

Community Harvest

SPRING 2018



Food Banker Vanessa (left) helps a student apply for CalFresh at UC Berkeley

Ending hunger on campuses

One afternoon, Thomas, a low-income student, visited our team at UC Berkeley, asking many questions about CalFresh—California’s version of the federal food stamp program. He was nervous that receiving benefits could later affect him or his family. Our HelpReach team addressed his concerns and he eventually decided to apply—and was approved! Now, he can purchase the food he needs and focus on succeeding in school.

Thomas is just one of thousands of college students in Alameda County who are food insecure. In one recent study, the University of California found that 48 percent of undergraduates and 25 percent of graduate students didn’t have adequate access to food due to lack of money and other resources.

That’s where our HelpReach team comes in. We visit college campuses to help food insecure students apply for CalFresh (our work was featured in a recent

San Francisco Chronicle article). In 2017 alone, we helped 700 UC Berkeley students enroll into the program, compared to just 45 students in 2015.

Student hunger is a serious issue and CalFresh is critical to helping students succeed in college. Yet, the program is under attack, with ongoing attempts to dismantle it in Congress. Our advocacy team continues to fight against proposed cuts, which put a larger strain on students and families aiming to achieve a degree or lift themselves out of poverty.

Now, Thomas can purchase the food he needs and focus on succeeding in school.

And Thomas? He’s become a campus ally, and has referred many of his friends to visit our HelpReach team and apply for CalFresh.

FROM THE DESK OF SUZAN BATESON

Standing Firm in Our Food Bank Values



Suzan Bateson,
Executive Director

We're so proud of what we accomplished last year with your support. Still, 2017 was a challenging year. A tumultuous political climate and threats to undermine vital programs that support low-income communities created fear and uncertainty in our community. Executive orders threatened people based on immigration status; and there were attempts to dismantle the Affordable Care Act as well as SNAP/CalFresh.

That's why Food Bank staff came together to draft and publish our first **Equity and Inclusion Statement**, affirming our commitment to creating a healthy, prosperous and just community *for all*.

In an effort to live into our Food Bank values, I'm sharing our staff's statement with you—instead of my usual article. I invite you to join us as we work towards a more inclusive and equitable Alameda County.

Our Commitment to Fight for What We Believe

On behalf of our entire Alameda County Community Food Bank community including our staff, board, agency partners, volunteers, sponsors, contributors, advocates, food program participants, and supporters—we are committed to fight for what we believe:

- Food is a basic human right.
- Every child, adult and senior should have the opportunity to reach their full potential and live vibrant, productive lives—nutritious food is essential to success.
- Our community and economy must be inclusive of everyone, regardless of race, age, gender, family or immigration status, ability, how they worship, or who they love—everyone should have a path to economic prosperity.
- Alameda County Community Food Bank honors our differences and celebrates the diversity of our Community.

Alameda County Community Food Bank remains passionately committed to working with community advocates and elected officials to ensure that nutrition and other safety-net programs continue

to be accessible and meet the needs of community members.

Your commitment—including your voice and enthusiasm—energizes our staff, board, agency partners, and all who support us as we passionately pursue a hunger-free community.

We work every day to make ours a more just community by providing essential nourishment for our bodies and minds. We invite you to continue to be part of our work in furtherance of a more equitable and inclusive Alameda County, where a person's life chances and outcomes are not determined by political affiliation, economic status, place of origin, immigration status, religion, age, race, ethnicity, gender, gender identity, sexual orientation, physical ability, or other personal characteristics.

Please join us.

**EMPTY
BOWLS**

SAVE THE DATE: Thursday, May 17, 2018

Join us for a family-friendly evening of art, nourishment, and advocacy at **Alameda County Community Food Bank**. Enjoy a delicious soup dinner, bid in a silent auction featuring one-of-a-kind items and experiences, and take home a hand-painted bowl.

Tickets will be available in early April. Visit accfb.org/empty-bowls.

For information or sponsorship opportunities, contact Kathryn Weber: kweber@accfb.org or (510) 635-3663 ext. 328.

HUNGER HEROES

Hunger Heroes are members of our community who go above and beyond for hunger-relief. Please share your story with us at media@accfb.org.

FedEx Steps in for Fire Relief

When the North Bay fires erupted last October, we were called upon to help our friends at Redwood Empire Food Bank in Santa Rosa, who were serving as a disaster relief site for the region.

We had emergency supplies like water, ready-to-eat meals, protein bars, diapers, and more. But all our drivers were making food deliveries, and we didn't have an extra truck to get the supplies up north.

We decided to call our partners at FedEx. Within a few hours, they told us they would send a truck to deliver the supplies—as well as make a generous donation to REFB. FedEx driver Eric came and the supplies quickly became a part of REFB's emergency distribution for people who were displaced or impacted by the fires.

FedEx has been a supporter of our children's food



Food Banker Danny (left) with FedEx driver Eric getting ready to take emergency food to Redwood Empire Food Bank in Santa Rosa

programs for years—and this last-minute request was another illustration of its commitment to a hunger-free Bay Area. (Please see page 7 for more on our disaster relief efforts.)

Sora Designs Turns Creativity into Support



A pair of necklaces from Sora Designs. 100% of the profits from her "foodie" collection goes to the Food Bank.

Yueh Wen Chang started designing jewelry as a hobby, and decided to start selling it on a whim. But after one year, she quit her day job as a researcher at a government agency to run Sora Designs full time.

Last year, she turned her creativity towards supporting the Food Bank. She designed a whimsical, intriguing line of "foodie jewelry" that includes small fork

earrings, a peanut necklace, and more. And 100 percent of the profits from the collection come straight to ACCFB.

"As a mom living in this region, I feel that we cannot wait for the political bottlenecks to be changed," Chang says of what inspired her to create the line. "I am glad to learn that the ACCFB is very active in relieving some of the issues caused by the astronomical rise in socioeconomic inequality."

Plus, she's donated her pieces at our Empty Bowls fundraiser, creating a friendly, but competitive bidding war that resulted in lots of support for our work.

Visit the "foodie" collection at soradesigns.com/end-hunger!



FILL A BAG. HELP FEED FAMILIES.

On Saturday, May 12, place a bag with healthy non-perishable food next to your mailbox. Your local letter carrier will deliver it to the food bank.

Agency Spotlight

EAST OAKLAND COMMUNITY PROJECT: IT STARTS IN THE KITCHEN

When people who are homeless first enter emergency housing, sometimes it's been awhile since they've had a warm meal. As the Food Services Manager at East Oakland Community Project, it's Andre Green's job to have breakfast, lunch, and dinner on the table for them.

"When residents first come in, they're really hungry," he said, adding that sometimes residents will try to stock up on food. "But when they find out that the food will be there the next day, and the next day, and that's it's always going to be there—now they can focus on other things."

East Oakland Community Project provides emergency and transitional housing to people who are homeless in Alameda County, as well as comprehensive support services. In addition to their large Crossroads Shelter, EOCP runs three transitional housing programs for homeless young adults and families.

Every day, Green and his team serve three meals a day to more than 150 adult, child, and senior residents of the shelter and housing programs.

"The mind works better if the body is taken care of," said Josh Herrera, who cooks and plans the weekly menus. "People don't have to worry about, 'Where is my next meal coming from? Where am I sleeping tonight?' Now that those problems are off



The EOCP team: Andre Green, Josh Herrera, JoAnne Riley, and Anthony Mcfarland.

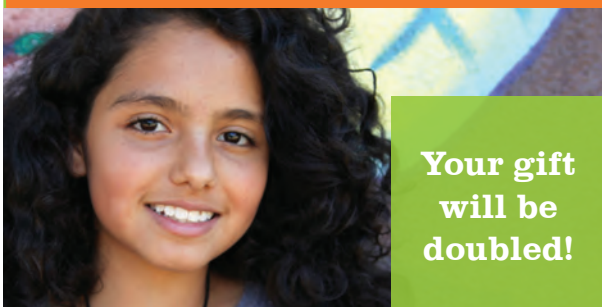
the table, let's face other stuff."

Since 2016, Green says he has gone "all-in" to improve the dining experience. He found new companies to donate food (and free up some of his budget), and has connected with local volunteer groups. He also became a part of ACCFB's Grocery Rescue Program, and now picks up donated food from a local grocer.

The team's day starts at 5:30 a.m., and breakfast is always ready before the kids head off to school. Then for lunch, they prepare dishes like sausages, green salad, and fresh fruit. For dinner, it's meals like fried catfish, smothered chicken, or pork chops. It's food that's healthy, warm, and always complete with garnishes and a friendly team to support residents on their journey to housing and wellness.

"It's for the people," Green says. "If you keep that in mind, you'll always do good."

JOIN THE PROTEIN MATCHING GIFT CHALLENGE



Your gift
will be
doubled!

Donate by March 31 and your gift will be matched up to \$40,000 to help us purchase critical and expensive protein-rich foods—like chicken, peanut butter, and eggs—for families in our community.

Be sure to check the Protein Matching Gift Challenge box on the enclosed remit and place it in the return envelope, or donate online at accfb.org/protein.

Speaking Out for Hope & Justice

HOW SENIOR ADVOCATES ARE WORKING TO BUILD A MORE JUST COMMUNITY FOR ALL



Advocates Beverly, Denise, Jerome, and Diana get together for a community teach-in

About a year ago, Jerome McIntosh, 61, was facing a dark period in this life, and losing hope. After suffering a heart attack, he lost his job, his house, and was afraid he would need to live on the streets.

But things turned around when he connected with our member agency St. Mary's Center and entered into emergency housing—and eventually a transitional home. Today, he's an advocate with Senior Advocates for Hope & Justice, joining a core crew of 15 advocates who fight alongside us for affordable housing, a stronger safety net, and human rights and dignity for all.

"It's fulfilling to me—it gives me a sense of purpose," he said. "And I like helping people. I've always been on the side of helping people."

Senior Advocates for Hope & Justice is the social

justice arm of St. Mary's Center, which provides services like housing and outpatient recovery programs for at-risk seniors.

One of the many campaigns McIntosh and others work on is the fight to increase Supplemental Security Income. SSI is a program for seniors and people with disabilities who cannot work, and it provides just \$889 a month to cover all expenses. The state slashed the program during the Great Recession, forcing recipients below the poverty line, and has not restored it.

Every year on Hunger Action Day (it's on May 16 this year), the advocates join ACCFB and other groups from around the state to tell lawmakers their stories of surviving on SSI—and demand they increase it so people can get closer to meeting basic needs.

"Our campaign is just to get our money back! To bring it to the poverty level," said Janny Castillo, Seniors for Hope & Justice Program Coordinator. Castillo has been an organizer for 15 years, and coordinates many of the social justice campaigns that bring seniors' voices to tables of power.

And though McIntosh had never done advocacy work before his involvement at St. Mary's Center, he too is now organizing. He recently received a scholarship to an advocacy training in Sacramento that will teach him how to help others tell their stories and raise their voices for hope and change.



Food Helpline

1-800-870-3663
1-510-635-3663

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9am–4pm
Monday–Friday

9am–4pm
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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.



FOOD BANK HAPPENINGS

Preventing Diabetes in Alameda County



Food Bank volunteer Maureen (left) and Food Banker Martha (right) promoting the Diabetes Prevention Program at a Mobile Pantry distribution.

Diabetes affects the health of millions of Americans, and is costly to manage. In fact, 1 in 5 of our client households have at least one member with diabetes or high blood pressure. To improve the health of our community, we recently launched—with the help of a national grant funded by Cargill—the **Diabetes Prevention Pilot (DPP)**, which aims to prevent diabetes in low-income communities that have a high-risk of developing the disease.

Currently offered at 10 partner agency and Mobile Pantry sites throughout Alameda County, DPP conducts on-site screenings and offers health education options in both English and Spanish. Medically-tailored food packages are also provided every two weeks to those identified as having prediabetes, supplementing the food they receive through regular distributions.

Participants may choose to receive text messages, which sends them reminders, nutrition education, and exercise tips. To date, about 60 percent of enrollees have opted to receive the texts, while others will attend in-person classes.

Through these efforts, DPP has the potential to reduce the risk of diabetes and cost of care.

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foodnow.net

FOOD BANK HAPPENINGS

Food Banks as Emergency Responders

Food banks play a critical role as emergency responders, providing food, water, and supplies to victims during crises and disasters. To ensure an efficient and coordinated response, Bay Area Food Banks have an emergency response plan in place, which was recently put to the test during the North Bay fires last October.

As soon as the fires erupted, Bay Area Food Banks went to work to help Redwood Empire Food Bank. ACCFB delivered pallets of water, ready-to-eat meals, nourishing snacks, as well as diapers to help provide relief to people who were displaced. We also provided staff support to help manage the initial food distribution and organization of donations pouring in. Plus, our friends at FedEx also joined us, sending one of their trucks to get supplies to the North Bay.

Six members of our CalFresh Outreach team traveled to the heart of the fires to help victims enroll in Disaster Supplemental Nutrition



Food Bank staff Ed (left) and Mike (right) at the Redwood Empire Food Bank, Santa Rosa

Assistance Program, or D-SNAP. This provided victims with temporary but much-needed food assistance to recover from the disaster. Our team's efforts contributed to helping the more than 18,000 fire victims overall who received D-SNAP.

Orange Juice & Oatmeal Pancakes

The OJ in these fluffy pancakes keep them light, and adds a punch of citrus flavor. Many of the **ingredients are commonly found in our warehouse**, and our nutrition team often recommends this recipe to our agency partners. Plus, the **oats provide protein** and make pancakes a bit healthier.

Ingredients

- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ cup quick cooking oats
- 1 tablespoon baking powder
- ¼ teaspoon salt
- 1 large egg
- ¾ cup orange juice
- ½ cup nonfat milk
- 2 tablespoon canola oil
- Non-stick cooking spray

Instructions:

1. In a large bowl, combine flour, oats, baking powder and salt.
2. Lightly beat egg in another large bowl.
3. Add orange juice, milk and canola oil to egg. Mix well.
4. Coat large skillet with non-stick cooking spray. Heat over medium-high heat.
5. Add wet ingredient to dry ingredients. Do not over mix.
6. Pour ¼ cup batter into hot pan for each pancake.
7. Flip pancakes when edges are slightly browned, about 3-4 minutes. Cook second side for 2-3 minutes more.



Some Good News in Your News Feed

Exciting news: It's now super easy to fundraise for us—on Facebook! With just a few clicks, you can start a fundraiser for your birthday, wedding—or just about any special occasion you can think of. It may sound simple, but your support is the fuel that keeps our whole organization running.

1. Click fundraisers in the left menu of your news feed.
2. Click raise money and then choose nonprofit/charity.
3. Select ACCFB, choose a photo, and explain why you're fundraising. The more details the better!
4. Click create and watch the donations roll in. Be sure to thank your family and friends—your efforts are providing fresh, healthy food.
5. Facebook is just one way to support us. You can also volunteer, advocate, or visit our homepage to start a Virtual Food Drive, as well as find other ways to raise money.



**Fresh Food —
provided by you!**

For every \$1 donated we provide \$7 worth of food to our community.



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

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

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