



ALAMEDA COUNTY  
**COMMUNITY**  
FOOD BANK

# **DONOR IMPACT REPORT**

SPRING 2020

*Your generosity in action*

## Until *Everyone's Fed.*



Suzan Bateson,  
Executive Director

If you've been in our circle for even a short time, you've probably heard me say, **"If hunger can be solved anywhere, it's Alameda County."**

As I'm writing this, on the eve of our 35th anniversary, I'm even

more certain that this is true and achievable.

Anniversaries are funny things. Needing to ensure people have food (i.e. people going hungry) isn't something to "celebrate," really.

The last time we commemorated a milestone anniversary, in 2015, we were struck by the organization we'd grown to be over 30 years.

As I look at the accomplishments we lauded at the time and at what's happened since, one thing stands out: ***we were just getting started.***

With your support, we've become a Food Bank that leads national research studies on how food can be a medical intervention. We're paving the way for others to play a critical role in anti-poverty legislation. And, in an area where hunger disproportionately impacts people of color, we're

working with like-minded organizations to fight racism and economic exclusion.

When I say I've never felt more certain that if hunger is solvable anywhere, it's here – I mean something very specific.

Certainly, we have a passionate, progressive, and caring community. Thankfully, we operate in a well-resourced, generous region.

**We've become a Food Bank that leads national research studies on how food can be a medical intervention ... [and] in an area where hunger disproportionately impacts people of color, we're working with like-minded organizations to fight racism and economic exclusion.**

But, more than anything, *you* – our supporters, our partners, our advocates – inspire us. You push us every day to be and do better.

We've learned in 35 years of work that our community truly can end hunger, and will help us do what it takes to get there.

It's an honor and a pleasure to be at the forefront of this work, with you.



**Knebulous,**  
age 4

## Make Your Legacy His 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@accfb.org](mailto:aenglund@accfb.org).**

# YOU MAKE IT POSSIBLE TO UNDERSTAND - AND FIGHT - HUNGER

## The Changing Landscape of Hunger



You've probably read this startling fact: 1 in 5 Alameda County residents are experiencing or at risk of hunger.

The data comes from a groundbreaking study by the Food Bank and Urban Institute (UI), a policy and research organization. It's the deepest look at food insecurity and moderate food insecurity in Alameda County ever conducted.

Among the study's findings is the importance of learning not just about food insecure neighbors, but also about neighbors who are considered "marginally" food secure – i.e. people at severe risk, yet have traditionally been left out of important hunger studies. This newly looked-at group holds critical information to anticipating new or emerging areas of need.

The cost of living in Alameda County makes it extremely difficult to make ends meet. Households who are struggling here tend to be younger than national averages, and more likely to be married and have children in the home.

This research confirms that even though they're working, many families are one emergency away from making decisions between paying for rent or healthy food. In fact, **nearly half of food insecure neighbors have incomes too high to qualify for CalFresh** (food stamps). In other words, nearly 50

percent of people struggling with hunger can't access the very benefits that would alleviate it.

That is, of course, where we come in.

Hunger is spreading, with emerging areas of need in communities like the Tri-Valley and Hayward. It's a finding that changes how we approach traditional hunger relief. It's also the reason our 270+ agency partners are more important than ever, helping us reach neighbors in every pocket of our county.

"Before this analysis, we lacked insight to understand the full landscape of food insecurity," says Kate Cheyne, Associate Director of Research at ACCFB. "We're using this information to help us prioritize the most vulnerable communities while also reaching households we might not traditionally reach."

Funded by the Stupski Foundation, the report illuminates a number of areas of opportunity for the Food Bank to explore as we develop new solutions to meet the growing unmet need.

Thanks to your support, we'll continue learning about neighbors who need our help and find new ways to fight the changing landscape of hunger.

To read more about the Urban Institute study, visit [www.accfb.org/impact/research](http://www.accfb.org/impact/research).

### 1 IN 5 ALAMEDA COUNTY RESIDENTS EXPERIENCES HUNGER

Food Insecurity Population: Alameda County



54%

HAVE A CHILD PRESENT IN THEIR HOME

40% Nationwide



17%

HAVE HOUSEHOLDS AGE 60 OR OLDER

25% Nationwide



42%

HAVE INCOME GREATER THAN 200% OF THE FEDERAL POVERTY LINE

32% Nationwide

## YOU ARE HELPING US MEET OUR NEIGHBORS' NEEDS

### Why Bobby Yearby Supports ACCFB



For Bobby Yearby, giving back is imperative.

"The need is great," he said. "Look at the rent that people pay for a one-bedroom here, plus the cost of gas, and then throw food on top of that. The ends aren't meeting."

Bobby has been a donor for more than 15 years after learning about our work through his fraternity brother. He wanted to see our facilities for himself, and after visiting the Food Bank for the first time several years ago, Bobby was blown away.

"The scale of what's happening here is not what I had expected," he said. "When you think about the actual tonnage of fruits and vegetables you're able to pack, bag, and distribute to folks within days, that's really impressive."

It was on that day that Bobby decided to become a volunteer. He signed up for a shift and came back four times in one week. He now regularly brings in groups from his fraternity.

**"When you think about the actual tonnage of fruits and vegetables you're able to pack, bag, and distribute to folks within days, that's really impressive."**

Bobby continues to find new ways to deepen his support. Last year, he organized a Virtual Food Drive (VFD). He set a goal of \$300, but after sharing



**Bobby bagging apples at the Food Bank's Community Engagement Center**

the link on Facebook, he raised \$1,700 – enough to help provide more than 4,000 meals.

Bobby is committed to our mission, and says he donates his time and money simply because helping others and giving back makes him feel great.

"Hunger is not something people walk around and talk openly about. If you know that you can help someone, you just do it because it's the right thing to do," he said.

Thank you, Bobby, for your inspirational commitment to ending hunger.

THANKS TO YOU, WE'RE NOURISHING FAMILIES

## Improving Our Neighbors' Health and Lives



The results are in: food banks can make an impact on preventing serious illness, according to our Diabetes Prevention Project (DPP). The study's striking results were recently published in the Centers for Disease Control and Prevention's *Preventing Chronic Disease Journal*.

In 2017, we were the only food bank in the country selected to participate in the pilot project to help prevent people at risk of developing diabetes.

The study found participants had *significant improvements* in food security, fruit and vegetable intake, physical activity levels, and mental health.

For Maria, a DPP graduate, the program helped her take her health into her own hands.

"I wanted to learn more and get healthier for my kids," she said.

**70 percent of all clients we screened were at high risk for developing type 2 diabetes.**

Throughout the program, our team screened more than 450 clients and enrolled 244 people at risk for prediabetes. Participants received diabetes-friendly food packages, health care referrals, and nutrition and fitness education.

Maria said what she learned through DPP led to lifestyle changes for her and her family. She lost weight, has more energy, and changed the way she cooks.

"This study demonstrates food banks can be effective partners in reducing risk factors for diabetes in high risk populations," said Kate Cheyne, Associate Director of Research at ACCFB and co-author of this study.

These achievements are fueled by your commitment to our mission. And, it's imperative that we continue this work considering 70 percent of all clients we screened were at high risk for developing type 2 diabetes. Through funding from the City of Oakland Soda Tax, we're organizing several cohorts through our Oakland partner agencies.

To learn more about our research, visit [accfb.org/impact/research](http://accfb.org/impact/research).



**Maria, Diabetes Prevention Project participant**

TOGETHER, WE'RE MEETING COMMUNITY MEMBERS WHERE THEY'RE AT

## Expanding Our Services Through Partner Agencies



Between working and taking care of her children, Maria is busy. She and her husband both work, but often, it's not enough to make ends meet.



**Maria receives groceries from the Food Bank's Mobile Pantry Program while waiting for her son, Julio, to get out of school**

"Sometimes we go through tough moments when we're counting pennies, so the Food Bank helps a lot," she said.

With a packed schedule, though, it's often a challenge to find a pantry that's open when Maria is free.

The issues clients face in accessing healthy food demand that we find creative and innovative solutions. According to a study by the Food Bank and Urban Institute (page 3), Maria's family is like many others in our community.

We learned that sometimes a pantry's schedule or location poses a barrier to our neighbors who

could use our help. Students are in school, parents are at work, and seniors don't always have reliable transportation.

***With your support, we're turning these insights into action.***

We're enthusiastic about our partnership with Berkeley Food Network (BFN). The organization is taking a fresh approach to serving our community.

"The traditional model of food pantries has challenges because they can be inaccessible for some people," said Sara Webber, co-founder of BFN.

BFN saw an opportunity to evolve the model to better address neighbors' needs. They've become a Food Bank hub for Berkeley. By opening their own warehouse in September, a kitchen to create ready-to-eat meals, and having on-site food distribution, BFN is able to reach about 6,500 neighbors every month.



**BFN volunteers get ready for a food distribution**

Through our partnership with BFN, we're able to deepen our impact in Berkeley and meet the emerging need. It's a model we hope to recreate so we can reach more people experiencing hunger and improve lives.

WITH YOUR SUPPORT, WE CAN MAKE SURE *EVERYONE* IS COUNTED

## Down for the Count: Why the 2020 Census Matters



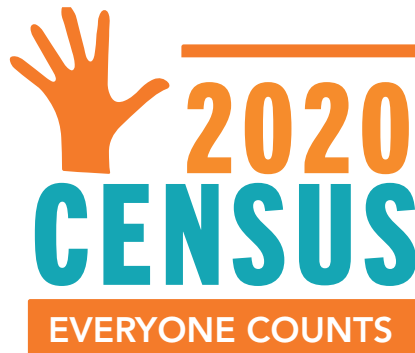
Once a decade, America comes together for the U.S. Census, the country's primary method of accounting for every member of our diverse community. For a hunger-relief organization like the Food Bank, the Census is critical because of the data and funding it enables, especially since it only happens once every 10 years.

This year's Census is especially important: if our county is undercounted by even 6 percent, **we face a \$1 billion loss over the next decade**, affecting funding for essential resources like schools, roads, and CalFresh (food stamps). 2020 also marks the first-ever digital Census.

With so much at stake, it was evident we needed to increase our efforts – for the sake of the 1 in 5 neighbors we serve. That's why we've partnered with the County of Alameda to ensure a full, fair, and accurate count.

"The Census is everyone's opportunity to have representation in our government. By getting counted, we can more effectively advocate for increased resources to end hunger and prevent future poverty for the next generation," said Alex Boskovich, Government Relations Officer at ACCFB.

Through grants from the Alameda County Complete Count Committee and Bay Area Census Funders Collaborative, we're deepening our outreach efforts to ensure everyone in our community is accounted for, including those



who are hard-to-count. As a Census "Questionnaire Assistance Center", the Food Bank serves as a community hub, sending regular Census-related policy updates, convening key community partners, and coordinating multilingual Census materials to distribute at our Mobile Pantries

and in food bags. And soon, we'll be making thousands of calls to community members needing nutrition assistance and providing education about the importance of Census participation in funding anti-poverty programming.

**"The Census is everyone's opportunity to have representation in our government. By getting counted, we can more effectively advocate for increased resources to end hunger and prevent future poverty for the next generation."**

With your support, the 2020 Census offers a unique opportunity to make a powerful policy impact that lets our legislators know that *everyone counts*. Reach out to our policy team at [census@accfb.org](mailto:census@accfb.org) to learn more.



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**COMMUNITY  
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Until everyone's fed

7900 Edgewater Drive, Oakland, CA 94621  
(510) 635-3663 | [accfb.org](http://accfb.org)

MEMBER OF  
**FEEDING  
AMERICA**