

# Community Harvest

FALL 2017



## Food *is* Medicine

Visit any community clinic across Alameda County, and you'll see the harmful effects of hunger. Diet-related illnesses, like diabetes and hypertension, disproportionately burden low-income communities. The worse food insecurity is, the greater medical expenses are likely to be. This is a significant public health issue, and we're making strides towards the solution.

Serving 1 in 5 of our neighbors, we already play a vital role in community health by supporting consistent access to foods that can help prevent diet-related diseases. But, there's a lot more to our work in public health that you may not know about.

With your help, we team up with healthcare providers to give diabetic patients medically-tailored food boxes, which help them manage their disease. And, we partner with schools to screen students for hunger and provide them nutritious food that they can grab on the way to class.

With All-In Alameda County, we also launched a "food pharmacy" at Children's Hospital Oakland where patients can get food that's been prescribed by their doctors. And, we are piloting a medically-tailored mobile pantry that will serve communities with high rates of pre-diabetes.

**The worse food insecurity is,  
the greater medical expenses  
are likely to be.**

There is an irrefutable connection between health and hunger, and we play a major role in reducing its harmful effects. By supporting our work, you're giving low-income children, families and seniors a brighter, healthier future.

FROM THE DESK OF SUZAN BATESON

# Community is our middle name: Proof!



Suzan Bateson,  
Executive Director

Change isn't for everyone. But at ACCFB, we're always up for it. We've spent the last three decades changing and adapting to meet community need. Today - right now - we're at one of the most exciting times in our history, and we have a new logo to reflect who we are in 2017, and what we plan to be in the future.

Until this month, we'd had just one logo in our 32 year history. While it served us well, we came to realize that it really didn't represent what and who Alameda County Community Food Bank has become. We're much, much more than an organization that hands out food, as we felt our previous logo suggested.

So what does our new logo suggest? For me, it shows how multi-dimensional our work is, and it also offers a hat tip and homage to our past, while launching us into the future.

It's bold and unique – just like us! As you know, we like to do things a bit differently at Alameda County Community Food Bank. From banning soda back in 2005, to our advocacy work, to our evolving role in public health, **solving a problem as profound as hunger means taking steps that make us stand out from the pack.**

Equity is critical to our work. We strive to be an inclusive, welcoming organization to all members of our community: agency partners, contributors, staff, food program participants, and volunteers. We want our community to know we stand together as one. We hope the balance and vibrancy of our new logo reflects this sense of community, and purpose.

Similarly, the many dimensions to our work are all interconnected. Our integrated approach to ending hunger includes food distribution, CalFresh (food stamps) outreach, healthcare, research, advocacy, nutrition, anti-poverty work – and central to our efforts is our network of agency partners located throughout the community. Because, none of this work happens in isolation. It's all part of our collective efforts to end hunger in Alameda County.

But, my favorite part of our new logo? The word "Community" is now bold. It's our way of acknowledging the role you play in our work. This can't happen without you, us, and we.

What does our new logo and our work mean to you? Please let me know your thoughts: sbateson@accfb.org or call my direct line, (510) 636-4903. I'd love to hear from you.

<p>savor  season</p> <p>A FESTIVE <i>celebration</i> OF CALIFORNIA-GROWN FOOD AND WINE</p> <p><b>Sunday, September 17, 2017</b> Noon - 3 p.m. {Silent auction preview 11 a.m. - Noon} Wente Vineyards, 5050 Arroyo Road, Livermore Purchase tickets online at <a href="http://accfb.org">accfb.org</a></p>	<p><b>Sponsors:</b></p> <table><tr><td></td><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td><td></td></tr></table> <ul style="list-style-type: none"><li>• Adelante Capital Management</li><li>• Boehringer Ingelheim Fremont, Inc.</li><li>• Golden State Warriors</li><li>• Hill &amp; Company Communications</li><li>• Hugh Groman Group</li><li>• Jansport</li><li>• Kaiser Permanente</li><li>• Oracle</li><li>• Sodexo</li></ul>															
																
																
																

## HUNGER HEROES

Hunger Heroes are members of our community who go above and beyond for hunger-relief. Please share your story with us. Email [media@accfb.org](mailto:media@accfb.org).

### Feed the Kiddos

One picture-perfect evening this summer, dozens of young professionals gathered on a rooftop patio in downtown Oakland to unwind after a long day's work. Not unlike a typical Wednesday happy hour ... but this wasn't *exactly* typical. To start, the guests were mingling among food drive barrels.

The happy hour event was hosted by Feed The Kiddos, a community organization run by our new friends Shadia and Chris, dedicated to supporting hunger-relief in the Bay Area.

We knew Shadia and Chris were passionate about our cause, but ... wow. Between hosting barrels, a Virtual Food Drive, a raffle featuring gift bags filled with experiences and items from dozens of East Bay businesses, and the MadOak owners generously donating a portion of the night's bar tab, the event raised enough to provide 14,000 meals for our community!

Thank you, Shadia and Chris, for your energy and for bringing so many of your friends into a cause you care so much about.



Chris (left) with guests at the Feed the Kiddos fundraiser



Safeway volunteers celebrate their latest donation

### Safeway

You've probably seen food drive collection barrels inside grocery stores, especially during the holiday season. Safeway has been one of the grocery stores leading that charge for many years.

This year, realizing that summer is a critical time of need for us (no school means no school meals), Safeway also hosted a summer food drive to support Bay Area food banks. In Alameda County alone, Safeway's Feed the Need drive collected nearly 115,000 pounds of food — the equivalent of 95,771 meals — for our community.

And that's not all. Since 2012, Safeway stores in Alameda County have partnered in our **Food Recovery Program**. FRP recovers healthy food that stores can't sell, reducing food waste and making sure it is donated to nearby pantries and soup kitchens. Last year, 15 Safeway stores donated more than 600,000 meals worth of food to a dozen agencies located across Alameda County.

Join us in thanking Safeway for all they do to help our community.



# Why I Volunteer

BY JUDY GRANT, LEAD VOLUNTEER



Six years ago, I joined my church service group for a volunteer shift at the Food Bank after putting it off for a few months.

1,646 volunteer hours later, I've never left.

At the time, the Food Bank was asking for a core group of reliable, regular volunteers to help in the Community Engagement Center. I figured since I was retired, it would be a good and meaningful way for me to spend my time. It took me a while, however, to understand how deeply volunteers are needed to ensure food gets out to the community. Without volunteers, the Food Bank would be able to receive food, but not get it out the doors and onto people's tables. It simply couldn't happen.

Now, as a Lead Volunteer, I help keep the volunteer floor running on Tuesday and Thursday mornings. Along with another Lead Volunteer, we help Food Bank staff keep the food flowing, show people how to sort and package produce, and answer lots of questions — sometimes all at the same time. We are very good at multi-tasking!

I've gotten to know the Food Bank staff really well, and they're deeply appreciative of our time. The work is fun, and a lovely way to spend the morning. But not a day goes by where I don't see

the meaning in it, and what a critical service we are providing.

I once heard someone say that we should spend some time making life easier for others. For me, this is a way to directly impact the thousands of people in our community who need food-assistance. It's easy to see the direct impact, whether I'm packing a box of groceries for a family or filling a bag of fresh food for a child to take home from school. To me, it's fulfilling, it's meaningful — and it's important.

Right now, the Food Bank is distributing more fresh fruits and vegetables than ever, and we need more helping hands.

When someone asks me if they should volunteer, I say: It's easy to place apples and oranges into a bag. But it goes a long way, and makes a bigger impact than you realize.

## MORE VOLUNTEERS NEEDED!

We need 40 more volunteers per day than usual, especially on weekdays, to meet community needs. Join us with your coworkers, classmates or friends!

[accfb.org/volunteer](http://accfb.org/volunteer)

# Hunger Action Month 2017

JOIN THE MOVEMENT  
TO END HUNGER!

**Food is a basic human right.** Yet programs and policies that work to end hunger are continuously under attack. That's why every September, Feeding America and food banks across the nation stand together to spread awareness about hunger and work toward solutions.

You can make this year's Hunger Action Month the most powerful yet. Visit [accfb.org/advocacy](http://accfb.org/advocacy) to get started.

What will you do during Hunger Action Month?

I will volunteer to end hunger

- Recruit friends
- Donate
- Call my elected officials
- Host a food drive
- Share on social media



Dave Clark,  
Mornings on 2, KTVU FOX 2



**Food Helpline**  
1-800-870-3663  
1-510-635-3663

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## WE'RE HERE TO HELP.

If you or someone you know needs food, please call us or share our Food Helpline cards.



# Agency Spotlight

## UNION CITY APOSTOLIC CHURCH

On a Thursday morning at Union City Apostolic Church, Irma Colon is answering questions from a line of guests, and making sure her volunteers have everything they need for a busy day.

It's time for their weekly food distribution, and the line is already down the block.

Colon runs the church's food program, which is one of the Food Bank's 200+ partner agencies that provide free groceries to community members.

"I noticed an increasing amount of calls from people needing financial assistance," said Colon, who started the pantry in 2007. "A lot of people were calling the church — by the time they pay their rent and insurance, there's no money left for food. We couldn't help financially, but we could help with food."

Meanwhile, a crew of volunteers hangs everything from toddler t-shirts to suit pants on racks for an outdoor closet of donated free clothes.

"People have expressed we help make their paychecks stretch — they're living check to check," Colon said. "People are relying on food pantries like ours."

On Friday evenings, the church also serves as a



Irma Colon,  
Distribution  
Coordinator

refuge for families who are homeless and living in their cars. In partnership with Union City, volunteers serve snacks and non-perishable groceries to approximately 25 cars full of people who are able to safely park in the church's lot overnight, often while kids do homework or play on the church's playground.

Once the line gets rolling, Colon starts with her next task: helping seniors carry heavy bags of groceries to their cars, and thanking them for coming.

That same Thursday, a similar scene takes place at 50 agencies across the county — and hundreds more throughout the week. Thanks to Food Bank supporters, and hundreds of agency staff and volunteers like Irma and her team, we will provide enough food for 580,000 meals each week through programs like Union City's.

### WE'RE HERE TO HELP.

If you or someone you know needs food, please call us or share our Food Helpline cards.

				
	<b>Need food?</b> 1-800-870-3663 1-510-635-3663	<b>Need food?</b> 1-800-870-3663 1-510-635-3663	<b>Need food?</b> 1-800-870-3663 1-510-635-3663	<b>Need food?</b> 1-800-870-3663 1-510-635-3663
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## Citrus Black Bean, Corn and Tomato Salsa

This delicious salsa recipe from our nutrition team is tasty, healthy and cost-effective. Plus, the **ingredients used are ones commonly found in our warehouse!**



### Ingredients:

- 1 lb (16 oz) dried or canned black beans
- 2 tomatoes
- 1/2 small red onion, chopped
- 1 cup corn kernels or canned
- 1 bunch cilantro, chopped (optional)
- 1/8 cup olive oil

- Juice of 1 lime
- Pepper to taste
- Cayenne pepper to taste
- Corn or wheat tortillas

### Directions:

Toss beans, corn, and onions in a bowl. Add lime juice, oil and spices; mix.

### Homemade Crunchy Tortilla Chips:

Preheat oven or toaster oven to 375 F. Cut tortillas into triangles and place on a baking sheet. Lightly spray chips and baking sheet with non-stick cooking spray. Bake triangles until golden brown and crispy (8-10 min.)

## FOOD BANK HAPPENINGS

### Summer Lunch Program Packs a Punch



Since 2011, we have partnered with Oakland Public Libraries to expand the city-wide Summer Lunch Program, which also includes the City of Oakland and Oakland Unified School District. Summer is challenging for low-income families who can't rely on school meals. That's where the Summer Lunch Program comes in!

This year we served over 4,000 meals to children at eight branches. We also offered free groceries at many sites for families to take home. A big thanks to our dedicated volunteers who run the program day-to-day, and our school, city and library partners!

Please join us in congratulating our Operations team and Food Safety Committee for an incredible achievement.

In the food safety world, the American Institute of Baking (AIB) audit is considered the "gold standard." Every two years we undergo a rigorous safety assessment by AIB and we're pleased to announce we recently passed with a near perfect score!

Our operations are about much more than distributing food. From facility maintenance, to food recall procedures, to binders full of guidelines, we're proud to work every day to ensure we're taking proper care of the food our community entrusts us with.

**Our food is the safest and freshest.  
And, we can prove it!**



# Fundraise for the Food Bank

Alex is a networker, a fundraiser and a passionate advocate for the Food Bank. Oh, and he's only 7 years old.

Over the years, he's turned just about every holiday and birthday into an opportunity to support us — raising over \$2,300 since he was just 5 years old!

Be a part of Alex's club. It's easy to set up a custom fundraising page, and gather support from your family, friends or coworkers.

There are two great ways to fundraise for the Food Bank:

1. Celebrating a birthday? Running a marathon? Have your own fundraising idea? Visit [accfb.org/fundraise](http://accfb.org/fundraise) to create a custom page (a great option for kids and community groups!)
2. For some friendly competition with co-workers, start a Virtual Food Drive. VFDs help us purchase items that can't go into food drive barrels, like eggs, milk and farm-fresh fruits and vegetables. Great for businesses — teams can compete — to add to the impact of your traditional food drive: [vfd-accfb.org](http://vfd-accfb.org).



Alex and his mom, Carina, celebrated Alex's birthday at the Food Bank

## I want to provide food — and hope — for families in Alameda County.

Enclosed is my tax-deductible gift of:  \$35  \$50  \$100  \$250  Other: \$ \_\_\_\_\_

I commit to a monthly gift of \$ \_\_\_\_\_ (my first gift is enclosed)



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please make check payable to:  
**Alameda County Community Food Bank (or "ACCFB")**  
P.O. Box 30757  
Oakland, CA 94604-6857

Please charge my gift to my:

Visa  MasterCard  AmEx  Discover

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name on Card \_\_\_\_\_ Sec. # \_\_\_\_\_

Signature \_\_\_\_\_

Donate online at [www.accfb.org](http://www.accfb.org)

Your donation is tax-deductible as permitted by law. The Food Bank will send you a receipt.

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Visit our newly redesigned website:  
[accfb.org](http://accfb.org)

