

Healthy Living



Emergency Food Bank
AND FAMILY SERVICES STOCKTON / SAN JOAQUIN

Feeding hope, fighting hunger for 41 years in San Joaquin County



Spring 2013

Food, Nutrition, Health & the Emergency Food Bank

Faces of the Emergency Food Bank

New Team Guides Organization to New Successes!



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Volunteer or take a tour!

To volunteer, or take a tour of the food bank, call 209.464.7369, or email info@stocktonfoodbank.org.

Welcome! To Stockton/San Joaquin Emergency Food Bank!

From the Board Chair, John Christian:

Just a little note to THANK YOU, San Joaquin county's community, and to ask for your on-going help!

It is extremely gratifying to see the outpouring of support the Emergency Food Bank received over the past holiday season. There has been a steady rise of clients at the Food and the numbers are up 30-35% over previous highs. Yet, the community responded by throwing its efforts behind the Holidays. Many volunteers, schools, businesses, organizations and individuals jumped by also staging food drives, making financial contributions or donating holiday food. Thank you!

Your backing allowed our agency to provide turkeys and holiday food baskets to over 4,000 families and seniors, as well as provide additional food for daily living.

The need continues and we have concerns that by the spring 2013, food bank clients will rise to the point where we will be stretched beyond abilities to increase food supplies as well as our ability to gather and distribute it.

There is no crystal ball in which to gaze and see what is to come. However, hunger takes no holiday.

Therefore, we will need to be ever diligent and continue to ask our residents, businesses, the faith-based and public sector to join hands in 2013 and help continue to address hunger and food-insecurity. Please think of this need throughout the year and do what you can. You and your efforts are sincerely appreciated.

Again, thank you for all of the generosity you have shown during the holiday season! Every dollar count, even if you send just a five dollar donation you are feeding families and seniors in our community.



From the Exec. Director, Rebeca Knodt:



and services that meet the needs of the public that we serve.

In the past year, the Emergency Food Bank have been able to provide emergency food services and nutrition education to 138,000 people in the county, and distributed over 6 million pounds of food.

However, our goal is to go beyond the emergency food, and to help the working poor families and seniors, with information and guidance in how to eat healthy in spite of their limited budget, and how to access existing services in the community.

Navigating the existing organizations in the county and its programs can be a big challenge. Nevertheless, the Emergency Food Bank, is committed to continue developing and growing the relationship with other organizations to support our clients, by providing awareness of existing services and opportunities to satisfy their immediate needs.

In these continued difficult economic times, working with other organizations, and including partner services providers is the way to help and build important services for our community.

At the Emergency Food Bank and Family Services of San Joaquin County, our goal is to provide resources and leadership to programs

For more information please contact Becky at rknodt@stocktonfoodbank.org

Our Mission Statement

To build a stronger community by providing a safety net of food, nutrition and health education, job training and hope to residents of San Joaquin County who find themselves in an emergency situation.

Board Members

John Christian, Board Chair
Asset Manager, Air Products & Chemical

Ken Mullen, Vice Chair
Asst. Vice President/Controller,
University of Pacific

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Anna Martin, Secretary
Family & Consumer Science Advisor, UCCE

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Dena Rupert, Member
Retired Educator

Jennifer Williams
Attorney, Downey Brand Attorneys LLP

Tony Vice, Member, Sergeant of Ams
Owner, Fleet Feet Sports

Vanessa Van Raub

Food Bank Wish List:

Food items:

- Canned chicken
- Canned fish
- Canned meats
- Canned vegetables
- Fruit
- Cereal
- Pasta
- Rice or dried beans
- Maccaroni and cheese
- Soups, canned or mixes
- Peanut butter

Vehicles:

Donate your truck or car! We'll turn them into cash for food and nutrition!

Specifically: Used cars, trucks of any type/conditions, 2000, newer 10-14 foot Box Van

Office Equipment:

New or nearly new Pentium 4 Desktop Computers and Monitors.
Laptops any brand

Call the Food Bank, 209.464.7369; or email to:
info@stocktonfoodbank.org

Meet Our New Team!

“Feeding Families in Need Has Its Rewards”



Rebeca Knodt



Anna-Marie Poggio



Nancy Vincelet



Pete Mata



Maria Venegas



Kisha Thompson



Jimmy Garza



Darrin Brant



Angela King

Our Food Bank Operations

People from all walks of life in neighborhoods throughout San Joaquin County can find themselves unable to afford all the food they need, and our wide variety of programming is designed to meet people right where they are. Our on-site pantry and our partnerships with housing sites, schools, community centers, and churches ensure that food is accessible at a variety of times and days of the week.

When the Emergency Food Bank and Family Services sends food out into the community, we thoughtfully consider who is going to consume the food, and our responsibility in encouraging good nutrition. By ensuring the food is healthy and fits the diets of those in need, we avoid wasting food and the experience is respectful of the people we serve.

More than 70 percent of the 6 million pounds of food distributed in FY 2012 went out to the community through our Mobile Farmers' Market, and neighborhood pantries. The pantries are located throughout San Joaquin County. Different locations serve different types of people – small

families, large intergenerational families, individuals and seniors.

No matter where the pantry is located, on where our Mobile Farmer's Market goes, the Emergency Food Bank works to make sure there is enough food to feed everyone in need, and that everything is appropriate for their age, and cooking ability of the particular community being served.

Putting it all together: warehouse operations

But all this planning means nothing unless you have someone to gather the food together. Having received the donations from our local markets and distributors Jimmy Garza, our warehouse manager, and his team of volunteers look at the list of pantries and our on-site clients, and gather the food from throughout the warehouse.

The forklifts and pallet-jacks travel through the warehouse, quickly assembling neat piles of food needed for distribution. Jimmy works hard to make sure everything is accounted for, is in good quality, and looks presentable.

We, at the Emergency Food Bank, are very proud of the operation we run, and the quality of services we provide to

our clients. We recognize that any one, at any time could be in need of the services our organization provides.

Remember, we need your help and your donations all year round, not only during the holidays. People are in need and hungry all year long. The

Emergency Food Bank struggles the most during the months of February through October. Please help us during these months!

Contact the Food Bank:

Rebeca Knodt

Executive Director
rknodt@stocktonfoodbank.org

Nancy Vincelet

Bookkeeper
bookkeeper@stocktonfoodbank.org

Kisha Thompson

Mobile Farmer's Market Educator
mfm@stocktonfoodbank.org

Darrin Brant

Nutrition Education Coordinator
dbrant@stocktonfoodbank.org

Maria Venegas

CalFresh Outreach Coordinator
mvenegas@stocktonfoodbank.org

Jimmy Garza

Warehouse/Transportation Manager
jgarza@stocktonfoodbank.org

Anna-Marie Poggio

Fund Development and Events Coordinator
amarie@stocktonfoodbank.org

Pete Mata

Food Development Coordinator
pmata@stocktonfoodbank.org

Office Hours

7 W. Scotts Avenue
Stockton, CA 95203
Mon. - Fri. - 8 AM to 3:30 PM.
Phone: (209) 464-7369
Fax: (209) 464-0309
www.StocktonFoodBank.org

Mobile Farmer's Market Visits over 58 Locations Each Month!



Darrin Brant
Nutrition Coordinator

The Mobile Farmer's Market (MFM) program is essentially a farmer's market on wheels, and serves 58+ sites in the Stockton and San Joaquin County through nutrition education, chronic health disease prevention, and healthy fresh fruits and vegetables to underserved/low-income individuals and families. The Stockton and San Joaquin County area suffers from a high unemployment rate. This coupled with the rising cost of food has put a strain on individuals and families ability to purchase healthy, nutritious food items.

Since 2007, the program has progressively grown and reaches over 25,000 families, children, and seniors annually. With two nutrition educators, the program visits Title One schools, Head Starts, senior centers, community centers, nonprofit resource centers, and enables participants to access free nutrition workshops while providing free access to much needed fruits and vegetables! Many participants have a hard time gaining access or funds necessary to acquire fresh fruits and vegetables on a daily basis.

Seeking to see health disparities decrease in San Joaquin County the Mobile Farmer's Market Nutrition Educators, Darrin Brant and Kisha

Thompson, present a healthy recipe demonstration to clients monthly. These recipes highlight ways chronic health diseases could be prevented through healthy eating and the utilization of consistent fresh produce consumption. Allowing clients to sample the recipes creates a fun and interactive experience with nutrition awareness!

“The program provides the community with healthier food options”

The overall goal of the program is to see members in our community live healthier more productive lives while lessening their risk of chronic health diseases through expanded nutrition education and increased access to fresh fruits and vegetables.

The following is a list of the program's sites in San Joaquin County. Please contact Darrin Brant or Kisha Thompson for more info and to locate a site near you.

Mobile Market Sites in San Joaquin

*Arnold Rue Community Center
Beckham School-Lodi
Boggs Tract Center
CARE Escalon
Casa Manana
Clairmont School
Cleveland School
Community Center for the Blind
Conway Homes
CPFF- Lodi
CPFF-Diamond Cove II
CPFF-Villa Monterey
CUFF Family Resource Center
Delta Health Care-Lodi
Delta Health Care-Sierra Vista
Delta Health Care-WIC Stockton
Franco Senior Community Center
Garden Acres Community Center
Head Start- Escalon
Head Start- Fremont St.
Head Start- French Camp
Head Start- Grace Methodist
Head Start- Lathrop
Head Start- Manteca
Head Start- Ripon
Head Start- St. Gertrude's Church
Head Start- Tracy
Heritage School*

*Jene Wah, Inc.
Joe Serna School- Lodi
King School
Lao Khmu
Larch Clover Community Center
Lathrop Senior Center
Lawrence School- Lodi
Lockeford Community Center
Lodi Community Center
Loel Senior Center and Gardens
Lolly Hansen Senior Center
Manteca Senior Center
Manteca Valley CAPS
McKinley School
Mercy Housing
Mommy and Me
Montezuma School
Northeast Community Center
Oak Park Senior Center
Our Lady of Guadalupe Church
Parklane School
Plymouth Place
Ripon Senior Center
St. Georges Church
Stribley Community Center
Taft Community Center
Thornton Community Center
Wellness Center
West Lane Oaks Family Resource Center
Wysteria*

Food Bank Nutrition Classes Help Community Learn to Make Healthy Choices.



Have you ever wanted to learn the basics of proper nutrition and healthy eating? Now you can!

The Food Bank offers free nutrition workshops every Friday from 11:00am-Noon. Covering topics like: meal planning, saving money while shopping for healthy food options, fruit and vegetable consumption, lean protein sources, whole grains, and calcium intake they are designed to give you a chance to build a foundation to live a healthier, more active lifestyle. With high rates of obesity, cardiovascular disease and type II diabetes affecting many Americans, comprehensive supportive services that inform our community about healthy eating with active lifestyles can help raise understanding and possibly prevent future health problems. These nutrition workshops do just that!

The courses vary in length and in material covering different topics outside of nutrition as well. They include budgeting and shopping to help participants understand the importance of good money management. These courses aid participants in acquiring fruits and vegetables in an affordable manner through the use of coupons and good grocery shopping practices. Usually forty-five minutes to an hour in

length, each class is an open forum where participants interact with the nutrition educator engaging in important potentially life-changing material.

Along with these weekly workshops the Growing GREENS/Eating LEAN program also conducts workshops the first and third Thursday of the month at 11:00am. These workshops are centered around incorporating

“The Food Bank offers free nutrition workshops every friday from 11am - 12pm”

healthy eating habits with the utilization of a home-garden. The program gives participants the opportunity to learn skills and tools to create and maintain their own garden at home, under the guidance of the Master Gardener. Looking to expand the program during the spring and summer to possibly

every Thursday, look for more opportunities to be self-sustainably healthy at home!

For more about these programs please visit our website or call our office at 209-464-7369.

Sweet ‘n Tangy Rainbow Salad

Ingredients:

- 1 1/2 cup green cabbage, sliced
- 1 1/2 cup red cabbage, sliced
- 1/2 cup carrots, shredded
- 1/2 cup red bell pepper, diced
- 1/4 cup black beans, drained and rinsed
- 2 Tbsp. fresh cilantro

Dressing:

- 1 1/2 Tbsp. white vinegar
- 1 1/2 Tbsp. olive oil
- 2 Tbsp. lime juice
- 1 Tbsp. honey
- 1 1/2 packets of Sweet ‘n Low (or any sugar substitute)
- 1/4 Tsp. salt
- Dash of crushed red peppers

Directions:

Blanch your cabbage by boiling water and pouring it over your cabbage to lightly soften it. Then run cold water over it immediately after, set cabbage aside to drain and cool. Wash your black beans under running water

and allow them to drain. Combine cabbage, carrots, red bell peppers, black beans and fresh cilantro into a large bowl and mix.

For the dressing combine all ingredients into a smaller bowl whisk together. Give it a dash of crushed red peppers, pour over your salad and enjoy. Recipe modified from: www.ohsheglows.com

Keeping your Kidneys Healthy

The functions of your kidneys’ are to clean the blood by removing waste and excess fluid from the body. But they also help control blood pressure, regulate the body’s mineral and acidity levels and activate vitamin D to strengthen your bone health according to the CDC.

A healthy well-balanced diet with foods rich in vitamins, antioxidant, and regular water consumption may help take the strain off your kidneys. The featured produce for the month is cabbage. Cabbage breaks up free radical cells and helps keep your cardiovascular system strong. It is high in vitamins K, C and fiber. It is naturally low in potassium and phosphorus, protein and sodium. In addition, many studies have shown that cabbage may also reduce your risks of cancer!

Emergency Food Bank's CalFresh Outreach Program Helps you sign up for CalFresh and put Healthy Food on your Table.

Maria Venegas
CalFresh Outreach
Coordinator



For many years the Federal Food Stamp Program, currently called CalFresh in California, has proven to be the largest antipoverty program in the country as well as one of the most underutilized nutrition programs in California. In San Joaquin County it is estimated that there are about 60,769 income eligible households that are not participating in the program.

According to the California Policy Advocates this low participation is due to several challenges such as negative stigma, misinformation about eligibility, and complicated enrollment process. However, because here at the Emergency Food Bank and Family Services of Stockton/ San Joaquin we know the importance of CalFresh benefits our CalFresh Outreach program has been arduously working to reduce these challenges and create better access to the CalFresh program in the San Joaquin County.

The Emergency Food Bank has been effectively promoting CalFresh to families and individuals by informing them and providing free application assistance in office, over the phone and at partner agencies such as Tracy inter-faith. Today we have assisted 649 food insecure household apply for CalFresh benefits, putting 263,878 Federal

“Emergency Food Bank creates better access to CalFresh for clients.”

CalFresh dollars into the San Joaquin County economy.

Our county Human Services agency (H.S.A) also works hard to create access to the program by opening six off site locations throughout the San Joaquin County where people can apply for benefits and eliminate travel time to the main office in downtown Stockton. These sites are; Kennedy Community Center, Garden Acres Community Center, Northeast Community Center, Boggs Track community Center, Lodi Community Center and Larch Clover Community Center. Moreover, all the efforts for H.S.A and various agencies including the Emergency Food Bank has help increase participation in our county, now ranking 13th among all 58

California counties for CalFresh participation.

If you or someone you know is struggling to put food on the table here is how Emergency Food Bank can help in 3 simple steps:

- Call or walk-in in person to be pre-screen for eligibility. If eligible schedule and appointment to complete application
- Complete your application and put together all required documentation
- Schedule an appointment with an eligibility worker at any of the six community center or an eligibility worker will contact you for an interview over the phone.

For more information on CalFresh Benefits, contact Maria Venegas at (209) 464-7369 or mvenegas@stocktonbookbank.org



Success Story

Maria Matias, her husband and her three children apply for CalFresh Benefits 1/30/2012 since then they have been receiving \$690 in CalFresh Benefits every month.

“Calfresh helps me buy more nutritious food for my children like fruits and vegetables.”

Stay connect with the Emergency Food Bank on Facebook!



[Facebook.com/StocktonEmergencyFoodBank](https://www.facebook.com/StocktonEmergencyFoodBank)



Pete Mata
Food Development
Coordinator

Serving over 138,000 People a Year, Every Donation Counts and Makes a Big Difference.

“The Emergency Food Bank and Family Services has helped families in the San Joaquin County since 1967 and serve over 138,000 per year. Our local pantry provides canned and packaged foods (dry, perishable and frozen) donated from local retail grocery stores and warehouse distributors. We also provide food to several satellite pantries and food banks all over the county. With all these opportunities to give out food to the hungry, your donations to the food bank is desperately needed!

I have recently taken over as the Food Development Coordinator for the Food Bank and am here to serve you as you help us “Feed the Hungry.” Our present needs include; fresh produce (fruits & vegetables), meats (fresh and frozen) and dry pastas. We also accept any and all cash donations from individuals and companies. Remember for every \$1 you donate we can purchase 6 pounds of food to feed the needy families and seniors in our community.

Some of our other opportunities (aside from direct giving of food) can also be through Food Drives and Company cash or grant donations. If you and/or your company wishes to help, please contact me here at the food bank. Pete Mata / Food Development Coordinator (209) 464-7369 or pmata@stocktonfoodbank.org



Ashaki “Lois” Thomas
Volunteer

Volunteer Enjoys Giving Back to the Area.

Ashaki “Lois” Thomas (59) of Stockton is a volunteer here and has been donating her time for about a year now. Lois says, “she enjoys giving back to the community, the way the community has helped her on NUMEROUS occasions.”

She also mentions how volunteering has made her more aware of some of the details necessary for an organization to be able to provide services to

the community. It has also has made her aware of the bigger picture, which is helping others.



Nancy L. Vincelet
Bookkeeper

How to Donate to the Food Bank.

If you wish to make a donation to the Emergency Food Bank you can by visiting us and I will gladly help you.

You can call me Monday - Friday from 8:00 AM - 3:30 PM with any questions regarding information about donations or send me an email at bookkeeper@stocktonfoodbank.org .

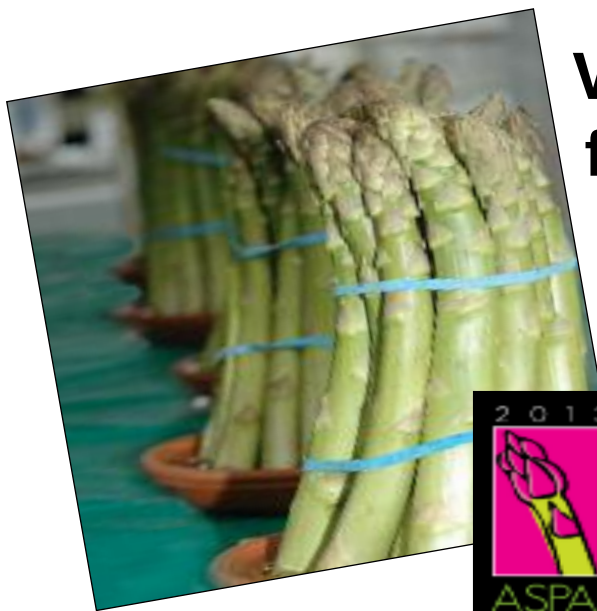
We thank you for all your wonderful support in helping us feed the many

needy families and seniors in our county.

Donate Today!

(209) 464-7369

www.StocktonFoodBank.org



Volunteer for the Asparagus Festival.



The Asparagus Festival is just around the corner and you have an opportunity to be apart of something special. Over the years \$5.8 million dollars have been contributed to local charities directly from the Stockton Asparagus Festival.

Every year thousands of dollars are raised for local nonprofit organizations in San Joaquin County through volun-

teers like you in the Asparagus Alley, home of the deep fried asparagus!

If you would like to volunteer your time or would like more information please contact Angela King at 209-464-7369.

Save the date!
April 26 - 28
Weber Point Event Center



Spring Health Fair at the Food Bank.

Our Spring Health Fair is located at our food bank and you can be a part of it. Over 30 local organizations and businesses are expected to return for this year's event starting at 10a.m. - 1p.m. on April 24, 2013. Drawing close to 250 families in past years, we expect this year's health fair to be a blast!

Previous health fairs have drawn participants such as Walgreens, Kaplan

College, Catholic Charities, YMCA and many others who are more than welcome to share free information and of course FREE giveaways.

It will be a great event to gather information concerning free/low cost services for San Joaquin County residents. Please stop by or contact Darrin Brant to see if you can participate at dbrant@stocktonfoodbank.org.

A special
Thank You!
to our donors...

Clark C.A.R.E.S. Foundation
Darden Restaurants, Inc., Foundation
William & Sherry Glines
Robert & Gladys Ikeda
Monica Catelli
Lodi Junction
Laurie & Jonathan Best
Community Foundation of San Joaquin
Bewley Marilyn
Woodbridge Wines
James Bell Associates
Rosi Ceri Foundation
SPIRIT Club
Stockton Rotary Endowment
The Grainger Foundation
Edwards Family Trust
Jake Kalfsbeek
H.J. Heinz Company Foundation
Clark/McCarthy
Alex & Faye Spanos
Lanie Albrecht Foundation
Crete Family Foundation
Mayaco Marketing & Internet



San Joaquin Bike Festival – Bike to Feed the Hungry.

Starting at 8:30 am at the University of Pacific campus at the DeRosa University Center, the Bike (or Hike) to Feed the Hungry brings the community together to celebrate health and promote active lifestyles in Stockton.

Registration is from 7:00 to 8:30 a.m. Bikers and Hikers will start at 8:30 a.m. Beginning and ending at the University of Pacific campus, this event will feature three scenic biking courses of varying length throughout Stockton (two on the Calaveras Bike Trail) and a

walking or biking option through historic housing areas, down to the Stockton Ports baseball park. Proceeds benefit the Emergency Food Bank and Family Services.

A Get Fit! Stockton Fitness and Health Fair will be offered to participants and the public from 8:00 to 12:30 am. Participants receive cool t-shirt and full BBQ lunch. See www.stocktonhikeandbike.org; for more information, please contact us at (209) 464-7369, or amarie@stocktonfoodbank.org



AVENUE of the VINES half marathon & 5k

7th annual Avenue of the Vines Half Marathon & 5K. Sunday, May 19th.



Starting and finishing at the award winning Woodbridge Winery, our flat, fast and friendly half marathon and 5k courses traipse past the beautiful scenery of grape vines and mustard seed in full bloom.

The 7th Annual Kaiser Permanente Avenue of the Vines Half Marathon and 5k benefits the Emergency Food Bank and Family Services. Proceeds generated by this fun event go to help the support the valuable programs of the this organization.

After you enter online, you will receive an automatic confirmation from bazusports.com Be sure to check your junk mail/SPAM folder. Confirmations are often directed to this file by your SPAM filter. Pre race packet pickup will be on Friday may 17th and Saturday may 18th at Fleet Feet Stockton from 10:00 am to 6:00 pm. You can also pick your packet up on race day from 6:00 am to 6:50 am. There is no race day registration.

Woodbridge Winery is located at 5950 E. Woodbridge Road, Acampo, CA 95220. From Sacramento: 99 south to Woodbridge Rd. exit, east on Woodbridge Road to Woodbridge Winery. From Stockton: 99 north to Woodbridge Rd. exit, south on Frontage

Rd, east on Woodbridge Road to Woodbridge Winery.

The half marathon follows country roads just east of Lodi, beginning and ending at Woodbridge Winery. Follow the roads past the beautiful scenery of grape vines and mustard seed in full bloom.

There will be 6 aid stations with water and powerbar fluid replacement drink. The 5k course has the same start and finish with 1 (one) aid station. Entry fee includes parking, commemorative wine glass, wine tasting, mens and womens specific New Balance technical race shirt (shirt sizes not guaranteed), finishers medal for 1/2 Marathon participants, goodie bag, entertainment and post race lunch! Additional wine glasses will be for sale, if you wish to make a set, at Woodbridge Winery tasting room. Woodbridge winery will also be offering a limited edition Avenue of the Vines zinfandel for sale in their visitors center. Only 200 cases are being made so get your bottles early!

Overall men's and women's 1/2 marathon winner (20 and below excluded) will receive their weight in wine! Awards to the top 3 male and female finishers in each age div: 20 and under, 21-29, 30-39, 40-49, ... to 80+. First place in each 1/2 marathon age div. (excluding



20 and under) will receive a custom engraved double magnum wine bottle trophy. First place in each 5k age division (excluding 20 and under) will receive a custom wine bottle trophy. Finishers medals to all 1/2 marathon participants.

Entry fees are not refundable for any reason - including injury. You may not exchange or transfer your entry to anyone else or to another race. Race numbers and timing chips must be worn only by the original entrant. Capital Road Race Management will be providing d-tag Timing. Electronic timing tags are disposable thus no need to return after the event.

Volunteers Needed

The Avenue of the Vines Event is in need of volunteers. We have a variety of positions and times. We are also in need for pre-race day packet pick up and venue set up.

If you are interested in volunteering please contact Anne-Marie Poggio at 209.464-7369 or via email at amarie@stocktonfoodbank.org



Words of Appreciation from Emergency Food Bank Families...Making a Difference!



Robert Seupa, "My wife is an amputee and I am her care-giver. This program has helped us so much. With out this program we would not have the extra fruits and vegetables." Manteca Senior Community Center.



Christina Morinville, mother of two, "My kids love the fruits and vegetables, and we're eating healthy food thanks to the Mobile Farmer's Market." WIC Agency, Stockton.



Lenore Nevarez, retired senior, "The program helps me because I am on a fixed income, both my husband and I are retired and every little bit helps us. Plus we are learning to eat healthy and nutritious foods." Kennedy Community Center, Stockton.

Times are hard and without the food bank, I would probably go hungry.



Joe Hamilton (62) of Stockton is a long time client at the Emergency Food Bank, as well as a volunteer. Joe has received services from the food bank, and has continued to donate his time for about 4 years.

He said he is very grateful for the food and services offered by the Emergency Food Bank. Joe said "My food stamps got cut and because of the economy, money is tight and finding a

full time job is not easy."

Joe said that he is not one to ask for anything and doesn't feel right just taking a free hand out, so he volunteers to give back to the food bank. "It gives me satisfaction to help the needy. I was there," said Joe.



Miss Patty our most loyal volunteer! She is one of the original founder volunteers.



NAIFA - Central Valley Annual Charity Golf Tournament, July 15, 2013.

The National Association of Insurance and Financial Advisors - Central Valley (NAIFA - Central Valley) is hosting its Annual Charity Golf Tournament at Stockton Golf and Country Club.

For the last 36 years NAIFA - Central Valley has donated over \$350,000 to local charities and the last 10 years the Emergency Food Bank has been the beneficiary of this "Premier" golf tournament. You can also purchase raffle tickets for a chance to golf at Pebble Beach.

The package includes golf for 4 at Pebble Beach with carts and two ocean view rooms for two nights. For Sponsorship, golfing information or Pebble Beach raffle tickets please call Becky Knodt or Anna-Marie Poggio at (209) 464-7369, or rknodt@stocktonfoodbank.org or amarie@stocktonfoodbank.org.

Stan Thomas' Community Garden Project.

Showing his vision, strong commitment to the Emergency Food Bank, and based on Stan's favorite Chinese Proverb "If you give a man a fish, he will eat for a day. If you teach him how to fish, he will eat for a lifetime." Stan Thomas has put his money where his mouth is. On March 1st Stan donated \$10,000 dollars towards the total cost of \$22,000 that will be required for the expansion of the Emergency Food Bank community garden.

The garden expansion will cover an area of about 7,000 square feet. This area will be converted into a heaven of fresh products that will yield approximately 20,000 pounds of produce to be grown in a normal growing season. This community garden has been Stan's vision for a long time, and in collaboration with other agencies, this will be accomplished by a certified Master Gardener who will train, supervise, and mentor volunteers, producing a "labor force" for the project.

In addition the project produce will then be distributed to clients families and seniors, thus expanding the capacity of the food bank to reach an even greater number of needy families.

"Thank you Stand Thomas for your dedication, commitment and vision and allowing the Emergency Food Bank and Family Services to create a sense of community pride by growing, harvesting and sharing locally grown organic produce for consumption by our clients." Said Becky Knodt , Executive Director of the EFB. If you would like to help with this project please call Becky Knodt at 209-464-7369 or rknodt@stocktonfoodbank.org.



The Feinstein Challenge. Help Us Help Others! Donate today!

The Emergency Food Bank is participating in the 16th Annual \$1 Million Feinstein Foundation Giveaway to Fight Hunger fund-drive.

The Feinstein challenge offers donors a match in March and April; please mark your checks to credit the EFB!

How can you help? Send your donation of any

amount between now and April 30, 2013)" and specify that it is for the Feinstein Foundation Challenge.

For every dollar received in the two month time period, the Feinstein Foundation will partially match contributions made by donors. -Donations can include cash, checks and food items (valued at \$1.00 per item or pound).

If you have any questions, please contact Nancy Vincelet or drop a note with questions to bookkeeper@stocktonfoodbank.org, thanks for your support for this drive to help our community in this challenging economy!



VOLUNTEER TODAY!

Learn how to get involved today and serve the community!

Volunteers are needed at the Emergency Food Bank — from distributing food to families in need in San Joaquin County to staffing at public awareness and fundraising events!



Emergency Food Bank
AND FAMILY SERVICES STOCKTON / SAN JOAQUIN

Feeding hope, fighting hunger for 41 years in San Joaquin County



Volunteer Today! • (209) 464-7369 • StocktonFoodBank.org