



ALAMEDA COUNTY
**COMMUNITY
FOOD BANK**

Until everyone's fed

MEMBER OF
**FEEDING
AMERICA**

Community Harvest

SPRING 2019

**Volunteers box groceries
for federal employees
affected by the
government shutdown**

**Stepping up
during the
shutdown**

The high cost of living in the Bay Area puts a strain on many families' budgets, and many of us are one paycheck away from catastrophe. That's never been more evident than during the government shutdown when thousands of federal employees were going to work without pay. During this time, we supported many people who never before needed Food Bank assistance.

"I waited as long as I could before coming to the Food Bank," Ann* said. "I do have a weekly food budget, but that was based on my income."

**"Even the most basic of things
are too expensive right now."**

Three months before the shutdown hit, Ann had called Alameda County Community Food Bank to inquire about volunteer opportunities. So, as a Transportation Security Administration employee about to miss her second paycheck, she knew just where to turn.

"Even the most basic of things are too expensive right now. I don't know how I would have gotten groceries without the Food Bank," she said.

As soon as the government closed, we sprang into action. Volunteers assembled grocery bags full of farm-

fresh produce and shelf-friendly staples to provide wholesome meals. Amongst the food was zucchini, peanut butter, canned meat, and cereal.

Our warehouse team made daily deliveries across the county from Albany to Oakland to Dublin. Government employees came to the Food Bank to pick up food and apply for CalFresh (food stamps).

ONE LESS WORRY

In just two weeks, we supported more than 1,200 federal employee households by providing the equivalent of nearly 17,900 meals — and will continue to do so as they recover from the shutdown's prolonged effects.

As an essential employee, Ann was required to go to work without pay, which had inevitable impacts. Between gas, car maintenance, and a bridge toll, she was spending money just to get to and from work.

Supporting Ann with groceries meant she could pay for those necessities and still have the nourishment to continue her important job of keeping our airports safe.

Our mission is to ensure everyone in our community has healthy food. We swiftly responded to this critical situation because of your support. Thank you.

**Name has been changed to protect privacy*

FROM THE DESK OF SUZAN BATESON

A welcoming place for all



Suzan Bateson,
Executive Director

Although ACCFB serves 1 in 5 county residents — more than 300,000 people a year — we face a stark reality: **we're not reaching everyone who could use our help.**

All are welcome here — we want to help. Yet, we recognize there are barriers. We are deeply concerned

about hesitancy or stigma around use of food programs, which plays a big role. Accessing our services isn't always convenient for people, especially if they're working. Perhaps they simply don't know about our wide network of member agencies and food distribution sites, which provide fresh produce and a rich variety of foods that our community needs and wants.

Most often, we understand that some don't realize how close they are to needing our support.

These challenges presented themselves during the recent government shutdown.

To respond to the critical situation, we scaled our emergency food program to serve five federal agencies — TSA, US Coast Guard, Federal Bureau of Prisons, USDA, and the IRS. It was an immense emergency we had to address, while affected employees and their families scrambled to find ways to make ends meet.

For us, it wasn't just about bolstering our operations. The fact is many, if not most, of the employees we served had never needed assistance before. Much of

the work was ensuring that everyone affected knew they could rely on us during this uncertain time — through outreach; partnerships with government agencies; and experimenting with new ways to get food to people who simply couldn't miss work.

Being able to serve our furloughed neighbors meant workers could stay nourished and productive on the job. It meant that they and their families had one less thing to worry about.

Improving Lives by Improving Our Work

To close the hunger gap in Alameda County — and to ensure our work is improving the lives of those we touch — we recognize that the way we work must remain nimble. It means leaning on our deep expertise to experiment and support an environment of continuous improvement in order to have a more significant impact.

We learned that our neighbors felt supported by our food bank when they needed it most.

It means we must *innovate*.

The shutdown was a critical learning experience for us. We know what we're capable of — and we know what we need to activate to have an even greater

impact in the future. Perhaps most importantly, we learned that our neighbors felt supported by us and our fellow food banks when they needed it most. And, they'll know where they can turn if or when they need help again.

This is the essence of our future: that **everyone** who finds themselves in need will find us — with your partnership — by their side to welcome, nourish, reassure, and uplift. **Thank you.**



Join us for a
family-friendly
evening of art,
nourishment, and
advocacy

SAVE THE DATE

EMPTY BOWLS

Thursday, May 16 @ 6 p.m.

accfb.org/empty-bowls

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.

Tech support-ing our community

San Leandro-based OSIssoft is a company with heart, committed to having a positive presence in Alameda County.

"More and more people find it hard to meet their basic needs. We are honored to be able to help ACCFB in its work to provide local families with the food they need and ensure that no East Bay resident goes hungry," Das Rush, Corporate Communications, OSIssoft, said.

And, they've had a big impact. Over the years, OSIssoft has helped provide more than **1.2 million meals** for Alameda County families through their financial support. They understand how the high cost of living in the Bay Area impacts the 1 in 5 neighbors the Food Bank serves.

Giving back is simply part of OSIssoft's culture. The company believes volunteering is one of the most



KPIX anchor Elizabeth Cook and OSIssoft employees Lynne Boswell and Mario Alvarado present a check to the Food Bank during the holidays

powerful ways to make change, and we couldn't agree more. Since 2010, OSIssoft staff members have spent more than 450 hours in our warehouse.

We're honored to have partners like OSIssoft that inspire generosity. Join us in thanking them for all they do.

Education with a heart



Corinne (left) and her friend Adeline volunteering at the Food Bank on our Martin Luther King, Jr. Day of Service

On our Martin Luther King, Jr. Day of Service, more than 200 volunteers — including 21 from Saint Mary's College High School — marched into our warehouse ready to spend the holiday supporting Alameda County neighbors.

"A lot of people take it as a day off, but it's a good opportunity to reflect on how much we have and reach out to the community," Corinne Mahshi, a Saint Mary's senior, said.

Corinne is a leader of her community service club at school. She organized a group of her peers to

volunteer at the Food Bank because, "it is evident that every person there is doing service with the intentions of making a difference in other people's lives." And, she plans to do the same to ensure our entire community thrives.

During their three-hour shift, Corinne and her classmates helped sort more than 38,500 pounds of food, which translates to 32,100 meals.

Corinne's passion is helping others, which is why she wants to become a doctor. It's also why she plans on returning to the Food Bank to continue supporting thousands of families across the county.

"Our group at Saint Mary's loves working with ACCFB. It's the perfect place for us to go because there is always something for each of us to do and we hope to make a positive difference," she said.

Thank you, Corinne, for your dedication to a stronger, more nourished Alameda County.

Agency Spotlight

OUSD CENTRAL FAMILY RESOURCE CENTER

Jacqui Portillo knows students can't learn when they're hungry.

"One student said to me, 'I don't want to eat any more ramen noodles.' That really broke my heart," she said.

Jacqui is the Senior Program Coordinator at the Oakland Unified School District (OUSD) Central Family Resource Center, which serves as a social services hub for OUSD — a Food Bank distribution site that also offers CalFresh application assistance and nutrition education.

Of all the services the Family Resource Center provides, Jacqui says food is the most important.

"Many families can't afford to buy groceries," she said. "One of the goals is really fighting hunger, and we're doing that."

"... that love has translated into thousands of children and families knowing where to find their next meal."

Every week, Jacqui picks up food at our Oakland warehouse. She loads up on bok choy, tofu, kale, brown rice, and barley — foods the families visiting the center want and enjoy cooking. Jacqui understands her community's needs and says it's important to provide healthy options and a variety of food that families don't always have access to.



Volunteers at ACORN Woodland Elementary get ready for a food distribution

Approximately 300 families pick up groceries each week. Plus, the resource center partners with 12 schools in the district that host weekly food distributions.

Because of Jacqui's innovative work, the resource center is now reaching 2,000 families and provides the equivalent of 21,000 meals every month.

"Jacqui's immense impact comes from working tirelessly for every child and family like they are her own," Clarissa Broughton, ACCFB Direct Distribution Specialist, said. "You can feel her love for the community and that love has translated into thousands of children and families knowing where to find their next meal."

Jacqui hopes to grow the program by partnering with more schools so that every student has access to the nutrition they need to succeed.

"The goal in all of this is to provide a space and distribute food so we know families will be ok until the following week," she said.

Volunteer Spotlight

FURLOUGHED EMPLOYEES SPEND TIME VOLUNTEERING



On a busy January morning, 21 furloughed federal employees spent hours working in our warehouse.

The group gathered around boxes of farm-fresh oranges, sorting them into bags that would soon be distributed across Alameda County.

"We are all dedicated to serving the public. That is why we work for the federal government," Kimby Wells, volunteer, said.

Kimby works for the Environmental Protection Agency, which closed its doors during the shutdown. Knowing there was an emergency need in our community, she wanted to spend her time off giving back.

She organized a big group of federal workers to volunteer at the Food Bank. Nearly two dozen people signed up for a shift.

"It does feel good," she said of volunteering. "And

we really need to do things that make us feel good right now."

This time of uncertainty was difficult because she was not able to work, and she knew many friends and coworkers who were struggling. Some were forced to take out loans while others applied for unemployment benefits to help them make ends meet.

In just three hours, Kimby's group sorted 9,500 pounds of food, which translates to 7,900 meals for our community.

During the shutdown, our Food Bank not only supported furloughed employees, but became a meaningful place for people to spend their time.

"We really appreciated having the opportunity today to serve the public," she said. "It's been hard because we care about the work we do and it's nice to do something today that has an impact."



Food Helpline

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

9am-4pm
Monday-Friday

lunes-viernes
星期一-星期五
Thứ hai-Thứ sáu

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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.



Help the Food Bank
purchase our most needed items.

Start a Virtual Food Drive!

Help buy items that can't go in food drive barrels
like milk, eggs, and farm-fresh produce.

Every \$1 you donate helps provide \$7
worth of nutritious food.

SIGN UP AT ACCFB.ORG

575 LB. OF FRESH PRODUCE



• Retail price:
\$1,451.25

• Our price:
\$74.58

Decolonize Your Diet

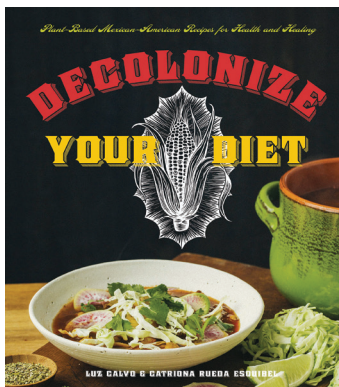
Culinary traditions are an influential part of many cultures. As an organization that serves one of the most diverse counties in the entire country, it's important to consider those traditions when talking about health and nutrition.

ACCFB collaborated with Dr. Luz Calvo, a professor at Cal State University East Bay, to develop a new approach called *Decolonize Your Diet*.

"It sends a positive message and acknowledges that good health does not have to be obtained by a Western diet-only viewpoint," Ana Marquez, ACCFB Nutrition and Wellness Associate, said.

Based on Dr. Calvo's cookbook of the same name, *Decolonize Your Diet*, promotes healthy recipes based on

foods indigenous to Latin America and items we frequently have in our warehouse.



"We want to help people feel empowered to make small shifts in how they're eating that make sense to them and are possible," Jenny Lowe, ACCFB Nutrition and Wellness Manager, said.

Our nutrition team is piloting the *Decolonize Your Diet* approach at several of our partner agencies and distribution sites, providing informative materials and recipe cards.

Recipe on back cover! Try the Vegetable Farmer's Soup, created by Dr. Luz Calvo's students at Cal State East Bay. It features veggies grown on small farms across Mexico and Central America.

WE'RE HERE TO HELP.

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



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Nhu cần thực phẩm?**

foodnow.net



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foodnow.net

FOOD BANK HAPPENINGS



Food Banker Ivan delivered a truck of groceries to the Camp Fire victims in Oroville

Responding to the Camp Fire Disaster

At the start of the new year, our Food Bank played a key part — along with other Bay Area food banks — in bringing emergency food relief to victims of the Camp Fire disaster. We provided fresh produce and food boxes for individuals, supplied food for hot meals, and delivered non-food items like hygiene products and diapers.

Working with six regional hunger-relief agencies, our efforts helped more than 1,000 victims. Those numbers continue to grow as word spreads throughout the area.

Food banks play a critical role as emergency responders during

times of crisis — delivering food, water, and supplies to impacted areas. That includes supporting people as they recover from disasters.

We are rooted in this community and will continue providing relief in the coming months and years. As Camp Fire victims begin to pick up the pieces and rebuild their lives, we can ensure food is one thing they won't have to worry about.

Our hearts are with everyone affected by this devastating fire. Because of you, we will continue to provide our support for as long as we're needed.

Community **WARRIORS** get an **A** for supporting neighbors

Major sports figures in our community stepped up recently to join us in the fight against hunger.

From the Warriors, Stephen Curry and his wife Ayesha hosted a special *Christmas with the Currys* pop-up village, where our Mobile Pantry was on-hand with healthy groceries. East Bay families also had access to free services such as vaccines and showers.

Warrior Klay Thompson and his Family Foundation also distributed groceries and toys to students at New Highland Academy and Rise Community School in East Oakland. There, we provided fresh



produce and pantry staples to 200 families.

The A's also lent their support during the holidays. Third baseman Matt Chapman and shortstop Marcus Semien visited us over the holidays to help sort food and learn about our efforts to end hunger.

"We're pretty blessed to be able to play Major League Baseball and be healthy and provide for our families," Chapman told 95.7 The Game, which covered the event. "I think to be able to give back and help some people in need is great."





Vegetable Farmer's Soup

(Recipe by Cal State East Bay "Decolonize Your Diet" students in collaboration with Dr. Luz Calvo)

Ingredients (4 servings)

- 1 cup beans (any variety), rinsed
- 8 cups water
- 1 tsp salt
- 2 tablespoons vegetable oil
- 1 small white or yellow onion, chopped
- 2-3 jalapeño or serrano peppers, minced
- 4 cloves garlic, minced
- Optional additional vegetables:
2 carrots, diced; 2 zucchinis cut in rounds; and/or 1 cup mushrooms, diced
- 1 can green beans, drained
- 1 can corn, drained
- Salt and pepper to taste
- Corn tortillas
- Lime, cut in quarters



Directions:

1. Rinse beans, and place in a pot with the water and salt. Boil for about 1 hour until soft. The beans will be soupy because you will use the bean broth as the broth for your soup.
2. Set aside broth and beans.
3. In a soup pot, sauté onion and peppers in oil for 8 minutes or until soft.
4. Add green beans and corn, and any other fresh vegetables. Stir to combine.
5. Pour in beans with all the broth.
6. Bring soup to a boil and then reduce heat to medium and cook until vegetables are tender and flavors come together, about 20 minutes. If you want a thinner soup, add more water.
7. Season to taste with salt and pepper.

Serve with corn tortillas and a squeeze of lime.

This recipe tastes great with pinto beans, garbanzo beans, red beans, or white beans. People who eat beans regularly have lower rates of heart disease, diabetes, and some cancers.

🕒 PREP TIME: 15 minutes

🕒 COOK TIME: 1 hour and 30 minutes

🕒 TOTAL TIME: 1 hour and 45 minutes



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 _____

Email _____

Please charge my gift to my:

☐ Visa ☐ MasterCard ☐ AmEx ☐ Discover

Card # _____ Exp. Date _____

Name on Card _____ Sec. # _____

Signature _____

Please make check payable to:

Alameda County Community Food Bank (or "ACCFB")

P.O. Box 30757

Oakland, CA 94604-6857

Donate online at www.accfb.org

NLSPR19

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