

JACOBS & CUSHMAN SAN DIEGO FOOD BANK NEWSLETTER

FOOD FOR THOUGHT

FALL 2016



"I am a senior citizen. I have degenerative disc disease in my back and can't work."

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"I am on Social Security. I don't know how I would survive without my family and the Food Bank."

On a sunny fall morning, Maria waits in line for food assistance at the Food Bank's food distribution in Lemon Grove.

Maria, a youthful looking 61-year-old, arrived at 6 a.m. for a food distribution that starts at 9 a.m.

"I've been waiting for three hours. I wanted to make sure that I got a place in line. I need the food. I have a little folding stool to sit on. This is my third time coming to the food bank. I found out about it from a friend of mine," explains Maria.

"I had to stop working recently because I have degenerative disc disease in my back. I am in so much pain, a lot of pain. I was a certified nursing assistant for 22 years. Before that, I was a customer service manager at Robinsons May back in the 1980s before it became Macy's here in San Diego," she says.

"As a nursing assistant, I helped seniors who were homebound. I would do their shopping, take them to doctors' appointments, cook meals for them, help them with cleaning, and help them with bathing," explains Maria.

"After my back problems got worse and worse, I couldn't do my job anymore because I can't move or lift anything heavy which means I couldn't do everything that the seniors needed. I can't help them stand up or walk or help them bathe," says Maria.

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Jacobs & Cushman San Diego Food Bank

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We Are Thankful for You This Holiday Season

The holidays are upon us!

It's a time for family gatherings, sharing lovingly prepared home-cooked meals, exchanging gifts with friends and loved ones, and being thankful for the blessings in your life.

At the Food Bank, we are thankful for *you*.

You, our supporters, make our important mission possible. Thanks to your generous monetary gifts, we are able to purchase fresh produce for pennies on the pound through the Farm to Family Program. With that produce, we are providing California grown fresh fruits and vegetables to families and children living in poverty in our community.

Thank *you* for hosting food drives throughout the year, and especially over the holiday season. Every can of food you collect prevents a San Diegan from going to bed hungry. And many of you have been hosting peanut butter food drives this year – which provides a wonderfully versatile protein source for children and seniors living in poverty.

Thank *you* also to our volunteers who donate your time at our warehouse and at our food distributions. We had more than 25,000 volunteer visits to our warehouse last year who clocked in more than 55,000 hours. Without our volunteer support, there is *no way* we could feed 370,000 people every month!

When you sit down to enjoy your holiday meal this year, please know that your generosity has helped a local family in need put food on the table!

Donate by Dec. 31 and get a deduction on your 2016 taxes

If you are thinking of making a monetary donation to the Food Bank this holiday season, please remember to donate before December 31. Not only will you help us feed a local individual or family in need over the holidays, you will also be able to deduct your donation from your 2016 taxes.

Remember, every \$1 that you donate provides 5 meals to those in need.

Please Host a Virtual Food Drive

Check out the article on page 3 for more information about our Virtual Food Drive. It's a great way to donate to the Food Bank from the ease of your smart phone, tablet or computer. Simply visit our Virtual Food Drive page, select the food items you would like to donate, and pay for your donation securely online with your credit card. It's that easy! And it's a great way for businesses, schools and faith-based organizations to support the Food Bank!

It takes a community to feed a community. Thank you wholeheartedly for all that you do to support our mission.

Happy Holidays!

James A. Floros
President & CEO





...I don't know how I would survive without my family and the Food Bank."

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"My friends are surprised that I am in this situation. I used to make a good salary, but I raised four kids, and I am a widow. I don't have the money now to get by."

"After I lost my job, I moved in with my daughter who is supporting four children. Without her help and help from the Food Bank I have no idea what I would do," she says.

"I get about \$850 from Social Security every month. There's no way I could afford rent, food, medicine, doctor co-pays, utilities, and car insurance without help from my daughter."

"The food bank helps us so much. My daughter works hard for her children, but I don't want to be an extra burden on her because expenses are really tight at home," says Maria.

"I come to this monthly food distribution for fresh produce, and I am on the Food Bank's Senior Food Program. The fresh produce helps so much because I am diabetic and fresh fruits and vegetables are so expensive."

Maria walks through the food line and she receives a bag of onions, a bag of pears, and a bag of apples, two loaves of bread, potatoes, nuts, sweet potatoes, bananas, lettuce, cantaloupe, squash, and mini watermelons.

As Maria leaves the distribution, she asks to give a message to Food Bank donors. "Thank you so much. All of the people here are really struggling, and we really appreciate all of your help. Thanks for this amazing food. I am very, very grateful."

If you would like to support our Senior Food Program or the Food Bank's fresh produce distributions, contact Liz Sheahan, V.P. of Development, at 858-863-5129 or LSheahan@sandiegofoodbank.org

"Thank you so much. All of the people here are really struggling, and we really appreciate all of your help."

Maria, 61, receives fresh produce from the San Diego Food Bank.

Host a "Virtual Food Drive" this Holiday Season



Host a *Virtual Food Drive* this holiday season!

The Food Bank's Virtual Food Drive is an easy way for our supporters to donate food to families in need.

Simply visit the Food Bank's website and select and pay for food items with your credit card securely online using a smartphone, tablet or computer.

The Food Bank is encouraging businesses, civic groups, schools, and faith-based groups to host Virtual Food Drives this holiday season.

The Food Bank can customize a Virtual Food Drive with your organization's logo, set up internal competitions between departments, classes, and groups while giving food drive leaders the ability to monitor your organization's progress.

Check out our Virtual Food Drive online.
Visit: www.sandiegofoodbank.org/virtual

www.sandiegofoodbank.org/virtual

Support the Food Bank's 2016 Holiday Food Drive

The Food Bank's annual Holiday Food Drive is under way, and this year the Food Bank needs your support feeding San Diegans in need.

You can help by visiting your local Vons supermarket and purchasing a \$7 pre-filled bag of groceries to donate to the Food Bank.

Or visit your local Albertsons supermarket and make a donation to the "Holiday Bucks" campaign which will provide holiday meals to local low-income military families.

The Food Bank would like to extend our deepest gratitude to Vons and Albertsons, our Holiday Food Drive sponsors Wells Fargo Bank and First 5 San Diego, and our media partners the San Diego Union Tribune and FOX5 for helping us feed the hungry this holiday season.



THANKS TO OUR SUPERMARKET PARTNERS



THANKS TO OUR MEDIA PARTNERS



THANKS TO OUR PARTNERS



Stuff the Bus Food Drive, Saturday, Dec. 3

The Metropolitan Transit System (MTS) is teaming up with the North County Transit District (NCTD), Albertsons and Vons supermarkets, and the San Diego Girl Scouts to host the ninth annual "Stuff the Bus" Food Drive.

On Saturday, Dec. 3, local Girl Scouts will ask shoppers to stuff MTS and NCTD buses full of food donations for families in need this holiday season.

We are asking Food Bank supporters to visit your local Vons or Albertsons on Saturday, Dec. 3 and help us "stuff the bus" with food for our hungry neighbors!

For more information visit: sandiegofoodbank.org/stuffthebus



Support the Thanksgiving Day Run for the Hungry 5K & 10K

Get your running shoes ready and sign up for the 15th annual Thanksgiving Day Run for the Hungry 5K & 10K which supports the Food Bank and Jewish Family Service's hunger-relief programs.

The scenic 5K (3.1-mile) and 10K (6.2-mile) run/walk takes place in the heart of downtown San Diego running through East Village and the Gaslamp Quarter.

The 10K starts at 7 a.m., and the 5K starts at 8:15 a.m. The early start times ensure that runners finish with plenty of time to return home and prepare Thanksgiving dinner. Visit sdrunforthehungry.org for more information.

We look forward to seeing you at this year's Run for the Hungry!

SAVE THE DATE

for the Third Annual Drive Out Hunger Golf Classic

Friday, Jan. 20, 2017



Join the Kiwanis Club of San Diego for the 2017 Drive Out Hunger Golf Classic benefiting the Food Bank.

The tournament will take place on the stunning Maderas Golf Course, tucked away amidst the rolling hills of northern San Diego.

Corporate sponsorship packages are available! Visit: SanDiegoFoodBank.org/Golf

Get your tickets and send hunger... to the sand trap!

REGISTRATION

Check-in: 9:30 a.m.

Shotgun Scramble: 11:00 a.m.

Dinner & Auction: 6:00 p.m.

ENTRY FEES

\$300 per player

\$1,200 per foursome

\$50 dinner ticket only

Support the Nov. 13 Chargers Food Drive at Qualcomm Stadium



Please support the Chargers Food Drive at Qualcomm Stadium on Sunday, Nov. 13 before they take on the Miami Dolphins! Donations will be collected before the game, and fun prizes will be awarded to fans donating!

The Food Bank is asking fans to bring nonperishable food items to the game, or to make a monetary donation with volunteers at the gates. Food collected will help the Food Bank provide food to families in need over the holidays.

For more information about the game day food drive visit our website: www.sandiegofoodbank.org/Chargers



Join the Food Bank's Legacy Circle and Create a Future Free from Hunger

You have made supporting people in need in San Diego County a priority in your lifetime.

Continue that legacy with a gift in your will or estate plans that will provide nutritious food to hungry San Diegans for years to come.

By feeding the families of tomorrow, you can help the San Diego Food Bank break the cycle of poverty because hungry children struggle in school, and without a proper education, a child is likely to remain in poverty into adulthood.

Your legacy gift will break the cycle of poverty and help families move forward without the paralyzing fear of hunger so children can focus on learning, and their parents can focus on earning.

Join the Food Bank's Legacy Circle and put the next generation on the path to success by providing the nutritious food they need to learn, grow and thrive.

Legacy gifts, also known as planned gifts, can:

- Make a powerful impact on the Food Bank's mission
- Provide strong tax advantages
- Provide income to others
- Increase your lifetime income
- Allow you to be honored during your lifetime, while your giving will continue for years to come.

Members of our Legacy Circle are the Food Bank's most committed supporters and receive special recognition and benefits for supporting our mission. For more information visit: SanDiegoFoodBank.org/Legacy or call 858-863-5129



Special Thanks

Our gratitude goes to the following corporations, foundations and organizations for their generous support received between June 1 and September 28, 2016.

Businesses

Diamond (\$50,000+)

Aimloan.com
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Community Responsibility Fund
Sodexo Foundation

Join the Food Bank's Monthly Meals Club

You can fight hunger every day of the year through our Monthly Meals Club.

It costs so little to fill a hungry tummy. A monthly gift of \$10 will guarantee a hungry individual, at least, one healthy meal every day, every month, for the entire year. And a monthly gift of \$30 will provide three meals a day, every month, for the entire year.

To join the Monthly Meals Club, please contact Grace Harrison at 858-863-5130.



The Food Bank Uses Your Donations Efficiently

The Jacobs & Cushman San Diego Food Bank is one of the most efficient charities in San Diego County. For every dollar you donate, 92 cents goes directly to our food programs and services – only 8 cents goes towards administration and fundraising. Thanks to our streamlined efficiency, your donation goes a long way towards feeding hungry families and individuals in San Diego County! Thank you for your support!