



ALAMEDA COUNTY
COMMUNITY
FOOD BANK

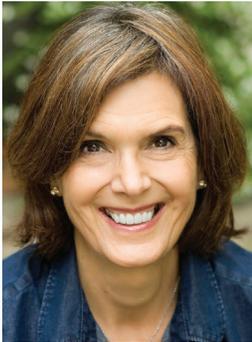
Until everyone's fed

DONOR IMPACT REPORT

SPRING 2019

Your generosity in action

A Welcoming Place for All



Suzan Bateson,
Executive Director

Dear Friends,

Although we serve 1 in 5 county residents, we also face a stark reality: **we don't reach everyone who might benefit from our help.**

We do our best to welcome all, yet recognize there are barriers: stigma, convenience (especially for those who work), and awareness all play roles. Many of us are one missed paycheck away from needing help.

The Camp Fire and government shutdown — as well as the Oakland teachers' strike — were recent instances where we addressed these barriers. **With your partnership, we helped thousands of people in new ways.**

Assuring our community can rely on us during uncertain times requires more than scaling operations. It requires nimbleness, leaning into our expertise, and supporting an environment of innovation so that we can have a greater impact on the people we serve and our communities.

Each of these events — and each new one we'll face in the future — helps us better understand what we're capable of and what we need to do to ensure the health and wellness of our *entire* community.

Your investment in our work is critical. Because of you, thousands more of our neighbors know that when they need help, they will find us to welcome, nourish, reassure, and uplift.

Thank you.

EFFECTS OF GOVERNMENT SHUTDOWN ON FEDERAL WORKERS & CONTRACTORS



62% DEPLETED ALL OR MOST EMERGENCY SAVINGS

49% FELL BEHIND ON BILLS

27% MISSED MORTGAGE/RENT PAYMENT

25% USED A FOOD BANK

YOUR GENEROSITY HELPED EMPLOYEES AFFECTED BY THE SHUTDOWN

1,200+
HOUSEHOLDS SERVED



21,705 POUNDS OF PRODUCE
19,606 POUNDS OF GROCERIES



35,000 MEALS PROVIDED

THANKS TO YOU, WE HELP COMMUNITIES HIT BY DISASTERS

Second Responders: Stepping Up and Stepping In



This year, our Food Bank has already played a key role in providing emergency food relief for two major crises in Northern California: the destructive Camp Fire and the federal government shutdown.

For the devastating fires, we drew on our disaster response experience and immediately coordinated efforts with fellow Bay Area food banks, which have an emergency plan in place to coordinate and concentrate support in times of crises — including out-of-service areas such as Paradise. Our Food Bank provided fresh produce and groceries, supplied food for hot meals, and delivered non-food items like hygiene products and diapers. **We helped more than 1,000 victims,** and those numbers continue to grow as word spreads throughout the area.

During the government shutdown, we sprang into action as soon as the news hit. Volunteers assembled grocery bags full of farm-fresh produce and shelf-stable staples to provide wholesome meals. Our warehouse team made daily deliveries across the

county from Albany to Oakland to Dublin. And, government employees came to the Food Bank to pick up food and apply for CalFresh (food stamps). In just two weeks, we provided 35,000 meals to more than 1,200 federal employee households — many of whom never before needed Food Bank assistance.

ONE LESS WORRY

The high cost of living in the Bay Area puts a strain on many families' budgets, and many are one paycheck away from catastrophe. That's never been more evident than during these crises.

Food banks play a critical role as emergency responders, which includes supporting people as they slowly work to recover.

Because of you, our Food Bank is fully-prepared to respond to the next disaster. We will continue providing relief in the coming months and years as fire victims and federal workers pick up the pieces and rebuild their lives.

Thank you.



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

YOUR GENEROSITY PROVIDES MEALS AND HOPE FOR SO MANY

Inspiring an Entire Community



“When one is hungry, all are hungry.”

Temple Sinai’s Rabbi Emeritus, Steven Chester, is reminded of this phrase when he thinks about uplifting our community. He’s as passionate as we are about ending hunger, which is why he’s supported ACCFB for more than two decades.

Through serving on our Board of Directors, volunteering, and fundraising, Rabbi Chester’s dedication has improved the lives of thousands of East Bay families.

“All of us have a responsibility, if we have the ability, to help people put food on the table,” he said.

Rabbi Chester takes that responsibility seriously, evidenced by countless ways his vision has impacted our work – including the annual High Holy Days Food Drive (HHDFD), which he spearheaded by putting out donation barrels during Rosh Hashanah services more than 20 years ago. The drive was so popular it grew into a countywide effort, **collecting more than 310,000 meals** worth of food.

And Rabbi Chester’s efforts like the HHDFD are just the beginning. He’s inspired countless Temple Sinai congregants to support us in their own ways.

“His work was first brought to our family’s attention as he talked about the HHDFD,” said congregant Jill McCleary. “His leadership inspired even the youngest in our family.” When it came to choosing a project for her Bat Mitzvah, Jill’s daughter chose to run a neighborhood food drive for ACCFB.

And, in addition to being a longtime supporter,



Rabbi Emeritus Steven Chester attending our Empty Bowls event

Jill herself has applied her professional skills as a volunteer, including helping create the Food Bank’s new website.

20 YEARS. \$1 MILLION.

Rabbi Chester’s inspiration compelled another congregant, Dan McClosky, to step up more than 20 years ago after reading about a holiday food shortage.

In 1998, Dan started a fundraising effort among fellow congregants to buy turkeys. More than two decades later, the Holiday Dinner Drive (HDD) has grown to 10 congregations supporting ACCFB.

This last holiday season, the HDD hit a major milestone: **its one millionth dollar raised for ACCFB and providing thousands of holiday meals.**

While it would be impossible to quantify the support Rabbi Chester has inspired, we know one thing for sure: His legacy will last for decades.

Thank you, Rabbi Chester, for all you do for our community.

THANKS TO YOU, COLLEGE STUDENTS CAN ACHIEVE THEIR GOALS

Equity & Inclusion: The Pathway to Academic Success



“What do you know about the students in your classroom? If you were to develop a formula for student success, what would it include?”

Sheila Burks encourages faculty and administrators at Cal State University East Bay to consider these questions.

As the Community Development Manager at ACCFB, Sheila spearheads our equity and inclusion work, a vital part of our efforts to address poverty and racism as root causes of hunger.

She has worked closely with CSU East Bay for four years and helped the college develop programs and policies that better support students.

“Many of our students are at the poverty line. Many are first in their family to go to college,” said Mary D’Alleva, Director of the Center for Community Engagement at CSU East Bay.

Students at CSU East Bay face unique circumstances more frequently than at most universities. They’re older; the average age of an undergraduate is 24. Nearly 70 percent work and spend more time at jobs than in classes or on homework. **Nearly half are food-insecure.** These factors make learning

significantly more challenging.

Sheila shares *Bridges out of Poverty* presentations for faculty and staff, inviting them to consider the different experiences of students when counseling them about their path to success.

“It’s become a cultural educational moment for our university,” D’Alleva said.

D’Alleva said *Bridges out of Poverty* inspired the university to take significant steps to better serve students. They stopped taking a ‘one-size-fits-all’ approach to education and instead want to empower students with the ability to learn, taking into consideration their lived experiences.

“Sometimes, we need to pause, take a deep breath, and think about the world as it can be – not as it is.”

To help students thrive, our Food Bank partnered with CSU East Bay to open a food pantry on campus and a kiosk filled with healthy snacks in the library. Students are now able to apply on campus for CalFresh (food stamps), providing funds for groceries. The school provides clothing for students going on job interviews and dorm rooms for homeless students. And, administrators have boosted programs that provide mentorship.

“For many CSU East Bay students, navigating through to graduation is not an individual pursuit – it’s a community endeavor,” Sheila said. “Sometimes, we need to pause, take a deep breath, and think about the world as it can be – not as it is.”

CSU East Bay students picking up groceries from their school food pantry



WITH YOUR SUPPORT, WE CAN ALL HAVE A HEALTHIER FUTURE

Prescription for a More Nourished Community



Over the last two years, our food bank has taken on an increasingly important role in community health as a foundational element to improving people's lives. Our health programs leverage our expertise in research and food insecurity to **find innovative ways to deploy nutritious food to manage health, improve care, and prevent illness.**

In addition to our programs to improve outcomes for diabetic and prediabetic clients (see Daisy's story on the next page), our Research and Nutrition Departments are also working to fight hunger on a systemic level.

Through our partnership with All-In Alameda County, we are working directly with community clinics and other healthcare partners to provide on-site food pharmacies. There, **patients can pick up the food they need — whether it's prescribed by their doctor or because they are food-insecure.**

Our Food As Medicine (FAM) program links food access to primary care practices. Patients with specific medical conditions or who are food-insecure are provided with foods that can improve their health. Our research team is also in the midst

of developing a FAM toolkit, which is a step-by-step guide for community health clinics that want to incorporate FAM initiatives into their practices. The toolkit will be publicly available later this year.

We have been piloting a new program with Kaiser Permanente to alleviate hunger for their patients. Our joint pediatric program, which recently launched, screens patients for food insecurity during their visits. If a patient is determined to be food-insecure, they immediately receive a bag of food and additional resources.

Nutritious food is the foundation of good health, yet healthy foods are very expensive or unavailable for families we serve. This nutrition gap has compounding effects beyond health, such as poor academic performance or difficulty finding work. **Addressing the resulting health and economic disparities benefits the individual and the entire community.**

Thanks to your support, we continue to innovate and strengthen our health care programming so that everyone in our community has the opportunity for a healthier future.



Food Bankers with community clinic and health care partners collaborate about Food As Medicine.

YOUR GIFTS IMPROVE PEOPLE'S LIVES

Preventing Diabetes Throughout Our Community



As a busy mother of two, Daisy rarely took time to focus on herself. But when she found out her sister was prediabetic, it was a wakeup call for Daisy as well.

"I couldn't believe it. Diabetes doesn't run in my family," she said. "I don't want to get it."

Diabetes affects thousands of people throughout Alameda County. In fact, 1 in 5 of our client households has at least one member with diabetes or high blood pressure. A 2016 report by the UCLA Center for Health Policy Research **estimates half of all California adults are prediabetic.**

In 2017, Alameda County Community Food Bank was the only food bank in the country selected to participate in a pilot project to improve the health of people like Daisy. With the help of a national grant through Feeding America, we launched the Diabetes Prevention Program (DPP).

"People were curious to find out their risk," Martha Guerra-Orozco, Food Bank Research Coordinator, said. "When we screened for prediabetes, we found a lot of people's blood sugar levels were higher than they should be."

Our team screened over 450 clients and enrolled 248 people in the study. Overall, 65 percent of Food Bank clients screened were eligible and at high risk for prediabetes based on the Centers for



Daisy, Food Bank client and Diabetes Prevention Program participant

Disease Control and Prevention's risk tool.

For one year, program participants picked up diabetic-friendly food packages monthly, received frequent educational text messages, and had the option of enrolling in a community-based DPP class.

While volunteering at one of the Food Bank's distributions, the word 'prevention' caught Daisy's attention. She decided to get screened.

After learning she was at risk, Daisy became vigilant about what she was consuming. Since enrolling in DPP, she's changed the way she cooks for her family by making healthier dishes. Daisy said her entire family has lost weight from incorporating new foods, like brown rice and black beans that she gets from the Food Bank, into their meals.

"I'm feeling really, really good," she said. "I need to take time for my health. I want to be here for my children."



Make Your Legacy Her Future

When you include Alameda County Community Food Bank in your estate plans, you are making a lasting impact on the lives of our neighbors. Whether you are considering a simple bequest, designating a beneficiary for retirement assets, or setting up a trust, we can help you explore options.

To learn more or to join our Will To End Hunger Legacy Society, contact Anjali Englund at (510) 635-3663 ext. 379 or aenglund@acfb.org.



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