



Stuff the Bus event, BIG food drive in November.....see p. 8



THE EMERGENCY FOOD BANK'S

Healthy Living



Vol VIII, No. 4 - Food, Nutrition, Health and the Emergency Food Bank - Nov., 2011

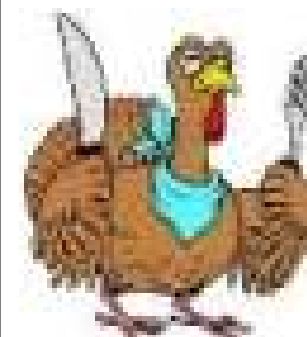
Give the gift of YOU to end hunger during this holiday season!



Safeway food drive, "Help us end Hunger" is Nov. 19.....see p. 8



Food donations, food drives actively sought.....p. 8



Wanted: 1,000 rare birds! See p. 8

"Give the gift of YOU for the holidays" is the theme of our Healthy Living newspaper issue. Your help, as a volunteer, a participant in events like our Thanksgiving Run and Walk, by offering food during a food drive or contributing financial support, allows our food bank to change lives of many of our clients by providing healthier food and offering regular nutrition education programs.

With client families and seniors growing over 50% in the last three years, and, anticipating over 2,000 families for our November 21 "Turkey and all the holiday fixin's" food basket distribution, the Emergency Food Bank needs your help! We are seeking "rare birds" (2,000 donated turkeys, and, several hundred community volunteers)!

There are many opportunities coming in the next two months, which include options for kids with adult supervision:

Saturday morning volunteer options: the following Saturdays offer the chance to volunteer, from 7:30 AM to about 10:30 AM: Saturdays, November 12 and 19 and December 3, 10 and 17. Please contact tviall@stocktonfoodbank.org to volunteer for those Saturdays (work is generally food sorting, good for families and kids, too).

Other Holiday volunteer options: Please contact Yvonne at yderby@stocktonfoodbank.org or call us.

November 18, 19 and 20, RTD's annual Stuff the Bus event, at Food 4 Less Hammer Lane needs your help to volunteer for this event which helps bring in up to 20,000 lbs of food.

November 19, Safeway food drive "Every Bag Counts" at local Safeway stores (volunteer shifts run throughout the day, involving greeting Safeway shoppers at the door).

Monday, November 21: Our huge "Thanksgiving Turkey delivery day" to over 1,800 client families, volunteers needed from 7 AM to Noon. Please contact fnavarro@stocktonfoodbank.org to volunteer.

Thursday, November 24: Run and Walk Against Hunger at the Stockton Ports Ballpark, volunteer shifts starting at 6 AM and 8 AM, each running about 3-4 hours. Please contact tviall@stocktonfoodbank.org to volunteer.

Monday, December 19: Our huge "Christmas Turkey delivery day" to over 1,800 client families, volunteers needed from 7 AM to Noon. Please contact fnavarro@stocktonfoodbank.org to volunteer.

We give thanks to the community and our thousands of supporters during the holidays! You are community saints!

Run and Walk Against Hunger is Thanksgiving morning Bring family, kids for a fun, energetic outing!

Join in the fun for the 7th Annual Run and Walk Against Hunger, Thanksgiving morning, November 24, 2011, a fun and fund-raiser for the Emergency Food Bank.

Starting and finishing at the Stockton Ports Baseball Park, it's great exercise and you help raise money to end hunger!

The Kid's ¼ Mile Run starts at 8 AM, followed by the 5K Run and Walk and 10K (run only!) at 8:30 AM. Kids can run with Ports mascot Splash, and Thunder mascot

Thor, and finish in front of the Ports ballpark!

Recruit your friends, family and coworkers to do the 5K/3.1 mile walk or run on a scenic course along the Stockton waterfront; the 10K run traverses the same beautiful - both finish at the Ports Ballpark! And, join for the Family Festival, going on all morning! Register today at www.Active.com; or go to the event web site: www.runagainsthunger.org.

For more information, see the back page...



Run & Walk Against Hunger

Volunteers for Run/Walk sought!
You can serve as a volunteer at this fun event, receive snacks and a cool t-shirt; contact Tim at tviall@stocktonfoodbank.org or call 209-464-7369!

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What a year for the Emergency Food Bank & YOU

Can you imagine, another year coming to a close with the holidays right around the corner. And, what a year this has been for the food bank and its clients. We finished a building expansion project, bringing on a new nutrition education Center, remodeled our food pantry and added 3,000 square feet of storage to allow up to 1.6 million new annual meals. Our client base expanded almost 20%,

with thousands of new families and seniors visiting as the economy continued to fizzle. At the same time, YOU, the community stepped up to support the food bank with donated food, services and financial support. See pages 10 and 11 for a long list of supporters, and, join us for Donor Appreciation Day, on Thursday, November 17, from 3:00 to 5:30 PM.

Help out as we offer turkeys and holiday food baskets to up to 2,000 families on the Monday of Thanksgiving week and join us for the 7th annual Run and Walk Against Hunger on Thanksgiving morning. Then, relax for the balance of the holiday weekend, and appreciate the goodness the community has bestowed upon us. Happy holidays!



Tim Ulmer,
Board Chair

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	Al Murillo retired, SJ County
Ralph Womack Past Chair, City of Stockton Peacekeepers	Robert Paoletti Stockton Police Captain
Tom Wilson Treasurer, retired	Dena Rupert Retired Teacher, SUSD
Anna Martin Secretary, UCCE	Tony Vice Fleet Feet - Stockton
Chaplain Mike DeToro Port of Stockton	Anthony Vignolo, Downey, Brand Attorneys

Staff:

Federico Navarro, Nutrition Manager	Jimmy Garza Warehouse Manager
Pat Brown & Darrin Brant, Nutrition Educators	Tim Viall, Executive Director
Maria Venegas, Cal Fresh Coordin'tr	And, 20-30 volunteers, daily (thanks to them, the agency provides food and nutrition to 1,000 people a day! We could not do it without our dedicated volunteers!)
Yvonne Derby, Food/Resource Developer	

Member
California
Association
of Food Banks



of San Joaquin County

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 February, 2012, deadline: January 15; to tviall@stocktonfoodbank.org



Tim Viall,
Exec. Director

You will find all the details on many of these programs. Last, do join friends and family for the Run and Walk Against Hunger on p. 12 - burn calories and raise funding support; Fun, fun, fun!



Our clients, numbers will surprise you...

- Over 120,000 Stockton/San Joaquin residents have been served by Emergency Food Bank services in 2011!
- 76% 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 19% more families in September, 2011 versus same month a year ago.
- Over 23% of our clients are seniors and the elderly
- Over 1,400 families are served at our 10 satellite pantries each month, close to their homes/apartments
- Our Mobile Farmer's Market program reaches an additional 2,200 families all over the county monthly. Each family receives free local produce, recipes, cooking tips
- Our Farm to Family produce program brought in over 1.0 million pounds of fresh produce, June, 2010-July, 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!



The Food Bank's Holiday Wish List:

Food items:

Frozen turkeys (10-12 lbs.), frozen chickens, canned hams
Holiday-specific foods (stuffing mix, instant mashed potatoes, rolls, cranberries, pie filling)
Canned vegetables or fruit
Cereal
Pasta, rice or dried beans, bagged
Macaroni and Cheese
Soups, canned or mixes

Peanut butter

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

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

Office equipment:

Newer Pentium 4 Desktop
Computers, monitors
Call us at 464-7369 if you can help!

NAIFA Charity Golf Tourney is big success!

Kudos go out to the National Association of Insurance and Financial Advisors – Central Valley (NAIFA-Central Valley), for its 36th Annual Charity Golf Tournament on July 18th, benefitting the Emergency Food Bank. This year the tourney moved to 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 George Azevedo and his committee of 15), to tourney founder Don Coberly, the 120-some golfers and several dozen sponsors - a huge THANK YOU to NAIFA!

And, calendar July 16, 2012 for the next NAIFA tourney!



Pictured, left to right, Tim Ulmer, Emergency Food Bank board chair, Tim Viall, Yvonne Derby of the food bank, Jeff Brusa and George Azevedo of the NAIFA Golf Committee and Federico Navarro of the food bank at the NAIFA check presentation at Stockton Golf Club, end of October!



Emergency Food Bank
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 12 satellite pantries located all over 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 no 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!

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

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 (May), drawing thousands of families and seniors into healthier lifestyles!

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 cannot 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.

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 will allow 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!

Ultimately, 3,000 feet of recaptured warehouse space will allow warehousing of 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. Please see the "Thank You" list on pages 10 and 11.

Now, if we could just find "1,000 rare birds" (turkeys and chickens by Thanksgiving, our holiday dreams are complete!



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 Center; 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; and new client intake windows and food service window are readied to handle up to 400 families and seniors each day, five days each week! Thanks to our hundreds of donors for their generosity!



Celebrate: State of CA makes CalFresh (the Federal food program) easier!

Let's celebrate! California has made a huge step in creating better access to food resources for needy families! In early October Governor Jerry Brown signed three bills, AB 6, AB 69 and AB 402, with the objective to help increase CalFresh participation amongst Californians. AB6 eliminates fingerprinting and changes the current quarterly reporting requirement to semi-annual reporting; AB 69 will make it easy for eligible seniors to apply for CalFresh benefits since the Social Security Administration will be able to submit an application together with a retirement benefit application for those who are eligible. Lastly, AB 402 will be another way to reach out to needy families by allowing schools to share certain information with

the county regarding children in the free- or reduced-price meal program.

For the longest time San Joaquin County has had the lowest food stamp participation rates in California. More recently, with improvements in accessibility, San Joaquin County now ranks 11, according to the program access index (PAI) rate. This increase can be attributed to a combination of several factors; efforts by the county's Human Services Agency to improve access as well as the CalFresh Outreach efforts

“Human Services Agency has been working hard to improve CalFresh access for those in need in our community. The Governor's support by signing AB 6 and AB 69 will eliminate some of the barriers and enable us to provide even better access for the needy population in San Joaquin County.” - Joe Chelli, HSA

from community-based organizations such as Catholic Charities and the Emergency Food Bank.

The County's Human Services Agency has reported the total number of households that received CalFresh

benefits increased 16.95% since 2010. In an effort to keep creating access, the Human Services Agency is planning on placing an eligibility worker at

the Garden Acres Community Center in Stockton and Tracy.

The Emergency Food Bank's CalFresh outreach program has also contributed to the increase of participation and has been outreaching throughout San Joaquin County by prescreening our client families, attending community table events, giving presentations at school parent meetings, outreaching at Mobile Farmer's Market sites and through our partnership with other community-based organizations that share our same target population. The EFB has assisted 1078 households and helped bring \$92,976 CalFresh dollars into San Joaquin County.

For more info, contact Maria Venegas,

464-7369 or visit the County's Human Services Agency website at www.sjgov.org/hsa/ or to apply for CalFresh benefits online visit www.4yourself.com.

T h e Gazca family, Maria, Gazpar and their three children have been receiving \$200 in CalFresh benefits for a year now. Gazpar is the only one working in the household as a carpet installer. He work is not very stable and he makes about \$600 a month. He has rent and utility expenses which leaves this family with very little money for food. Maria states that “CalFresh benefits last us about two weeks and during the two weeks I am able to buy a balance meal for my family”

This family commented they had a good experience with the county eligibility worker at the Kennedy community center “The worker was very helpful, she treated us with respect and approved our benefits the same day. Overall the process was very simple and the outreach worker at the Food Bank helped us prepare for the interview with



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 purchase fresh fruits and vegetables at about 10 center per pound throughout the year. Help us provide healthy produce to the plates of those in need; your help 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 food and nutrition for 5,000 lbs of produce
- \$1,000 provides food for 10,000 lbs of produce
- Yes, I want to be listed in a thank you ad!
- 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!**

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

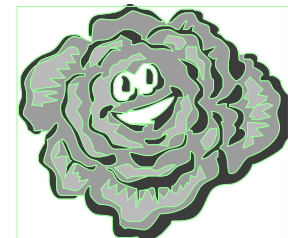


For more information on locations, times of monthly Mobile Farmer's Market site visits, call Pat Brown or Federico Navarro, EFB, 209-464-7369.

Head Start- St. Gertrude's Church
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

Thanks to our host sites!



Lettuce Talk

News from the Mobile Farmer's Market and Nutrition on the Move Programs

Fresh Tomato Salad with Basil and Feta

Ingredients:
3 fresh beefsteak tomatoes, wedged and sliced
Olive oil
Balsamic vinegar
Feta cheese
8 fresh Basil leaves, chiffonade (rolled tightly and cut into thin long strips)

over tomatoes and stir. Sprinkle feta cheese over the top and finish by sprinkling fresh basil. Place in the refrigerator to chill if not serving right away.

Fact sources:
Caloriecount.about.com,
tomatodirt.com

Directions:
Place tomatoes in a bowl. Drizzle olive oil and balsamic vinegar



About Tomatoes...

Tomatoes are in season during the late summer and early fall months, arriving in many different varieties such as, beefsteak, roma, cherry, grape, and many different styles of heirloom. Originating in the Andes Mountains of South America, explorers introduced the delicious item to Europe and the rest of the world. Today there is a whopping 25,000+ varieties according to the USDA!

A good source of Vitamin C, iron, potassium and antioxidants will also allow your body a head start going into the flu season while keeping it running smoothly. Tomatoes also have high levels of lycopene which not only give the tomato its red pigment but help our body fight free radical cells that could cause disease.

Tomato	
Nutrition Facts	
Serving Size: 1 medium (148g)	
Amount per serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrates 5g	7%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A 20%	Vitamin C 40%
Calcium 2%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Autumn Squash Sauté with Couscous

Ingredients:
2 cups diced butternut squash
1 ½ cups cooked couscous
2 Tbsp Olive Oil
2 Tbsp chopped garlic
¼ cup finely chopped onion
Hint of Nutmeg
Salt and pepper to taste
1 cup canned black beans
¼ cup chopped cilantro
Juice from 1 whole lime

directions on package. Heat up olive oil in pan and add garlic and onions stirring until soft. Stir in butternut squash with a hint of nutmeg followed by the couscous and salt and pepper to taste. Stir in black beans, continuing until warm. Place in a serving bowl and stir in cilantro and lime juice. Serve warm.

Fact sources: wholieliving.com
Adapted from:
cleancuisineandmore.com,

Directions:
Steam butternut squash for 8-10 minutes. Cook couscous according to



About Squash...

Butternut squash takes a stand against breast cancer! Looking at its orange color we can deduce that it has a high content of beta-carotene which our bodies use for vitamin A. This nutrient has been shown to deter such things as breast cancer and macular degeneration.

So while you participate in Breast Cancer Awareness Month this October, be sure to get butternut squash in your diet and let others know about its many nutrients and wonderful flavor.

It is also a great source of fiber, potassium, vitamin B6 and many phytonutrients. Because of its high level of antioxidants, butternut squash may have anti-inflammatory effects on disorders such as rheumatoid arthritis.

Source: www.whfoods.com

Butternut Squash

Butternut Squash	
Nutrition Facts	
Serving Size: 1/2 medium (148g)	
Amount per serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrates 10g	7%
Dietary Fiber 2g	4%
Sugars 2g	
Protein 1g	
Vitamin A 180%	Vitamin C 30%
Calcium 4%	Iron 4%

* Percent Daily 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 celebrate Labor Day when local unemployment rate hovers near 18% & another 8% are under-employed; their work hours reduced, their pay cut, working for min. wage



From left to right: the Mobile Farmer's Market is a hit with Carmen Martinez of Linden: "My children like the fruits and vegetables! My child has some health issues and the doctor said to get the seasonal vegetables and fruits to help with that." 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, Flora Leon adds: "These fruits and vegetables are the most nutritional foods we can eat. They are the best for my family." On right, the Cervantes Family: "We are here because my husband recently lost his job and thanks to the Food Bank we have some food to help us." These families, and thousands more, are typical clients of local food banks.



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, Norma Valencia and son - Stockton: "The Mobile Farmer's Market program teaches me how to cook nutritional meals for my family." Each month, the Mobile Farmer's Market program visit 60 sites, serving 2,000 residents! Below right, 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 vegetable garden!



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 call. Thanks for reading and supporting our local food banks; your support during the holidays 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...



Top left, EFB Board Chair Tim Ulmer joins Colleen Stewart of Central Valley Association of Realtors at Casino Night with other CVAR guests to enjoy an evening of fun to help raise funds for the food bank. Center left, Constellatino Wines Retail-Hospitality team helps sort groceries they donated to support the food bank. Center right, Doug Barton and Carolyn Orgon of Cargill Horizon Milling present a grant Check to EFB staff. At right, EFB Nutrition Manager Federico Navarro and Warehouse Manager Jimmy Garza are pictured here with Saul Bedolla of Panne Levain Bakery; Panne Levain bakes fresh bread daily to donate to the food bank's pantry.



From left to right, EFB Master Gardner gets insight from Larry Pilmier, creator of the Woodbridge Winery Giving Garden. At center, Larry Pilmier of Woodbridge Winery looks on as Father Kelly blesses the Giving Garden at his location. At right, Larry, creator of the Giving Garden proudly shows his efforts to EFB Board Chair Tim Ulmer.



From left, Presentation Church volunteers come to the rescue to bag a large load of rice for the food bank. Sheriff Steve Moore and Honor Farm Coaches proudly present their garden where produce grown will be donated back to the food bank. Community volunteers help assemble our Healthy Living Newsletter. Our warehouse suffers 'empty shelves syndrome', the result of a 50% increase in families and seniors over the last 3 years of the regional economic collapse. Donate turkeys, hams and holiday food; contact Yvonne Derby at 209-464-7369, yderby@stocktonfoodbank.org.

EMPTY shelves: the EFB warehouse suffers "empty shelves syndrome", above, the result of a 50% increase in families and seniors over the last 3 years of the regional economic collapse. Donate turkeys, hams and holiday food, as well as your local fruit and veggies; call Yvonne Derby at the Emergency Food Bank, 209-464-7369!



Food 4 Thought...

Holidays are upon us; it's the season of giving!

The holidays are upon us which creates a season of giving. Folks are in the spirit and want to help out their community in need wherever they can. Here at the Emergency Food Bank and Family Services, (EFB) we are excited to have many options for you to help out. One way is holding a food drive. With my help and a little enthusiasm and pizzazz, let me show you how to hold a fun and prosperous food drive event. I have all the flyers,

barrels and details you need to get started today!

Calling ALL Turkeys, Chickens and Hams! We are in need of donations of Turkeys (10 – 12 lbs), Chickens and Hams to distribute on our Big Box Giveaway Monday November 21st from 8:00 – 12:00. We are expecting over 2000 families this year. We hope to raise enough food to feed the need for this season. Let us help

your company, church, family and civic group to meet your community goals by partnering with us to meet those needs of your neighbors in the community.

Our wish list for our every day needs and our holiday needs includes: pasta, macaroni and cheese, canned fruits and vegetables, boxed mashed potatoes, packaged rice or beans, peanut butter cereal, canned soups and meat, stuffing, canned yams, cranberry sauce. We accept donations all year around.

Have you checked out our website lately? There's a new Event's Section where with the click of a mouse, you and your friends and family or group can help volunteer your time at the many exciting events we have this holiday season. Just go to www.stocktonfoodbank.org and click on events to find out more.

Don't have time to hold a food drive? Call me and I can direct you to the many businesses that would be happy to have you drop your items at their location. 100% of the proceeds will be donated to the EFB pantry. Here are just two of the events where you can help.



are having their annual "Every Bag Counts" event which is tied into the month long food drive where they have \$10 pre-filled bags of groceries available for purchase. We need volunteers to help us at both Safeway locations to hand out flyers. TIM.....(insert picture on J-Drive here of Every Bag Counts and Stuff The Bus where you can)

Donor Appreciation Day is also quickly approaching. Please join us on November 17, 3:00 – 5:30 PM for donor recognition, tours of the newly expanded agency and a lite, late lunch! Call Yvonne to RSVP, see number below!

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!



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!



Volunteers are needed for the annual San Joaquin Regional Transit District "Stuff The Bus" event taking place the weekend of Friday November 18th through Sunday November 20th. If you would like to volunteer, please contact me for this amazing event.

Also, Saturday November 19th, Safeway Pacific and Country Club Way



Food drive success from the work and creativity of Health Plan of San Joaquin; thanks to all our donors!

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

Holiday food basket distribution, Nov. 21 and Dec. 19, requires advance sign-up!

Our Holiday Food Basket Distribution days this year are Mondays, Nov, 21 and Dec. 19, from 8 AM to Noon. New this year is the requirement for advance sign-ups for service. This move was made after last year's crowd exceeded 2,000 families.

Demands for that many turkeys and holiday food has mandated that our agency

serve only pre-registered families and seniors from San Joaquin County. Families may sign up at the food bank up to the Wednesday prior to these two dates, Monday through Friday, from 10 AM to 1 PM.

And, of course, if you can donate one turkey, or 10 birds, our huge thanks!

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!



Help from volunteers of all ages

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

Weekday 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 (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. Call for availabilities.

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 Bank now accepting clothing, household goods, under 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!

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



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.

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!

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 200th 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!

Thanks to our donors and supporters in 2011!

Donna Aarons, Richard R. Abood, Agustin Acampos, Ana Aguirre, Albert Paper Co., Allied Credit Union, Cynthia Allison, Edward & Pauline Almaas, Grace Alvarado, Cecilia Alvarez, Gene & Carolyn Andal, Christine & Allen Anderson, Christopher Andrews, Judith Andrews, Wm. Keith Arthur, Gerald & Beverly Ascencio, Florine Atkinson, Atlas Properties, Stella H. Adler, Rosalie Augello, Andre & Barbara Autotte, Joe Avagliano, William & Corinne Bahrenfuss, Creighton & Jeannette Bailey, Deborah Baker, Edwin Baker, Lorraine Baldwin, Balega International, LLC, Michael & Nancy Ballot, Roberta Balogh, Joan Bates, Daniel & Mary Bava, Michael & Debra Beck, Russell & Mary Beck, Donald Behnke, Charles & Mary Ann Behrens, Robert & Susan Benedetti, L. Wayne Bennett, Philip & Anne Berolzheim, Gordon & Marilyn Bettencourt, Adolph & Melba Bevilaqua, Ross & Marilyn Bewley, Alejandro & Mariela Bianchi, Carol Bielejeski, Dianne Bingham, Sherri & Phillip Black, Black Oak Casino, Jim & Loretta Blankenship, Mary Bock, Audrey Bohannon, Bon Appetit Catering, The Bookmark, Susan Brown, Anthony & Sylvia Bugarin, John Burdick, Marlene Burrue, Capital Public Radio, Cargill Incorporated, Lorraine Carruesco, Sherri & Phillip Carter, Black, Daniel & Marianne Castillo, Monica Catelli, Joyce Cates, Catholic Charities/ Diocese of Stockton, CenCal Recycling, LLC, Central United Methodist Church, Charterhouse Center, Church Women United of Stockton, Citibank, Arthur Cofod, Patricia Collier, Roy Collins, Collins Electric Company, Inc, Braxton & Margaret Combs, Community of Christ, Condor Earth Technologies, Inc., George & Kimberly Contente, Bill & Coleen Cook, RuthAnn Coykendall, Lisa Crete, Custom Fashion Windows, Gary & Elizabeth Daniel, James Darrah, Mary A. Davenport, Daniel & Paula Davis, Douglas Davis, Deacon's Fund of First Presbyterian, Gary & Katherine Dei Rossi, Wilbur Delph, Delta Truck Center, Angela Dennis, Glen Dennison, Martha Dent, Mike DeToro, Paula Dienst, Jeffrey Dixon, Chris & Lisa Dombrowski, Michael & Debra Donaghy, Thomas & Joan Dosh, Elsie Down, Marlene Drew, Carol Duns, Stewart & Sandra Easton, Wanda Eaton, Gary & Jo Ann Eggert, Eleanora P. Touhey Disaster Relief Fund, Betsy B. Erhardt, Wayne & Susan Esley, Raymond & Orien Etcheverry, Ella Evans, Jr. Everett, Russell & Elaine Ewick, Steve & Mary Facaros, Marian Fargo, Dean & Gloria Fearn, Richard H. Fecteau, Feinstein Family Fund, Richard & Ann Filson, James & Lois Finch, Finch Family Trust, E. E. Fineran, First Unitarian Universalist Church, First Baptist Church of Stockton, ABWM, First Baptist Church, Crusaders Sunday Sch, First Church of the Nazarene, First Presbyterian Church, C. Dale & Helen Fjerstad, Marianne Foppiano, Charles Ford, Colleen Foster, Allen & Lori Freitas, Reed & Lesley Fujii, J. M. Gaal, Norma Gamroth, Bernard J. & Elise Garber, Henry & Pamala Garcia, Margaret Garcia, Marguerite Genasci, GFWC Woman's Club of Stockton, Glenda Ghio, Richard & Janet Ghio, Albert Giannecchini, James & Lois Glasscock, William & Sandra Goodman, Yvonne Goodman, Jeannette Gorham, Grace and Mercy Charitable Foundation, Robert Gray, Carole Green, Darrell Green, Junita Green, Frank & Gloria Griffen, Karen I. Grimaldi, Curtis Grunsky, Rosalinda Gutierrez, Shari & Peter Habeeb, Ruth Hair, Hake Family Trust, Robert & Erol Jean Hamernik, Leola Hanson, William & Elizabeth Hao, Katherine Harden, Harvey Family Trust, Chester D. Heine, Ronald & Paulette Heine, Heritage Eye Associates, Peter Herrera, Joan Bell Herzog, Herzog Family Trust, Alan Hitt, Hobby Club, Fred & Carol Hofheinz, Saphon Hok, Shirley Holleyman, Denise Holmes, R.C. & N.L. Holmes, Helen Holt, Holy Cross United Methodist Church, Craig & Roberta Hubbard, Lawrence & Brenda

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The Emergency Food Bank works to recognize all financial, in-kind service and food donors over the past year. Should we have erred and omitted your name/organization, please contact Tim Viall, Exec Director; tviall@stocktonfoodbank.org, or call 209.464.7369

Thanks to our 2011 Donors, continued from facing page...

Irwin & Janice Staller, Bruce Stanfield, I. W. Starks, State Farm Companies, Stanley & Karin Steele, Carolyn Steinmetz, Pauline Stewart, Audrey Steyer, Stockton Bicycle Club, Inc., Stockton Firefighters Benevolent Org, Stockton High School Reunion Class, Stockton Lodge No. 218 B.P.O. Elks, Stockton Rod & Gun Club, Joe Story, Christine Surprenant, McKee, Tokie Takemura, Henry & Joanne Talbot, M. Tarala, Betty Tart, Ed & Karre Taylor, Russell & Kathryn Taylor, Earl Taylor MD, David & Frances Te Selle, David & Frances TeSelle, The Grainger Foundation, The Helen N. Engledow Trust, The Laureates, The Miller Family Rev Trust, Deanna H. Thompson, Jill L. Thompson, Noreen Tighe, George Tometti, William & Joan Topp, Frank & Eiberta Torres, Caryl Ann Toth, Willard & Laura Tower, Tracy Interfaith Ministries, Tri, -Valley Community Services, Truist, David Tudor, Two In Touch, Eric Typpo, Roberta Uecker, Ulmer Photo, Union Pacific Employees Club, United Way of S.J. Co., Beverly & William Updegraff, Mary Vachon, Carolyn Valdez, Valimet, Inc., Joseph D. Valtierra, Juanita Valtierra TTE, Kathleen Vance, Tony and Natalie Vice, Helen Vignolo, P.R. Voss, Daniel & Sandra Wade, George Wang, Tony G. Washington, Weber Point Breakfast Club, Wedegaertner, West Lane Pet Hospital, Deborah Westler, M.D. White, Dana & Katharine Willard, Steve Willis, Thomas & Patsy Wilson, C. Lloyd & Rosemary Wingard, Lorraine Wolf, Ralph and Marie Womack, Charles & Marilyn Wood, Albert & Axzine Woodward, Ron & Eileen Yamamura, Dr. Jerold & Judith Yecies, James Yost, Z & W Advertising, Nancy & Nelson Zane, Moises Zapien, James Zeller, Walter & Cynthia Zimmerman; a very special thanks to you all!

Special Thanks for our in-kind food donors

These businesses donate over 5.0 million pounds of food to provide over 4.0 million meals each year!

Advanced H2O
C & S Wholesale Grocers
C & S Wholesale Grocers
Campbell Soup Company
Campbell Soup Company
Cargill Horizon Milling
Cash & Carry
Central Valley Physical Therapy
Chase Chevrolet
Coastal Pacific
Coca Cola Bottling Company
Commodities
Del Monte Foods / Corporate
Del Monte Foods / Lathrop
Del Monte Foods / Modesto
Diamond Foods
Food 4 Less
Frito Lay
General Mills
Gentiva Healthcare
Grocery Depot / Stockton
H.J. Heinz
Jack-In-The-Box / Tracy
Krueger Foods
Nu Star Energy
Orowheat
Raley's / Hammer Lane
Raley's / Morada Lane
Rancho San Miguel / Stockton
RTD
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Safeway – Pacific Avenue
Save Mart Supermarkets
Sygma - No Ca
Taylor Farms - MacArthur
Taylor Farms – Valpico
Tony's Fine Foods
Trader Joe's
WB Warehousing (Advanced Packing)

Thanks to our Building Project Donors!

<u>Monetary Donors:</u>	<u>Comb</u>	<u>Equipment Rental</u>	<u>Davis</u>
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Jr.	Lowe's Home	Class of 2011	<i>Thanks to our donors for</i>
Marian Malloy	Improvement	Patrick Tracy Concrete	<i>making this food bank</i>
E.D. & Doris Marks	Dietrich Industries, Inc.	G&L Brock Construction	<i>expansion project</i>
Delmar & Betty Mc	Greg Wilcox, Sunstate	WMB Architects - Doug	<i>possible!</i>

Donor Appreciation Day is November 17

We would invite our donors to be our distinguished guests at Donor Appreciation Day, Thurs. November, 17th, from 3:00 p.m.- 5:30 p.m. at the Emergency Food Bank, 7 W. Scotts Avenue. A festive, holiday open house setting, late lunch provided and tours of the newly remodeled, expanded agency! Please RSVP to Yvonne Derby at (209) 464-7369, or, yderby@stocktonfoodbank.org

Run and Walk Against Hunger, Thanksgiving morning at Stockton Ports Ballpark is fun, family event!

Time to get active for this holiday tradition and join 4,000 other walkers and runners at the Ports Ballpark!

Thousands of walkers, runners will toe line for 5K and 10K courses; kid's 9-under have 1/4 mile run, too!



Pictures, from top left of the 2010 Run and Walk: Taiko drummers pound out the beat; 3,200 runners & walkers toe the line; front runners ready for a fast time, and twin boys prepare for a brisk ride with their father!

Thanksgiving, November 24, 2011

A 1/4 mile run for Kids 9 & under at 8:00 a.m.
A 5K run/walk and 10K run, 8:30 a.m.
Stockton Ports Ballpark, 404 W. Fremont at Lincoln on the scenic waterfront, Stockton, CA

"It's THE thing to do Thanksgiving morn"!

Join 4,000 families and seniors for this fun event, help end hunger in Stockton and San Joaquin County!

Register on-line, www.Active.com, or go to: www.runagainsthunger.org; or call us at the Emergency Food Bank, (209) 464-7369.



The 7th Annual



Run & Walk Against Hunger

Register On-line at www.Active.com, or use this Entry Blank (clip and mail):

Entry Blank: Mark your EVENT CHOICE (one application per person - duplicate if necessary)

5K Run 5K Walk (Not timed) 10K (Run only) 1/4 Mile Kids Run

Virtual Participant (donation only - gets cool t-shirt!)

Gender: M F Age on 11/24/11

Name: (first) (last)

Address: City: St: Zip:

Phone (H): (W): Email:

***IMPORTANT: Please fill out form COMPLETELY and LEGIBLY.**

T-shirt Size: Small Med: Large X-Large XXL Large
(Size not guaranteed)

Waiver: In consideration of this entry application I hereby, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims or damages I may accrue against the persons or organizations affiliated with this event (including the Emergency Food Bank, Fleet Feet Sports Stockton, On Your Mark Events, the Stockton Ports, City of Stockton and any and all sponsors) for any and all injuries that may be suffered by me or my child on route to or from the event. I attest that I am physically fit and sufficiently trained for this event. As part of the waiver, I acknowledge that I have read and understand all of the above.

Signature (Parent if under 18): _____ Date: _____

OFFICIAL USE ONLY:

5K and 10K: \$35 through October 31, \$40 Nov. 1 through race day.

Kids 1/4 Mile Run: (Kids age 9 and under only): \$10 through Oct 31st, \$15. Nov 1 through November 20th and \$20 Nov 21 thru race day.

(Do not mail this form after Nov. 12th); *you can also bring this form with you to Fleet Feet on Nov. 21-23.

*No refunds or transfers (\$5 fee to change event categories once you have registered). Event happens rain or shine!

On-line registration: www.runagainsthunger.org; or Register on-line through Nov. 19th at www.active.com

Make checks payable to: Emergency Food Bank. Mail entry form and check by Nov. 12th to: On Your Mark Events PO Box 1199 Arnold, CA 95223