93110

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

