



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

The Emergency Food Bank's Healthy Living

Vol VIII, No. 3 - Food, Nutrition, Health and the Emergency Food Bank - Sept., 2011

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Celebrating Labor Day and our clients!

Can we celebrate with 25% unemployed or under-employed?

“Our clients, working class heroes” is the theme of our Healthy Living newspaper. But, it remains a huge challenge to celebrate Labor Day and our working client families and seniors when the local unemployment rate hovers around 18%. Experts point out that another 8% are under-employed; their work hours reduced, their pay cut, working for minimum wage on an occasional basis. It adds up to huge increases, year after year, for local food banks like the Emergency Food Bank and our partner agencies who run our satellite food pantries.

We hope you will read on. In this issue of Healthy Living newspaper, you'll find features on our clients, our programs and how local folks just like you are

working creatively with the Emergency Food Bank and other nutrition agencies to stem the rising tide of families facing

hunger and food-insecurity issues on a weekly basis. You'll find plenty of ideas on how you, your family, your schools and those organizations you work for can support our efforts!

Unfortunately, it appears the local/regional economy will remain “in the tank” for several more years - creative energy and support from the community is so much in the need; call us to get involved!

And, we continue asking the question: Can we change lives of many of our clients by providing healthier food and offering regular nutrition education programs? We think we can, and, we are! You'll find much more in this issue on both creative food drives, and new programs to help improve health of our clients.



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!

Nutrition Education Center opens to new classes

Forty-plus participants pass through the nutrition class each month, a good portion of them returning for more than one session. While discussing such topics as fruit and vegetable consumption, calorie intake versus physical output, and saving money on food costs, the participants are happy to sit and learn new ideas about eating healthy.

With the new Thomas F Wilson Education Center, expansion in the program is a must. As fall approaches,

bringing with it holiday food drives and an increase of clients, the same goes for the Nutrition on the Move program at the Emergency Food Bank!

A new classroom/demo kitchen ready to host more classes, increased class sizes, and healthy recipe demonstrations will attract more families and thus reach more people in our community with valuable nutrition information. The program will use new curriculum from the University of California Cooperative Extension's Eating

Smart/Being Active material to instruct families concerning the importance of not only eating nutritious foods, and more of them, but also becoming and keeping active physically. These two important aspects of nutrition will spearhead the Nutrition on the Move's goals into fall and the new year.

Nutrition classes continue to target families and seniors every Friday morning from 11 am – noon. Open to the public, the classes are free, informative and interactive. We welcome anyone in the community the opportunity to learn general nutrition information and to take advantage of this valuable resource!

Continued top of page 3...

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The Emergency Food Bank & Family Services is new name!

At your Emergency Food Bank, our goal is to provide resources, leadership and encouragement to our client families and seniors by visibly creating programs and services that meet their nutritional needs. This has become more evident as the new Nutrition Education Center is becoming well-used for classes to help improve the nutrition choices, health, financial wisdom and lives of our clients.

With that move to enhanced client classes and services, we have retooled the agency's name to The Emergency Food Bank and Family Services, and adjusted our logo to match.



Tim Ulmer,
Board Chair

It's quite a community accomplishment which will allow the EFB to better educate our clients to reach a healthier life style when it comes to nutrition. Our vision for this new facility is to share it with our community partners that participate in reducing health issues through nutritional habits. Come visit and see how it will make a positive change to your community; to arrange a tour of the new facility, call Tim or Federico, 464-7369!

"Working class heroes", our clients!

"Our clients, working class heroes" is the theme of our Healthy Living newspaper issue. And, we continue asking the question: Can we change lives of many of our clients by providing healthier food and offering regular nutrition education programs? We think we can, and, we are!

In this issue of Healthy Living newspaper, you'll find features on the following "healthy eating/active living" activities. Our rapidly growing Mobile Farmer's Market and Farm to Family fresh produce programs are examples. Our new "Healthy Eating/Active Living" (HEAL) program, is a partnership of the EFB, Catholic Healthcare West/St. Joseph's Regional Health and Fleet Feet-Stockton.

And, our new Nutrition Education Center allows us to "ramp up" nutrition and food educational programs for clients.

Last, you'll find all the news of the Run and Walk Against Hunger on p. 12 - what better way to burn calories and raise funding support for our agency?

Read on; we are changing lives with your help!



Tim Viall,
Exec. Director



Our clients, numbers will surprise you...

- Over 130,000 Stockton/San Joaquin residents were served by Emergency Food Bank services in 2010!
- 78% of our client families are employed; others are retired or are seeking work in a tough job market
- The EFB's on-site food pantry served 22% more families in July, 2011 versus same month a year ago.
- Over 24% of our clients are seniors and the elderly
- Over 1,300 families are served at our 12 satellite pantries each month, close to their homes/apartments
- Our Mobile Farmer's Market program reaches an additional 2,000 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!



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.

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| Pat Brown & Darrin
Brant, Nutrition
Educators | Tim Viall,
Executive Director |
| Maria Venegas,
SNAP Coordinator | 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 them!) |
| Yvonne Derby,
Food Developer | |

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 November, 2011, deadline: October 15; to tviall@stocktonfoodbank.org

The Food Bank's Wish List:

Food items:

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

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 Computers, monitors
Office desks, conf. room furniture
Call us at 464-7369 if you can help!

Nutrition Education Center, cont'd from p. 1

The Food Bank is also enhancing its program line-up providing diverse options of workshops. New programs include the "Growing GREENS Eating LEAN" program (garden-enhanced nutrition workshops), "Eat Smart, Live Strong" senior nutrition program and upcoming healthy cooking demonstration classes.

The Emergency Food Bank has also collaborated with other local partner agencies to provide their resources to clients of the Food Bank. Partners include San Joaquin Public Health Services who has provided workshops in Childhood Lead Poisoning Prevention

and Mother's Taking Action workshops at the new Nutrition Education Center. University of California's Cooperative Extension has also provided parent/child classes at the center as well.

Our ultimate goal is to ensure that the new Nutrition Education Center is a valuable community resource where community members can access information to improve their health, well-being and overall lifestyles!

For more information on upcoming classes and workshops please visit our website, stocktonfoodbank.org or contact us at (209) 464-7369.

Our Master Gardener teaches families to grow their own fresh produce

The Emergency Food Bank and Family Services is very excited to have Janet Durham as the newest Master Gardener to complete the certification program! Janet will be effectively helping the Food Bank maintain its new 1,400 sq. ft. demonstration and teaching garden.

Janet, a long time volunteer at the Food Bank, has always had a passion for growing plants. With experience in Ornamental Horticulture and an extensive gardening background, she recently

graduated with a Master Gardener certification through the University of California's Cooperative Extension. She is very thrilled to be able to share her personal knowledge of plants and her recent training for those in our city!

Along with assistance from U.C. Cooperative Extensions Master Gardener Coordinator, Marcy Sousa, Janet will provide the information and skills to plant, grow and maintain fresh vegetables, fruits and herbs in the new demo garden, while showing families and seniors how they can start and maintain



their own gardens at home!

The Food Bank piloted its newest program, Growing GREENS Eating LEAN in August at the new Thomas F. Wilson Nutrition Education Center!

The goals for the program is to teach families and seniors how they can create their own gardens, grow seasonal fresh vegetables and fruits, learn the importance of eating healthy, create recipes utilizing fresh produce, as well as learn agricultural sustainability and self-

sufficiency!

The Stockton Leadership group of 2011 adopted the Emergency Food Bank as the recipient of their class project which included a beautiful patio/barbeque area and a demonstration garden. This project has allowed the Food Bank to be a catalyst to teach families and seniors how they can create, cultivate and maintain their own home garden!

For more info on the Growing GREENS Eating LEAN program, visit our website at stocktonfoodbank.org or call Federico Navarro at 209-464-7369.

Nutrition Education Center finished, warehouse underway!



A new Nutrition Education Center/warehouse is now finished on our 3/4 acre site to the west of our warehouse and food pantry, and surrounded by a demonstration garden; the existing food pantry is being remodeled/expanded. Thanks to scores of donors and volunteers for their support!

The Emergency Food Bank has completed our Nutrition Education Center and is weeks from final finish of the most vital expansion project in our 43 year history.

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 \$990,000 project includes \$422,000 in Community Development Block Grants (for capital facilities expansion) from Stockton, San Joaquin County, Lodi and three other cities and \$570,000 in the Emergency Food Bank's Capital Campaign reserve fund (facilities expansion funds from local foundations).

A special thanks to San Joaquin County for finding an additional \$56,500 in CDBG funds to help us finish the demo and redone small offices in our pantry/warehouse remodel. Final completion date: September, 2011 with your help!

The FUN Initiative helps families to thrive in San Joaquin County!

The Emergency Food Bank and Family Services is gearing up for Cycle 2 of its HEAL program currently in its pilot year. After the success of the first cycle, during the spring of this year the Emergency Food Bank and Fleet Feet Sports of Stockton are looking forward to another great run. With the new cycle comes a new name formerly HEAL (Healthy Eating/Active Living), the program is now referred to as the FUN (Fitness Utilizing Nutrition) Initiative.



At left, family members in new HEAL program fast-walk around Victory Park; at right, kids and family members take part in warm-ups with Fleet Feet staff

Feet Sports Stockton, the program enables parents and their children from Lodi Unified and Stockton Unified Schools to benefit from this program!

The Emergency Food Bank and U.C. Cooperative Extensions nutrition educators provide a series of eight essential nutrition workshops. With the qualified Fleet Feet Sports-Stockton coaches instructing the walking/running component, parents and their children learn proper stretching techniques, warm-up exercises, walking and running, all to teach families to stay fit, be active and possibly participate in a running event!

Every Saturday morning for 8 weeks, Fleet Feet coaches will train and motivate the parents and children on the running track, getting them ready for the 7th Annual Run & Walk Against Hunger! The Food Bank's goal for the program is to encourage families in our community to eat, live and shop healthy as well as be physically fit and active! For more info, please contact us at (209) 464-7369.

The FUN Initiative will target 50+ participants using the same basic outline

regarding its two vital components, nutrition education workshops and

physical fitness clinics, by engaging families with children from participating Title One schools to learn healthy eating and physical fitness!

With San Joaquin County as one of the worst counties with populations high in overweight and obesity, the FUN Initiative wanted to address this disparity by targeting the population in need and providing them with beneficial nutrition education and physical fitness.

Sponsored by St. Joseph's Medical Foundation and in collaboration with U.C. Cooperative Extension and Fleet

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 state-wide program offered by CA Assoc. of Food Banks, the EFB is able to purchase fresh fruits and vegetables at \$0.06-\$0.12 per pound throughout the year. Help us provide healthy produce to the plates of those in need; as little as \$25 allows purchase of over 250 pounds of produce...



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!

- Escalon CARE
- Head Start- Escalon
- Head Start - French Camp
- Head Start - Lathrop
- Lathrop Senior Center
- Our Lady of Guadalupe Church
- Holy Cross Catholic Church
- Beckham School
- Community Partnership for Families, Lodi, San Joaquin County
- Delta Health Care/WIC-Lodi
- Heritage School
- Joe Serna School-Lodi
- Lawrence School
- Lodi Community Center
- Loel Center and Gardens
- Head Start - Manteca
- Manteca Senior Center
- Head Start- Ripon
- Ripon Senior Center
- Arnold Rue Community Center
- Boggs Tract Community Center
- Casa Manana
- Clairmont School
- Cleveland Elementary School
- Community Partnership for Families of San Joaquin, Diamond Cove II
- Community Partnership for Families of San

- Joaquin, Kentfield Community Center
- CUFF Family Resource Center
- Delta Health Care/WIC Stockton
- Delta Health Care/WIC-Sierra Vista
- Franco Senior Community Center
- Garden Acres Community Center
- Head Start - Fremont St
- Head Start - Grace Methodist
- Head Start - St. Gertrude's Church
- Jene Wah, Inc.
- King Elementary School
- Lao Khmu
- Lockeford Community Center
- McKinley School
- Montezuma School
- Northeast Center
- Oak Park Senior Center
- Parklane School
- Plymouth Place
- Spanos Elementary School
- St. Georges Church
- Stribley Community Center
- Taft Community Center
- Taylor Family Center
- Villa Montecito
- Wellness Center
- West Lane Oaks Family Resource & Referral Center
- Thornton Community Center
- Head Start- Tracy



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



Lettuce Talk

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

Citrus Vinaigrette Salad with Roasted Beets

Ingredients

- ½ can sliced beets
- ¼ cup orange juice
- 2 Tbsp cider vinegar
- 2 Tbsp olive oil
- ½ tsp black pepper
- 1 tsp parsley flakes
- ¼ tsp salt
- 1/8 tsp garlic powder
- 4 cups mixed greens
- ½ medium orange chopped
- ¼ cup chopped walnuts

heat. Heat 3-4 minutes and turnover. When done set beets aside and let cool, then cut into quarters. Combine orange juice, vinegar, and olive oil in mixing bowl. Add black pepper, parsley flakes, salt, and garlic powder. Whisk together. Toss mixed greens with vinaigrette, top with oranges and grilled beets, sprinkle walnuts over salad and serve.

Adapted from mccormickgourmet.com

Directions

Place beets in sauté pan on medium



Orange

Nutrition Facts

Serving Size: 1 medium (154g)

Amount per serving

Calories 80 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **3%**

Total Carbohydrates 19g **8%**

Dietary Fiber 3g **24%**

Sugars 14g

Protein 1g

Vitamin A 2% Vitamin C 130%

Calcium 6% Iron 0%

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

Papaya Pineapple Slaw

Ingredients

- ¼ cup unsweetened pineapple juice
- 1/8 cup olive oil
- 1 tsp lime juice
- 2 Tbsp fresh cilantro, minced
- ¼ tsp cumin
- ¼ tsp salt
- ¼ tsp sugar
- 4 ½ cups shredded cabbage
- ½ cup shredded carrots
- 1 cup papaya, peeled and chopped
- 1 cup pineapple, cubed

- ¼ cup raisins
- 3 Tbsp nonfat plain yogurt

Directions

In a small bowl, combine and whisk together pineapple juice, olive oil, lime juice, cilantro, cumin, salt, and sugar. In a large bowl, combine the cabbage, papaya, pineapple, raisins, carrots, and yogurt. Drizzle with dressing and toss to coat evenly. For best results cover and refrigerate for two hours. Stir before serving.

Adapted from tasteofhome.com



About Papaya...

Papaya is a fruit native to Central America. Papayas are an excellent source of Vitamin C and a good source of folate, potassium, fiber, and Vitamin A. The high amount of Vitamin C can help improve our iron absorption and immune systems. The antioxidants in papaya can help protect cells from free radical damage.

Papayas range from different sizes, but are typically 7 inches long and weigh 1 pound. Choose papayas whose skin is red-orange and are slightly soft to the touch. Papaya can be eaten by itself, or added to salads and salsas. The seeds of the papaya are edible, but have a peppery flavor. Consuming papaya regularly offers many nutritional benefits and can also provide a taste of the tropics!

Papaya

Nutrition Facts

Serving Size: ½ medium fruit (152g)

Amount per serving

Calories 60 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrates 15g **5%**

Dietary Fiber 3g **12%**

Sugars 9g

Protein 1g

Vitamin A 35% Vitamin C 160%

Calcium 4% Iron 0%

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

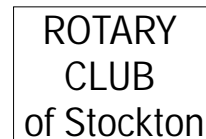
About Oranges...

As most people know, Oranges are high in Vitamin C, which is high in antioxidants to help our immune systems during the cold season. This high content of vitamin C will also help in the absorption of calcium in our bodies. Usually in season from January through the summer months, oranges are easy to come across in the grocery store and when in season can be cost-efficient.

Because oranges are easy to peel and slice they make a great snack. They also can be utilized as an addition to salads or a garnish bringing vibrant color to any dish. Supplying your body with a high content of vitamins, minerals, fiber, and folate will give you an extra boost to get through the winter months!

Sources: www.whfoods.com, www.organicfacts.net

THE MOBILE FARMER'S MARKET THANKS THE FOLLOWING SPONSORS:



Client families and seniors are worthy of 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, the Contreras Family loves the Healthy Eating, Active Living program: "The experience was something new and different that has helped our health. Participating in the Avenue of the Vines run was a new experience for the whole family since it was our first time for the whole family to run a 5k. After the event my son Armando was so inspired that he told me he wants to keep running to be able to run a 1/2 marathon like Daniel and Francisco (our trainers) did. And after participating in the Mayor's Hike and bike I realize that I don't need a car to go places, I can walk!" Left center, Marina Ladesma and Perpetua Partosa frequent the Mobile Farmer's Market program: "It is very important to me and my family because it helps with supporting our healthy food supply." At center right, Rosalba Orozco and daughter love the Mobile Market: "The produce is healthy and it helps my food budget every month." At right, Norma Valencia and son - Stockton: "The Mobile Market program teaches me how to cook nutritional meals for my family." Each month, the Mobile Farmer's Market programs visit 60 sites, serving 2,000 residents!



If any of 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!



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: Home Depot workers pose with EFB staff, Yvonne, Jimmy and Federico in April after dropping off 1000 lbs of donated food from their food drive. UPS volunteers come for the day to help sort food as well as hold food drives. Pictured in green shirts at far right, volunteers from Air Products help hand out flyers to customers for the Safeway Help End Hunger Summer food drive. These and scores of other local organizations help all-year round; thanks!



From left to right: Volunteers from Premier Credit Union visit the Food bank to operate the pantry for the day. Larry Pilmaier of Woodbridge Winery shares his harvest from the Giving Garden he plants and donates to benefit of the Emergency Food Bank. Don Aguillard of Central Valley Neighborhood Harvest collects veggies and fruit from backyard gardens and is working to develop community gardens like this one in French Camp to help supply agencies like EFB. This unique annual food drive event called CANSTRUCTION joins local builders, architects and community members to build these structures out of canned items where 5 tons of food was raised at the 2011 event held in April at the Asparagus Festival.



Above, the EFB warehouse "empty shelves", the result of a 45% increase in families and seniors over the last three years of the regional economic collapse. Host a food drive or donate your local fruit and veggies; call Yvonne Derby at the Emergency Food Bank, 464-7369!

Pictured at far left, H. G. Heinz tomato plant staff of Stockton donates funds to the Emergency Food Bank staff; PG&E staff, sporting blue, volunteer in our pantry. Target staff wearing their signature red shirts have a lot of fun helping out the food bank by taking time for their community to help label cans for distribution in our pantry.



Food 4 Thought...

"Take the Challenge" (Can you get by on \$4.72 per day for food?)

In San Joaquin County, an area overflowing with great food, more than 200,000 people aren't sure where their next meal is coming from. That's 1 in 5 children, adults and seniors.

The Hunger Challenge is about walking in someone else's shoes for a week. It's about living like families surviving on food stamps and

understanding what it feels like. As a participant, you agree to spend just \$4.72 a day (per person) for your entire food and drink budget – the average amount that food stamp recipients have to spend.

During the Hunger Challenge, we encourage you to share your experiences. Through use of our Constant Contact e-mail newsletter, simply send me an e-mail

and we will make sure to publish your feedback where folks can hear about your experiences and how they too can take the challenge.

FOOD FOR THOUGHT... Can you do it? Can you eat on such a small amount of money? What will you end up eating? Will you be hungry? Can you eat healthy on a budget? How much time will it take to prepare your meals? Could you do it forever? (Borrowed with thanks from San Francisco Food Bank's Hunger Challenge).

The Emergency Food Bank and Family Services (EFB) strive to address the needs of our community every day in our on-site pantry, our Mobile Farmer's Market and our nutrition education classes. Our community like others is struggling with the hard economic times.

There are many great services in the community, but the one thing folks cannot go without is food! However, here at the EFB, we do not address the hard times as much as the blessings and positive strides we are taking to make our community a better place to live. Currently serving over 4000 people weekly, we are proud of the work we do to continue our services to provide groceries which folks otherwise may have to go hungry.

Families are anticipating the holidays and beginning to think about holding a food drive, or hold events which co-inside with the holidays. The EFB is no exception! Our resources are there, so this is why I like sharing creative ideas where folks utilize their time, talents and treasures to help others in need.

Rose's story is typical of stories we hear of folks who need your help: She quit job at Dart 4 yrs ago to work for a spay/neuter clinic. The Board thought they could run it with volunteers only and did until last month when they turned it over to a new Board, but not much money was left, however they offer Rose a few hours to come in and help organize: this is still not enough to survive with only the basics in life.

She has had several groceries from ministries, but still it isn't enough. She is still having trouble getting a part for her car so she borrowed one from a friend. She is really struggling over the whole situation so much, so that she also lost her house in

Lodi and moved with her 75 year old mother. Her mother retired almost 30 years ago and is in need of many other services herself.

This is why we do what we do! To help folks like Rose and her Mother survive with just the basics. Won't you help us help her and others in need?



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

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. Won't you help?



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!

Call Yvonne Derby for more information at 209-464-7369 or e-mail: yderby@stocktonfoodbank.org

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.

In recent months many local faith-based organizations, businesses, and service clubs have organized Saturday volunteer groups. These groups have included: C&S Produce, Boys and Girls Club, Kiwanis, Oddfellows, Circle K and Ambassadors both of University of the Pacific, First Unitarian Universalist Church, Central Methodist Church, United Methodist Church and many more!

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.

Benefits for volunteers: Volunteers who regularly work a prescribed number of hours receive the agency's gratitude, participation in quarterly events (such as Night at the Stockton Ports, special barbeques, etc.), and the warmth in your heart from helping feed seniors,

families, and thousands of children throughout our community.

Saturday volunteers: We occasionally need Saturday volunteers, from 7:30 AM to 12:30 PM. 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. Fun, and a team-building opportunity!

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



Help from volunteers of all ages

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

The Emergency Food Bank accepting a wide variety of goods, from clothing to furniture and tools. Under a new partnership with Lodi Junction, on School Street, items will be sold, converted into cash, and a portion returned to the bank as an investment in food and nutrition programs. **To donate items call 224-8391**, and a truck will come to your door. You can also donate non-perishable items, that will come straight to the bank. And, shop Lodi Junction 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, and here are our pantries:

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



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.

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 150th Facebook friend and another \$25 gift card to the Facebook friend who becomes 200th. Here's how you do it:

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.



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!

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!

Hunger Survey shines bright light on county's hunger challenge; Hunger Task Force offers new ideas!

Hunger Task Force for San Joaquin County:

Co-chairs:

Supervisor Larry Ruhstaller,
San Joaquin County,
Stockton Mayor Ann Johnston,

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 Ed Chavez
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
Education
Second Harvest Food Bank
Seniors First/the Senior Service
Agency of San Joaquin
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, Et al

Task Force Committees:
Senior Nutrition Programs
Community Food Security
Network
Food Development
Legislative Advocacy
Youth and Family Nutrition
and Education

Contact the Task Force:

Tim Viall, Co-Facilitator of the
Hunger Task Force, c/o
Emergency Food Bank, 7 W.
Scotts Avenue
Stockton, CA 95203
PH: 209.464.7369; FAX:
209.464.0309; email:
tviall@stocktonfoodbank.org

The first-ever county-wide Hunger Study was a focus of the Hunger Summit early in 2010, the results of over 930 client interviews late in 2009, with help from 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. The Data Coop's Cam Bullock presented some startling revelations:

Demographics, sample size:

926 respondents; 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. 47.9% were Hispanic, 25.4% were White, 11.3% were Black, and 4.1% were Asian.

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.

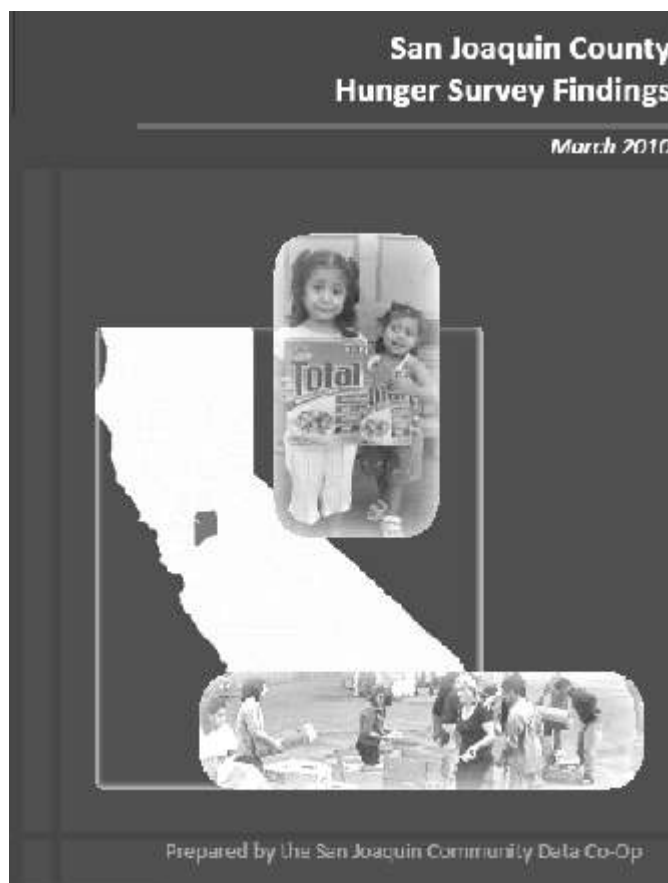
59.3% had needed emergency food while living in San Joaquin County; 19.9% were receiving food assistance for the first time on the day of the survey.

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.'

George Manolo-LeClair, of CA Food Policy Advocates, shared an overview of state-wide hunger challenges. The UCLA Hunger Study regarding Food Insecurity in California was discussed, and how far the group has come since the report was released in 2005.

The Hunger Task Force advanced these goals/targets in 2010/2011:

- Food Stamp/SNAP Program Enrollment: Press continuing enrollment in Federal Food Stamp program, through techniques such as phone interview for Food Stamps in San Joaquin County (waive face-to-



New tools for understanding hunger and fighting hunger in our community: For a copy of the Hunger Survey for San Joaquin County's insights, go online to www.stocktonfoodbank.org, or call 209-464-7369. A new series of maps will soon be available, with locations of food banks, nutrition agencies. Join the Task Force!

face); support of end of finger-imaging requirement; drive home the \$1.79 spent in the community for every dollar of Food Stamp aid; work to position SJ County as growing in enrollment FASTER than CA average.

- Summer and School Meals Program: Contact child care and family planning agencies to press for and support summer lunch program

- Cultivating Food Donors: Local groceries contacted for sharing food and joining the team; or, establish a county-wide spreadsheet of all potential donors, who is servicing them, and which potential donors are not being served or called upon.

- Educational Program to Assist Clients in Life Skills Development: Build a program to educate clients so that they can find resources (food aid, job training, job-finding and more).

- Five Hunger Task Force Committees (below) will work collaboratively to accomplish an end to hunger and food-insecurity and thereby improve the health and lives of our clients, through these committees and their goals:

Senior Nutrition Programs - seeks solutions to poor nutrition and food insecurity experienced by our fast-growing senior population. Seniors have unique obstacles to food security, including limited access to transportation, dietary restrictions, chronic and acute illness, social isolation and lack of awareness of assistance available.

Community Food Security Network - seeks solutions to food insecurity in the community by gathering and sharing information about how to access food programs, including improving access to CalFresh (formerly Food Stamps). This committee has compiled a list of most food pantries in the county, including: food banks, meal distribution sites, church food pantries, distribution sites and mobile farmer's markets.

Food Development - with assistance from the Mayor and Supervisors, will increase food supply to area food banks. This includes collaboration of major food bank staff in outreach to grocers, distribution centers, truckers and food processors.

Legislative Advocacy - a Hunger Advocacy Network to advance local and state legislation, and serve as a mechanism of notification and response by local agencies and other interested parties to help shape public policy to end hunger and food insecurity.

Youth and Family Nutrition and Education - seeks to motivate youth and families seeking emergency food assistance to choose, eat and prepare healthier foods. This includes training volunteers and staff to teach food resource management, money management, nutrition, safe food handling, and healthy food preparation.

Join the Task Force: next quarterly meeting: Oct. 21, 9:00-10:30 AM, at Health Plan of San Joaquin, 7751 S. Manthey Road, Lathrop, CA.

What you can do to help solve hunger:

- Get your church, faith-based organization, school or business involved to raise awareness,
- Talk up the challenge to your friends and neighbors - ask them to get on board,
- Organize a local food drive (the food banks are happy to assist - offering insight and truck pickup!),
- Support local non-profit organizations that fight hunger and food insecurity!
- Get involved in the Hunger Task Force - call Co-facilitator Tim Viall, 209-464-7369, or email Tim at his email: tviall@stocktonfoodbank.org.

Labor Day Party benefits the food bank!

Come on out for a fun and musical good time!

Grab your friends, your dancing shoes and love of good music and visit Valley Brew just off Miracle Mile on Labor Day for Gary's 2nd annual Labor Day Party. All the details below, and proceeds boost the Emergency Food Bank!

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



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.

Cal Fresh (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 (SNAP, 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!

Gary & Mike's Annual LABOR DAY PARTY

Sept. 5th - Valley Brewing Co. - 3pm to 7pm - Public Invited!
Benefiting the Stockton Emergency Food Bank and
Read to Me Stockton / Stockton Rotary



ENTERTAINMENT:

"Brothers from Other Mothers" featuring
Mike Torres, Jr. and Gary Hansen!
Special appearance by "The Flippin' Joes"
Open Jam Session- bring your "Axe"

\$10 admission fee

includes light hors d'oeuvres, music and fun!
Bring 5 cans of food and get \$5 off admission.
Tickets available at the door.

RAFFLE PRIZES!

Luxury hotel night,
Dinner for two, Round of golf,
2 Tickets to Sporting Event plus more!

Sponsors: G-Force Productions,
Valley Brewing Co., & Mayaco Internet

For more info call Stockton Emergency Food Bank - 464-7369.



July 16th, benefitting the Emergency Food Bank. This year the tourney moved to the hallowed Stockton Golf and Country Club. The ongoing is the Pebble Beach Raffle, with only 100 tickets sold for \$100 each, remained a popular part of the event!

The Emergency Food Bank has been the recipient of the proceeds of this event for the past several years. Proceeds will benefit the nutrition and food programs of the Emergency Food Bank. Over the last nine years, NAIFA-Central Valley's quality tourney has brought more than \$120,000 to EFB 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!

Donate your used vehicle to EFB!

The Emergency Food Bank on average picks up 100+ truckloads of donations monthly. Our trucks are in serious need of a 'make-over' or better, WE NEED YOUR TRUCK! And, we need a new vehicle to expand our Mobile Farmer's Market program.

Donors receive tax credit for their donation, the fair market value of their vehicle - it's often easier than selling it! No ads to run, no phone calls, no hassles!

Specifically we are seeking newer model one-ton vans and/or a refrigerated box-van (we also accept cars, and convert them to cash for nutrition programs). Please call the Emergency Food Bank, 209.464.7369.



7th Annual Run and Walk Against Hunger coming Thanksgiving to Stockton Ports Ballpark and waterfront

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

Yes, you can do this!

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
(209) 464-7369.

The 7th Annual



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