



THE EMERGENCY FOOD BANK'S
Healthy Living



Vol IX, No. 1 - Food, Nutrition, Health and the Emergency Food Bank - February, 2012



CanStruction coming to Asparagus Fest, April 27 to 29, downtown Stockton.....p. 11



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Feinstein Foundation "Challenge Grant" makes March and April the time to give!

The Emergency Food Bank is participating in the 15th Annual \$1 Million Giveaway to Fight Hunger fund-drive.

How can you help? Send your donation of any amount between March 1st and April 30th and specify that it is for the Feinstein Foundation Challenge. For every dollar raised between this two month time period, the Feinstein Foundation will match contributions made by donors. Donations can include cash, checks and food items (valued at \$1.00 per item or pound).

The more you, the donors, give, the more the foundation will give!

San Joaquin County has over 90,000

people living in poverty and over 37,000 of those are children. The Emergency Food Bank has seen a 20% increase in clients during the last year and we attribute that to

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

the economic woes of San Joaquin County.

Founded in 1991 by Alan Shawn Feinstein, the Feinstein Foundation is dedicated to the end of hunger by giving away \$1 million every year to participating

agencies. For more information about the foundation and/or the challenge visit www.feinsteinfoundation.org.

Please mark your donations as the "Feinstein Foundation" in the note area of your check. At the end of February, we'll do a special mailing with a Feinstein Foundation envelope, too.

If you have any questions, please contact Nancy Vincelet or Tim Viall at 209-464-7369 or drop a note with questions to Nancy or Tim at bookkeeper@stocktonfoodbank.org, or tviall@stocktonfoodbank.org. Thanks for your support for this drive!

Virtual food drive lets you shop at home; feed the hungry!

Have you always wanted to donate food to Emergency Food Bank but don't have the time to drop off the donation. Or don't have time to shop at the supermarket for food items. We have made it convenient for donors to be able to donate healthy nutritious items without going to the store or even stopping by our agency. With the click of a button you are instantly able to donate healthy food items through our Virtual Food Drive!



What is a "Virtual Food Drive" you may ask? Well it's a way for you the donor to help us assist families, children and seniors in need with healthy food commodities at minimal cost to you

and to us! We can stretch every \$1 you are able to donate to \$5 worth of food. Our bulk buying power allows us to purchase healthy and nutritious food items that many families,

children and seniors need! *All virtual food drive donations are used to obtain and distribute nutritious food.*

What does my monetary donation purchase?

The Food Bank purchases many of its supplemental food items at whole-sale costs from many local food distributors. Some of the items in the Virtual Food Drive bags include:

- Peanut Butter
- Low-sugar Cereal
- Canned Tuna
- Soup
- Whole-grain bread
- Rice or Beans
- Eggs
- Fresh Produce

Typically these items would be in a \$5 bag, and the more you donate, the more items we can provide our families and

Please see Virtual Food Drive, p. 4

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What a year for the Emergency Food Bank & YOU

A big thank you is due to Stockton and indeed all of San Joaquin County!

The outpouring of support the Emergency Food Bank received over the past holiday season was spectacular. With an increase in clients over 20% from last year, the community responded by throwing its efforts behind the Run and Walk Against Hunger in terms of 3,000

walkers and runners.

Organizations contributed many volunteers, as well. Schools, businesses, organizations and individuals jumped into the battle against hunger by also staging food drives, making financial contributions or donating holiday food.

And, with support from hundreds, we finished our building project, which modernized our food pantry, brought on a Nutrition Education Center and added 2,500 sq. ft. to our warehouse. Thank you!

Your backing allowed our agency to provide turkeys and holiday food baskets to over 3,500 families and seniors, as well as provide additional food for daily living. And, with the new Farm to Family produce program, our supply of fresh fruit and vegetables doubled, to almost 100,000 lbs. per month – so nutritional food supplied to families is way up!

The need continues - we have concerns that by spring of 2012 food bank clients will rise to the point where we will be stretched beyond abilities to increase food supplies and distribute wholesome food to our clients.

On the Monday after the Christmas holiday, 250+ families and seniors lined up for assistance. Later that week – up considerably from the days a few years ago – another 1,100 families were also served. We should not be surprised considering the high unemployment rates and other economic woes in San Joaquin County.

Unfortunately, hunger takes no holiday. We'll need to be ever creative in 2012 to address hunger and food-insecurity. Your efforts are sincerely appreciated; you are helping save lives and improve the health of thousands of families! From our clients, board and staff, a HUGE THANKS!

Contact Tim Viall, our Exec Director, for information at tviall@stocktonfoodbank.org, or call Tim at 209.464.7369.



Tim Ulmer,
Board Chair



Our clients, your support adds up...

- Over **130,000 Stockton/San Joaquin residents** have been served by Emergency Food Bank services in 2011!
- **75% of our client families are employed**; others are retired or are seeking work in a VERY tough job market
- The EFB's **on-site food pantry** served 18% more families in December 2011, vs. same month a year ago.
- Over 25% of our clients are **seniors and the elderly**
- Over 1,500 families are served at our **12 satellite pantries** each month, close to their homes/apartments
- Our **Mobile Farmer's Market** program reaches and additional 2,300 families at 62 county sites each month. Each family receives local produce, recipes, cooking tips
- Our **Farm to Family produce program** brought in over **1.0 million pounds of fresh produce** in 2011
- These are the faces and stories of your neighbors in Stockton/San Joaquin; thanks so much for your help!

Mobile Market's satisfied customers



The Mobile Farmer's Market program visits site at Ripon Senior Center. Clients attend a healthy cooking demonstration; at right, client departs with plenty of fresh produce!



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

Tim Ulmer, Chair Ulmer Photography	Ray Bohmer Advanced H2O
John Christian, Vice-chair, Air Products	Anne-Marie Poggio, SJ Council of Governments
Ralph Womack Past Chair, City of Stockton Peacekeepers	Dena Rupert Retired Teacher, SUSD
Tom Wilson Treasurer, retired	Tony Vice Fleet Feet - Stockton
Anna Martin Secretary, UCCE	Anthony Vignolo, Downey, Brand Attorneys
Chaplain Mike DeToro Port of Stockton	And, seeking several new board members!

Staff:

Federico Navarro, Nutrition Manager	Jimmy Garza Warehouse Manager
Pat Brown & Darrin Brant, Nutrition Educators	Nancy Vincelet, Bookkeeper
Maria Venegas, Cal Fresh Coordin'or	Tim Viall, Executive Director
Yvonne Derby, Food/Resource Developer	And, 25 daily volunteers; we could not do our work without them! Join us by calling 464.7369, or info@stocktonfoodbank.org

Member
California
Association
of Food Banks



Founding member of the
Hunger Task Force for San
Joaquin County and All-
America City, Stockton, CA

7 W. Scotts Avenue
(209) 464-7369

www.stocktonfoodbank.org

Healthy Living is published quarterly, and submissions are invited. Next publication date: early May, 2012, deadline: April 15; to tviall@stocktonfoodbank.org



Tim Viall,
Exec. Director

The Food Bank's Wish List:

Food items:

- Canned chicken, canned fish and canned meats
- Canned vegetables or fruit
- Cereal
- Pasta, rice or dried beans, bagged
- Macaroni and Cheese
- Soups, canned or mixes
- Peanut butter
- Fresh produce!

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

- Used cars of any type/condition,
- 2000 or newer 1 ton Cargo Van
- 2000, newer 10-14 foot Box Van

Office equipment:

Newer Pentium 4 Desktop
Computers, monitors

Call us at 464.7369 if you can help!

Classes, we've got classes for our clients!

Good nutrition and healthy family-meal choices - The Emergency Food Bank offers three distinct courses to help our clients succeed in maintaining healthy lifestyles through proper nutrition:

Nutrition on the Move: Nutrition Class every Friday at 11:00AM: provides basic foundation for healthy eating such as, fruit and vegetable consumption, eating whole grains, protein.

Growing GREENS/Eating LEAN: every other Thursday at 11:00AM: provides gardening and nutrition education to assist our client's own nutrition sustainability with hands on experience in our own demo garden with the help of University of California Cooperative Extension Master Gardener



Food bank clients gather around Darrin Brant, nutrition educator in our Nutrition Education Center for cooking and meal prep tips and fast, easy recipes for family meals; classes are a daily occurrence in the Nutrition Education Center!

program. For insight into these programs, contact Federico; fnavarro@stocktonfoodbank.org.

Our Mobile Farmer's Market program visits 60 county-wide sites each month, offering well over 2,000 families 10 to 15 pounds of fresh produce and inspires them to prep healthy family meals through cooking demonstrations, recipes and nutritional advice!

Check out other classes and events through our calendar online. And, note to other non-profit agencies: we welcome you to use our Nutrition Education Center to host classes for our client families, contact Federico for a v a i l a b i l i t y , fnavarro@stocktonfoodbank.org



**Emergency Food Bank
and Family Services**
STOCKTON/SAN JOAQUIN

Programs of the food bank:

On-site Food Pantry: Unlike most food banks, the Emergency Food Bank's on-site food pantry serves up to 400 families and seniors daily, open five days a week! The EFB works to provide 5-7 days worth of packaged groceries for each family, as often as once each month.

Satellite Pantries: The Food Bank serves as a source of food and nutrition for 9 satellite pantries located throughout San Joaquin County. This is a service to needy families that cannot find transportation to the downtown main Food Bank. These pantries are usually open to their clients one day each week.

Mobile Farmer's Markets and "Healthy Living Nutrition" Education Classes: With two Mobile Farmer's Market vehicles reaching over 65 sites monthly (with fresh produce, cooking demos and recipe tips), and weekly nutritional classes to almost 2,000 families with children, nutrition education is a growing part of our services.

CalFresh (Federal Food Stamp) Outreach Team: The EFB is expanding a team of volunteers and community partners to enroll clients in the Federal Supplemental Nutrition Assistance Program (CalFresh, formerly Food Stamps). By enrolling families and seniors, many can gain hundreds of dollars each month for improved nutrition.

Food to Non-profit Organizations: The Emergency Food Bank supplies some or most of the food and nutrition supplies (at little charge) to many non-profit partner agencies! Saint Mary's Interfaith Services, Gospel Center Rescue Mission, the Child Abuse Prevention Council and many more - almost 1.0 million pounds was shared with these partner agencies in the last 12 months!

Health and Nutrition Fairs: The Food Bank and partner agencies that provide nutrition and health services stage quarterly Health and Nutrition Fairs both on-site at the EFB and at other locations in the County.

Healthy Community Events: In addition to the health fairs, above, we stage the annual Run and Walk Against Hunger (Thanksgiving) and Mayor's Hike and Bike event (June), drawing thousands of families and seniors into healthier lifestyles!

Healthy Living quarterly newspaper: Our bi-monthly newspaper is full of tips on good nutrition, healthy lifestyles and community events.

Job Training and Careers: Each day, the EFB works with 15 to 30 volunteers, many of whom use the experience to get good jobs!

To get involved in these programs, or to volunteer, call the Emergency Food Bank, 209-464-7369!

Nutrition Education Center finished, remodeled food pantry now open, added warehouse space done!

The Emergency Food Bank has completed our Nutrition Education Center and the remodel of our food pantry. Along the way, we also added 2,500 sq. ft. of needed warehouse space to house up to 1.6 million additional annual meals!

In recent years, the EFB's weekly client count has more than doubled. Our dated food pantry and two small warehouses could not meet the needs of the community - particularly in this stagnant economy with almost 20% of our citizens out of work.

The local chapter of Habitat for Humanity partnered with the EFB to finish the interior of the Nutrition Education Center. Habitat for Humanity volunteers began work on the Nutrition Center's interior in January, 2011.

The building project, using local contractor Diede Construction and WMB Architects will result in an expanded/modernized Food Pantry, allowing the EFB to serve over 400 families and seniors each day.

The new 3,000 sq. ft. Nutrition Education Center and admin center now allows rapid expansion of nutrition classes targeted to

families with kids - teaching the wisdom of good nutrition and family meals. Leadership Stockton's class project (of the Greater Stockton Chamber) added a 1,400 sq. ft. demo/teaching garden and barbecue area next door to the Nutrition Center!

In December, 2,500 feet of warehouse space was added, to warehouse up to 2.0 million pounds of additional food (annually), yielding approximately 1,600,000 annual meals for Stockton/San Joaquin's neediest families and seniors.

Funding for the project included Community Development Block Grants (for capital facilities expansion) from Stockton, San Joaquin County, Lodi and three other cities and the balance in the Emergency Food Bank's Capital Campaign reserve fund (facilities expansion funds from local foundations and many individuals.

The expanded facilities allow the agency to move steadily into its new role as the Emergency Food Bank AND Family Services. Once again, thanks to our donors and supporters!



Pictured, clockwise from top left, our EFB "Master Gardener", Janet Durham, tends crop of radishes in our new demonstration garden next-door to the new Nutrition Education Center; the Hunger Task Force for San Joaquin County now meets, quarterly, in the EFB Nutrition Center to work on long-term hunger solutions; and new client intake windows and food service window are readied to handle up to 300 families and seniors each day, five days each week! Thanks to our hundreds of donors for their generosity!

seniors!
How does it work? Go to <http://www.stocktonfoodbank.org/virtual-food-drive.htm>. Simply choose the monetary amount you would like to purchase, \$5, \$10, \$20 or more. This program allows your tax-deductible donation to go towards purchasing grocery bag(s) filled with nutritious food items.



Once you've selected the amount of grocery bags you would like to donate, proceed to the "Donate page" on our website, www.stocktonfoodbank.org and pay with your credit card. The Virtual Food Drive allows you to leverage more food for your donation and is convenient, easy to use and saves on time!

For more info, visit our website at www.stocktonfoodbank.org or contact Federico Navarro, 209.464.7369, or fnavarro@stocktonfoodbank.org.

Pennies for Produce: YOU can help clients!

California produces more than half of the nation's total fruits and vegetables, but 5 million Californians report that they are unable to afford the food they need. Through Farm to Family, a program offered by CA Association of Food Banks, we are able to acquire fresh fruits and vegetables at about 10 cents per pound throughout the year. Help us provide healthy produce to the plates of those in need; your financial support allows us to do this!



Yes, we would like to help Pennies for Produce!

- [] \$25 provides 250 lbs of produce, almost 200 meals!
- [] \$50 provides 500 lbs of produce, over 400 meals!
- [] \$100 provides 1,000 lbs [] \$250 yields 2,500 lbs of produce
- [] \$500 provides 5,000 lbs of produce
- [] \$1,000 provides 10,000 lbs of produce
- [] Check enclosed (please make payable to "Efb Pennies for Produce" program). Many thanks!

Name: _____

Organization: _____ Phone: _____

Billing Address: _____ City: _____ State: _____ Zip: _____

Email: _____

I authorize the EFB to charge my bank card:

[] Visa Card; [] MasterCard

Card #: _____ Exp. Date: _____

Signature: _____

Billing address on card: _____

Mail to: **Emergency Food Bank "Pennies for Produce"**, PO Box 2241, Stockton, CA 95201-2241. For more information, please call Federico Navarro, 209-464-7369, email: fnavarro@stocktonfoodbank.org. **Thanks!**

We need you to Facebook the Emergency Food Bank! What does that mean you may ask? Well the Emergency Food Bank has been utilizing social media outlets, such as Facebook, to share our story to many of our friends, donors, businesses and organizations. It's a great way to not only market our agency but to spread the word about the need in our community and how you can help in the lives of those in need.

Facebook has helped not only increase the number of our friends and supporters but has been a great venue to share our needs to our friends. Concerned that we would be overwhelmed with 2,000+ clients for Thanksgiving, we posted our plight on Facebook thinking we would get a couple hundred turkeys. Instead we ended up with receiving \$10,000.00 to purchase turkeys for our Thanksgiving distribution day! This is how the power of social media and Facebook truly works.

One of our Facebook friends, Sonia Langford, posted our need on her Facebook page and shared it with all her friends. Her passion and tenacity for helping families in need coupled with her own marketing savoir faire rallied her friends to donate to our cause and support our goals of 2000 turkeys. She, along with the support of her friends, raised



\$10,000.00 for the Food Bank to purchase Thanksgiving turkeys. But she didn't stop there. She continued to request support for our Christmas distribution, raising another \$3,000.00 plus, totaling over \$13,000.00!

This is a great example of the power of social media and Facebook and we hope to inspire more of our community members to get to know our Agency! Our goal is to reach 1,000 Facebook friends! Help us get to our goal so we can share our feel good stories with you, along with the support we receive from volunteers, donors and organizations that impact our community in a positive light.

For info on how to become our Facebook friend, see page 9 in this newsletter, visit our website at stocktonfoodbank.org and click the "Like" button or search the "Emergency Food Bank" on Facebook. It's that easy. Thank you future Facebookers!

Contact Federico Navarro, Nutrition Services Manager, for info at 209.464.7369, fnavarro@stocktonfoodbank.org

Mobile Farmer's Market Sites in our County!

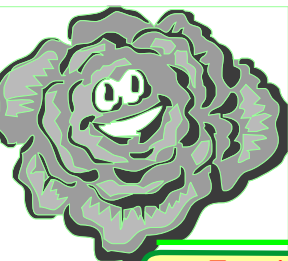
- Arnold Rue Community Center
- Beckham School-Lodi
- Boggs Tract Center
- CARE Escalon
- Casa Manana
- Child Abuse Prevention Council
- Clairmont Elem. School
- Cleveland Elem. School
- CPFF- Lodi
- CPFF-Diamond Cove II
- CPFF-Kentfield
- CUFF Family Resource Center
- Delta Health Care-Lodi
- Delta Health Care-Sierra Vista
- Delta Health Care-Stockton
- Franco Senior Community Center
- Garden Acres Community Center
- Glenwood School
- 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



For more information call Pat Brown or Federico Navarro, EFB, 209-464-7369.

- Head Start- Tracy
- Heritage Elementary School
- Holy Cross Catholic Church
- Jene Wah, Inc.
- Joe Serna School- Lodi
- King Elementary School
- Lao Khmu
- Larch Clover Community Cntr
- Lathrop Senior Center
- Lawrence Elem. School- Lodi
- Lockeford Community Center

- Lodi Community Center
- Loel Center and Gardens
- Lolly Hansen Senior Center
- Manteca Senior Center
- McKinley Elementary School
- Mommy and Me
- Montezuma Elementary School
- Northeast Community Center
- Oak Park Senior Center
- Our Lady of Guadalupe Church
- Parklane Elementary School
- Plymouth Place
- Ripon Senior Center
- Spanos Elementary School
- St. Georges Church
- Stribley Community Center
- Taft Community Center
- Taylor Family Center
- Thornton Community Center
- Villa Montecito
- Wagner Holt/Creekside
- Wellness Center
- West Lane Oaks Family Resource Center
- Wysteria
- Thornton Community Center
- Head Start- Tracy
- Larch Clover



Lettuce Talk

News, recipes from the Mobile Farmer's Market & Nutrition on the Move programs

Tropical Fruit Salad featuring Kiwi

Ingredients

4 whole kiwis, peeled and sliced
 1 cup pineapple, chopped
 1 banana, peeled and sliced
 1/2 cup fresh berries (in season)
 1/2 cup crushed walnuts
 1/3 cup orange juice
 2 Tbsp lemon juice
 1 Tbsp honey
 1 cube crystallized ginger, chopped finely
 1/4 tsp ginger
 1/4 tsp nutmeg

Directions

In a large bowl, combine fruit. In a small bowl mix orange juice, lemon juice, honey, crystallized ginger, ginger, and nutmeg until well blended and pour over fruit mixture. Toss and chill for best results
 Adapted from Soul Food Cooking (Network for a Healthy California)



About Kiwi...

The holidays have arrived and with them come the cold weather. Cold weather can wreak havoc on the immune system, so it is very important to give the body the nutrients and vitamins it needs to stay strong and active. Well, there is an easy way to do that, by adding kiwi to your diet.

Kiwi is very potent with more vitamin C than your average orange. It gives your body the antioxidant fighting power it needs such as important phytonutrients and carotenoids to ward off unwanted colds. Antioxidants are used in our bodies to neutralize free radicals that can cause cell damage and lead to other problems such as inflammation and cancer. So add a tropical flare to your holidays this year with the kiwi!

Facts: www.whfoods.com, www.fruitsandveggiesmatter.gov

Kiwi

Nutrition Facts

Serving Size: 1/2 cup (140g)
 Amount per serving

Calories 50	Calories from Fat 0
% Daily Value*	

Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 13g	7%
Dietary Fiber 3g	18%
Sugars 8g	

Protein 2g

Vitamin A 2%	Vitamin C 140%
Calcium 4%	Iron 2%

Values are based on a 2,000 calorie diet.

"Thyme" for Brussel Sprouts!

Ingredients

2 cups Brussel sprouts cut into eighths, steamed
 1/8 cup diced pancetta (or bacon)
 2 Tbsp. Olive Oil
 1 tsp. fresh thyme leaves, chopped
 1 Tbsp. pimentos
 Salt and pepper to taste
 1/8 cup grated parmesan cheese
 1/8 cup sliced almonds

Directions

Steam Brussel sprouts until slightly crunchy, about five minutes. Place pancetta in warm sauté pan

and cook thoroughly. When done set pancetta to the side and use pan to heat olive oil on medium heat. Stir in steamed Brussel sprouts and add pancetta, fresh thyme, pimentos, salt and pepper. Cook until warm. Top with parmesan cheese and almonds and serve warm.
 Adapted from foodnetwork.com



About Brussels Sprouts.

January not only ushers in a new year but also a chance to make better, healthier food choices. One of those should include adding Brussels Sprouts, a good source of folate, to your weekly diet.

Folic acid awareness week falls in the month of January and Brussels Sprouts tout a high amount of folate, the natural form of folic acid. Folic acid, or folate, has numerous nutrition benefits, but one stands out as very important for women who may be pregnant or trying to get pregnant, as it prevents neurological defects, such as spina bifida, in the developing fetus.

Folate can also help our bodies produce blood cells, build muscle, heal wounds, and produce chemicals so our brain and nervous system function properly.

Facts: www.fruitsandveggiesmatter.gov

Brussels Sprouts

Nutrition Facts

Serving Size: 4 sprouts (84g)
 Amount per serving

Calories 40	Calories from Fat 5
% Daily Value*	

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	0%
Total Carbohydrates 6g	7%
Dietary Fiber 3g	18%
Sugars 2g	

Protein 2g

Vitamin A 8%	Vitamin C 120%
Calcium 2%	Iron 0%

Values are based on a 2,000 calorie diet.

THE MOBILE FARMER'S MARKET THANKS THE FOLLOWING SPONSORS:



Client families and seniors need YOUR support!

Our clients, “working class heroes”, find a huge challenge to put nutritious food on the table when local unemployment rate hovers near 18% & another 8% are under-employed; their work hours reduced, their pay cut...



From left to right: the Mobile Farmer's Market is a hit with Blendi Diaz and daughter: "This program helps us very much! Thank you for having these services for those who need them the most"; Maria Ojeda notes: "I've been recently unemployed and this program has been very helpful because fruits and vegetables are expensive to buy; my kids love the good meals." Center right, Martha Guerrero adds: "The MFM program benefits my family in so many ways; not just having fresh fruits and vegetables available, but helping us have better nutrition as well as allowing my son to have a variety of produce he likes. We really enjoy trying the recipes too! It really makes a difference in my family!" On right, two client families rave about the quality of food, and the family meal advice, they get!



Left to right, participants visit one of many vendor booths during the Fall Health and Nutrition Fair at the EFB. Left center, Maria Romero and daughter prepares dinner using vegetables she purchased using CalFresh dollars her and her family applied for early this year. The EFB assist families and seniors apply for the CalFresh program! At center right, Rosalba Orozco and daughter love the Mobile Farmer's Market: "The produce is healthy and it helps my food budget every month." At right, Ms. Maleck: "I really appreciate the MFM and enjoy the cooking demonstrations. I've tried some of recipes when I have all the ingredients to do so." Each month, the Mobile Farmer's Market program visit 60 sites, serving 2,000 residents! Below left, Nutritional classes provided to EFB clients weekly at the new Nutrition Education Center! Come by to learn about general nutrition education, healthy cooking and growing your own veggies!



Should these stories inspire you, and you want to assist our families and seniors avoid hunger and food-insecurity, call the EFB, 209.464.7369, or go to our website: www.stocktonfoodbank.org. It's full of ideas and programs where you can help, and, who to contact. Thanks for reading and supporting your local food bank; your support during the year helps brighten thousands of lives!



Food Donors make the Emergency Food Bank work!

Up to 96% of the food at most food banks is donated by food stores and distribution centers, generated from food drives, or raised and donated by local small and large growers. Local heroes like these good folks...



From left to right, Clark McCarthy Construction and Buethe Communications partner to hold a very successful food drive also donating much needed delineators for events; EFB Board Chair Tim Ulmer, Colleen Stewart, coordinator of Central Valley Association of Realtor's Casino Night and other guests enjoy their evening to help raise funds for the food bank; Constellation Wines Retail-Hospitality team helps sort groceries to support the food bank; Cargill Horizon Milling present a grant check to EFB staff. Hats off to these proactive businesses and partners!



From left to right, Clark-McCarthy Construction and Buethe Communications team up to help the food bank with donations of food; Dylan George of PG&E presents the Federico Navarro and Yvonne Derby of the food bank with a check to help with agency services; EFB Master Gardner Janet Durham gets insight from Larry Pilmier, Creator of the Woodbridge Winery Giving Garden



Left to right, First Student Bus Company brings in 1500 lbs of food during first annual event; Girl Scouts come out and join Yvonne Derby of EFB for the annual Stuff The Bus event held by San Joaquin Regional Transit District and Food 4 Less; Sheriff Steve Moore and Honor Farm Coaches proudly presents their garden where produce is donated back to the food bank; and, empty shelves - the EFB warehouse suffers "empty shelves syndrome" above, the result of 50% increase in families and seniors over the last 3 years of the regional economic collapses. Donate non-perishable and perishable foods today. For more information contact Yvonne Derby, (209) 464-7369, yderby@stocktonfoodbank.org.



Food 4 Thought...

Into the New Year, a year of opportunities to help the hungry!

The New Year is upon us and there are exciting things to come in 2012. Last year proved to me that there is nothing the community can't do to help us accomplish our goals to help in the fight against hunger. We raised food drives up from 84 food drives the previous year to 154 this past season! This took us from 90,000 lbs of food collected in 2010 to over 200,000 lbs+ in 2011! That's an accomplishment to be proud of as a community. We embrace

the partnerships we have in the form of volunteers, donors, participants in our numerous annual events, in-kind and monetary donors and more.

So many times in 2011, I heard of a need, and I asked my fellow co-workers to see wait and see what I could do in the form of getting that item donated... Many came through in a big way!

FOOD DRIVES NEEDED: If you were not able to participate during the holidays, it's not too early to start now. I am seeking food drives for our new year. Often times, folks fill our food bank during the November and December months, but the food quickly runs out. My goal in 2012 is to have a steady flow of food donors and food drives all throughout the year so as to not be low on supply during the typical slow months, April – August. Please call me to have your food drive today.



Once again, special thanks to the Central Valley Association of Realtors for the annual Christmas CanTree, pictured in the City Centre Cineplex; thanks for partnering!

Feed A Family!

41% of San Joaquin residents suffer hunger, food-insecurity; you can help!

Despite California's abundance, a recent study (www.cfpa.org) shows that 41 percent of our fellow San Joaquin County residents (with family incomes double the federal poverty line) suffer hunger and food-insecurity throughout the year. Please help these families during the holidays!



Food drive success comes from the work and creativity of the Home Depots of the Central Valley, top photo, and Gentiva Healthcare (bottom photo); thanks to all our food donors over the holidays!

ask that you please support our community of donors who have supported us over the past year(s) so that we can give back to them and encourage our readers and supporters to become a patron in their establishment, or simply to utilize them when you are looking at your own family or business needs.

Although Food drives are in high demand during the lean months beginning March and continuing through the summer months, the Emergency Food Bank is also seeking volunteers for numerous events coming this Spring. Please contact me for a variety of ways you can help out the food bank with volunteerism, donating food or other items and more. See below for my contact information..., thanks!

BECOME AN EFB PARTNER: Want to get involved in becoming an EFB partner? We have several packages you can participate in during the year.

There are too many great new events and food drives to mention them all, but I like highlighting the unique donations. We

Contact Yvonne Derby, Food/Resource Developer, for info at 209-464-7369 or yderby@stocktonfoodbank.org

Yes, we would like to help Feed a Family!

- \$25 offers a week of food
- \$50 provides two weeks
- \$100 provides a month's food
- \$250 for 3 months
- \$500 provides food and nutrition for six months
- \$1,000 provides food for a year-plus!
- Yes, I want to be listed in a thank you ad!
- Check enclosed (please make payable to "EFB Feed A Family" program). Many thanks!

Name: _____

Organization: _____ Phone: _____

Billing Address: _____ City: _____ State: _____ Zip: _____

Email: _____

I authorize the EFB to charge my bank card:

Visa Card; MasterCard

Card #: _____ Exp. Date: _____

Signature: _____

Billing address on card: _____

Mail to: **Emergency Food Bank "Feed a Family"**, PO Box 2241, Stockton, CA 95201-2241. For more information, please call Yvonne Derby, 209-464-7369 or email: yderby@stocktonfoodbank.org. Thanks in advance for helping our deserving neighbors!

Volunteer - make a difference!

Did you know that over one thousand people a day are served healthy food from Food Bank services? And that almost four million pounds of food are distributed each year from our main location and over 12 pantries in Stockton and San Joaquin County!

If you'd like to volunteer with an agency that makes a real difference in our community, consider volunteering at the Emergency Food Bank.

W e e k d a y

volunteers: Yes! The Emergency Food Bank needs volunteers Monday through Friday, from 7:30 AM to about 2:30 PM. We need people with talent in office administration, team leaders, truck driving



Help from volunteers of all ages

(CA driver's license is the only requirement!), food sorting, and client/customer intake work.

Saturday volunteers: We occasionally need Saturday volunteers, from 7:30 AM to 10:30 AM.

Organization/team volunteers: Organizations, churches, clubs: come as a team! Ideally, an organization will provide 4-8 volunteers (adults, seniors, teens) on their day-of-service.

For all the details on volunteering, either for you, your school, club, business or organization, please contact Tim, tviall@stocktonfoodbank.org, or call 209.464.7369.!

Food Pantries are vital partners!

Our partner pantries provide regular weekly or bi-monthly food service for clients near their homes! Thanks for their service:

1. Catholic Charities – Stockton CA
2. Tracy Interfaith Ministries – Tracy CA
3. Lodi Salvation Army – Lodi CA
4. Home Church – Lodi CA
5. Escalon Cares – Escalon CA
6. Building Blocks – Lodi CA
7. Hill Foundation – Tracy CA
8. Lakeview Assembly – Stockton CA
9. Prayer Valley Church - Lathrop, Manteca, CA

Facebook Friends Unite, Win a \$25 Gift Card

Want to win a \$25 gift card to a local store? It's easy. The Emergency Food Bank is giving away a \$25 gift certificate to Fleet Feet-Stockton to our 300th Facebook friend; you'll get all the most up to date food bank insight. Here's what to do:

1. Visit our website www.stocktonfoodbank.org and click on the Like us on Facebook icon in the top right hand corner of the home page.
2. Visit our Facebook page: www.facebook.com/pages/Emergency-Food-Bank-StocktonSan-Joaquin/159791377369368 and click the like button to become a friend.



Find us on Facebook

Already a friend? Suggest to your friends by logging on the EFB Fan Facebook page. Go onto the EFB facebook page. Click on the "Suggest to friends" below the profile picture on left. A window will pop up with all of your friends, simply highlight those you would like and add any message you would like. Then click suggest "send invites" and Facebook will send your friends a message to add. Once you become a friend of the EFB on Facebook, it's also easy to share news posts with your other friends, too!

Facebook is the easiest way to hear about all the good the EFB is doing in our community. Together with your help, we can end hunger in San Joaquin County!



San Joaquin County

The Emergency Food Bank is one of many San Joaquin County agencies to share in financial support from the United Way campaign and its Community Impact Fund; with United Way funding one of our agency's major areas of financial support.

United Way is the county's most efficient method to share donations with many non-profits that serve our fast-growing community. To get your company on board, call United Way at 469-6980.

And, volunteer at special events, too!

You can volunteer at special events that promote or benefit the Emergency Food Bank. These events are fun, promote healthy lifestyles and the agency's programs.

Volunteers are needed at the Asparagus Festival, April 27 to 29 (and you get free Festival admission), at Avenue of the Vines on Saturday morning, May 20, at the Mayor's Hike and Bike event on

Saturday, June 16, at University of Pacific. See p. 11 for more event details!

To volunteer for the Asparagus Festival, contact Yvonne Derby, yderby@stocktonfoodbank.org, and to volunteer for the Avenue of the Vines or Mayor's Hike and Bike, contact Tim Viall, tviall@stocktonfoodbank.org. Or, call Yvonne or Tim at 209.464.7369.

Food Bank now accepting clothing, household goods, in partnership with Lodi Junction

The Emergency Food Bank is now accepting a wide variety of household goods, from clothing to furniture, to toys and tools. Under a new partnership with Lodi Junction, on School Street in Lodi across from the Post Office, donated items will be sold, converted to cash and a portion returned to the EFB for investment in food and nutrition programs. **To donate items, call 209-224-8391**, and a truck will stop by. You can also donate non-perishable



food items, that will come straight to the food bank. And, shop Lodi Junction, across from the Post Office on School Street, when in Lodi!

Donating with slide of a card; SHARES!

Have you wanted to give to the Emergency Food Bank but money has been tight? Worry no longer. Now you can donate to the Food Bank with the swipe of a card.

The Emergency Food Bank has teamed up with the S.H.A.R.E.S. (Supporting Humanities, Arts, Recreation, Education & Sports) card



program. Every time you use the card at any Save Mart, S-Mart Foods, Lucky or FoodMaxx, 3% of your qualified purchases will be donated to the Emergency Food Bank. It's that simple.

The S.H.A.R.E.S. card is free and you can get yours just by contacting the Emergency Food Bank at (209) 464-7369 or email info@stocktonfoodbank.org.

Thank you again for your support!

Remodeled food pantry and warehouse project is finally finished!

The Emergency Food Bank has finished the remodel of 2,500 feet of new warehouse space (for storage of 2.0 million pounds of additional food, annually, yielding approximately 1,600,000 annual meal equivalents for Stockton/San Joaquin's neediest families and seniors). The project also expanded/modernized our Food Pantry, allowing daily service to over 300 families/seniors, five days a week! This follows the dedication of a new 3,000 sq. ft. Nutrition Education Center and administrative center this summer, allowing a rapid expansion of nutrition classes targeted to families with kids - teaching good nutrition and family meals.

The building project, a partnership of Diede Construction, WMB Architects, Habitat for Humanity of San Joaquin County, Leadership Stockton and the EFB, was completed in December. Major donors like the Eleanor P. Touhey Disaster and Relief Foundation, the Cortopassi Family Foundation and hundreds of additional donors made the project happen, without you, we could not serve our clients! For a tour of the expanded and new facilities, call us, 209.46.7369! Below, pictures from the final demo and new construction!



Pictured at top, crew of volunteers and EFB staff who gathered to tear out old office space; center, demo under way; bottom, final payment made to Cody Diède by EFB's Tim Viall

Canstruction and Asparagus Festival, April 27-29

Canstruction® is the most unique food charity in the world. Their humanitarian effort brings imagination and generosity together. It is a big part of our local Asparagus Festival, April 27 to 29 in downtown Stockton!

Various architects, builders, community donors, companies and volunteers donate their time, talents and money to build sculptures entirely made out of cans and food products. Our goal is to bring community together for the greater cause of helping people in need.

You can make a difference by joining this incredible



EFB volunteers to work shifts at the Asparagus Fest in Asparagus Alley, fun and you get free entry, too!

Avenue of Vines 1/2 Marathon, 5K is May 20



Join us on Saturday, May 20th, 2012 for the 6th annual Kaiser Permanente Avenue of the Vines Half Marathon and 5K, presented at Woodbridge Winery. This grand celebration of running and good health benefits the Emergency Food Bank!

For more information, go to <http://www.fleetfeetstockton.com/resources/avenue-of-the-vines>.

Mayor's Hike and Bike at UOP June 16

The fourth annual Mayor's Bike and Hike, a family tour of the All-America City, Stockton, is set for Saturday, June 16, 2012, 8:30 AM. A walking or biking event, it starts at the University of Pacific's DeRosa Student Center, on the beautiful UOP campus, Stockton.

Registration is 6:45 to 8:30 AM, with pledge turn-in, coffee, juice, snacks; at 8:30 AM Bikers begin, 8:40 AM Hikers (walkers) begin. During the morning a "Get Fit" Health Fair", "Kid's Safety Village" and more takes place at the start/finish!

Two fun choices of routes for Hikers and two for Bikers: for Hiking/Walking Routes: Two choices, a short walking route takes walkers through the historic mid-town



insight, calendar the date, dust off those walking shoes and/or tune that bike!

area, with a longer route trekking all the way south to the Stockton Ports Ballpark and waterfront area.

Two biking routes are offered: a longer route crosses the Calaveras River and out the bike path to Buckley Cove Park; and, the shorter option, taking bikers through the University of Pacific campus, then south to the Ports Ballpark and waterfront.

This event benefits the food/nutrition programs of the Emergency Food Bank. Go to www.stocktonhikeandbike.org for more

NAIFA Charity Golf Tourney coming July 16

Kudos go out to the National Association of Insurance and Financial Advisors - Central Valley (NAIFA-Central Valley), for its 36th Annual Charity Golf Tournament coming up on July 16th, benefitting the Emergency Food Bank. This year the tourney is again at the hallowed Stockton Golf and Country Club.

The Emergency Food Bank has been the "benefitted charity for 10 years, and proceeds from the tourney have been approximately \$150,000 in those years. The food bank invests that into holiday-specific foods, the



purchase of 700 to 1,000 turkeys and our nutrition programs!

For that, the EFB offers NAIFA, the NAIFA Golf Committee (chaired by Jeff Brusa and his committee of 15), to past Chair George Azevedo, tourney founder Don Coberly, the 125-some golfers and several dozen sponsors - a huge THANK YOU to NAIFA!

So, join us; for sponsor insight, or to play, call the EFB's Tim Viall for more info, 209.464.7369.

Hunger Task Force for San Joaquin County



Co-chairs:

Stockton Mayor Ann Johnston,
Supervisor Steve Bestolarides,
San Joaquin County, Co-chairs
Co-facilitators: Ted Van Alen
and Tim Viall

Members:

Blue Cross of California
California Food Policy Advocates
Catholic Charities, Diocese of
Stockton
Central United Methodist Church
Community Partnership for
Families of San Joaquin
Mayor Ann Johnston
Anne Baird
Emergency Food Bank of
Stockton/San Joaquin County
Family Resource and Referral
Gospel Center Rescue Mission
Health Plan of San Joaquin
Interfaith Council of San Joaquin
Kaiser Permanente
Lao Khmu Association
People and Congregations
Together (PACT)
NAACP Stockton Branch # 1078
The Salvation Army - Lodi
The Salvation Army - Stockton
St. Mary's Interfaith Services
San Joaquin County:
Human Services Agency
Public Health Services
San Joaquin County Office of Ed
San Joaquin Data Cooperative
Second Harvest Food Bank
Tracy Interfaith Ministries
United Way of San Joaquin County
University of California
Cooperative Extension Service
USDA, ARS, Western Human
Nutrition Research Center
Way of Christ Community Church
And many others!

Task Force Committees:

Community Food Security
Network
Food Development
Legislative Advocacy
Senior Nutrition Programs
Youth and Family Nutrition and
Education

Meeting Dates for 2012:

Quarterly meetings: April 20,
July 20 and Oct. 19, 9:00-10:30
AM, at the Emergency Food
Bank, 7 W. Scotts Avenue,
Stockton, CA

Contact the Task Force:

C/o Tim Viall, Co-Facilitator,
Emergency Food Bank,
7 W. Scotts Avenue, Stockton,
95203

PH: 209.464.7369;
FAX: 209.464.0309; email:
tviall@stocktonfoodbank.org

Since the 2005 publication of the California Food Policy Advocates/UCLA Health Policy Research state-wide Health Survey showed that San Joaquin County was tied for the fourth worst county of 58 counties in California for its percentage of hungry and food-insecure residents, concerted work by members of the Hunger Task Force has greatly improved the lives of our residents.

Today, Stockton Mayor Ann Johnston and County Supervisor Steve Bestolarides are Co-Chairs, and scores of agencies have proved that, by working together, we can find new ways to reduce the levels of hunger in San Joaquin County and improve the health and vitality of our county residents.

Since the Task Force's formation two Hunger Summits have been held (January of 2010, 2011), the County's first-ever Hunger Survey was undertaken and published (late 2009/early 2010), five committees advance our goals and the Task Force continues to meet quarterly.

We're happy to report on considerable progress made in recent years! In the first five years of the Task Force, progress has been made in Food Stamp (now titled Cal Fresh) outreach and enrollment, with Catholic Charities initially teaming with San Joaquin County's Human Services Agency, now joined by the Emergency Food Bank. A host of faith-based volunteers have been trained in outreach, with more progress expected in this critical area.

Concentration on an increased food supply to food banks has paid dividends, with Tracy Interfaith, Salvation Army-Lodi, San Joaquin

County USDA Commodities and the Emergency Food Bank teaming up to survey and seek new food donors. San Joaquin County CDBG grants in 2010 and 2011 have allowed well over 1.0 million pounds of fresh produce to be trucked into our County through the state-wide Farm to Family program, benefitting the clients of over a dozen agencies with more nutritious meals, and, ultimately, healthier lives.

Community nutrition education has been enhanced, with a focus on developing skills in food resource management, budgeting to stretch the food/food stamp dollar, and safe, healthy food preparation. The Emergency Food Bank launched a Mobile Farmer's Market program to take nutrition education, fresh fruit and vegetables throughout the county.

Nutrition, food management and safety classes through UCCE, CUFF, County

Public Health and Human Service Agency, local schools, the EFB and other agencies have furthered the effort to improve family health. The Master Gardener program's reintroduction to the county is inspiring community and school gardens. Get involved in our current committees, which include: Community Food Security Network, Food Development, Legislative Advocacy, Senior Nutrition Programs and Youth and Family Nutrition and Education; contact Tim Viall, PH: 209.464.7369 or email: tviall@stocktonfoodbank.org. **Join in our progress; get involve in 2012 and beyond!**

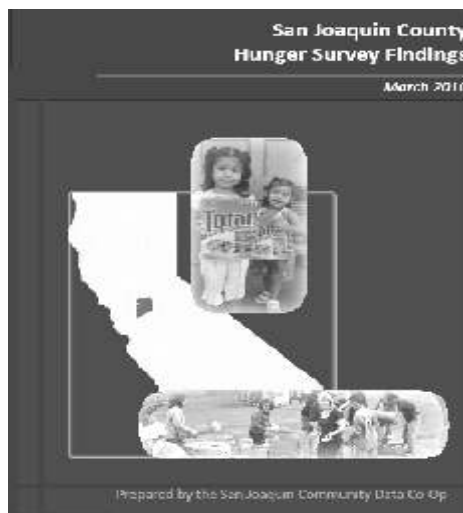


Above left, Stockton Mayor Ann Johnston makes point at quarterly task force meeting while Rich Fowler looks on. At right, Elvira Ramirez of Catholic Charities, Mayor Johnston, Supervisor Steve Bestolarides of San Joaquin County and Lacsresia Hawkins of CUFF address issues at January Task Force meeting, held at the Emergency Food Bank.

First-ever Hunger Survey provides startling insights...

The first-ever county-wide Hunger Study was a focus of the Hunger Summit early in 2010, the results of over 920 client interviews late in 2009, done by the San Joaquin Data Coop. Attendees received an overview of the Hunger Survey, and plotted ideas and programs to improve the life, nutrition and health of county residents. Additionally, the San Joaquin County Hunger Task Force was profiled and an update regarding Food Stamp registration progress was shared. Insights:

Sample, locations, demographics:
926 respondents filled out the Hunger Survey (responses on individual questions varied).
62.9% of the surveys came from Stockton locations, 30.3% were from Lodi, 5.4% were from Tracy, and 1.4% were from Thornton.
73.3% of the participants were female.
The average age of respondents was 41.
47.9% were Hispanic, 25.4% were White, 11.3% were Black, and 4.1% were Asian.
45.0% of the sample had an annual household income of less than \$5,000.
35.1% of the respondents were unemployed and 10.0% were employed full-time.
The majority of respondents (72.6%) had children under the age of 18 living at home.



Health and Hunger:
38.0% had someone in their household who was in poor health.
Of those who noted that someone in their household was in poor health (n=409), 49.4% of respondents indicated that they or someone in their home has diabetes and 36.9% have heart disease.
55.2% were putting off health care or dental care because they couldn't afford it.
Food programs:
38.4% were receiving food stamps.

25.5% of respondents who were not receiving food stamps noted that they did not think that they were qualified.

59.3% had needed emergency food while living in San Joaquin County.

19.9% were receiving food assistance for the first time on the day of the survey.

35.5% noted that it was necessary for them to seek emergency food due to a recent job loss.

74.9% of respondents rated the food that they had received as 'good' or 'excellent.'

Hunger and Nutrition at Home:

Because there was not enough money for food:

45.5% of adults in the household had cut the size of their meals;

50.7% had eaten less than they should have;

20.0% of adults in the household had not eaten for a whole day.

Hunger and Children:

25.8% of respondents indicated that they had cut the size of their child's meal because there wasn't

enough money for food.

22.0% of respondents noted that their child or children had been hungry, but that they just couldn't

afford more food.

For a full copy of the Hunger Survey for San

Joaquin County, contact Tim Viall,

209-464-7369, tviall@stocktonfoodbank.org.

A year in review, 2011

Thanks to all the people, organizations and sponsors that made 2011 a great year!



The 7th annual Run and Walk Against Hunger saw 3,000 participants toe the line for this Thanksgiving tradition. Clockwise from top left, 200 kids 9 and under were first to start; crowd readies for start in front of Stockton Ports Ballpark; Splash and Tommie Turkey cheer on runners; child in stroller stayed dry while parents dodged late sprinkles; finisher hits 10K finish line beside Stockton Arena and two ladies put on their "Turkey-day finest"! Join us on Thanksgiving, 2012!



Christmas Monday Food Basket distribution day, from top left, barbershop quartet entertained 1,600 client families, 90 volunteers of all stripes made the work go fast, and several families and kids beamed as they departed with a holiday turkey and most of the fixin's for a great meal! Thanks to our volunteers and clients!

