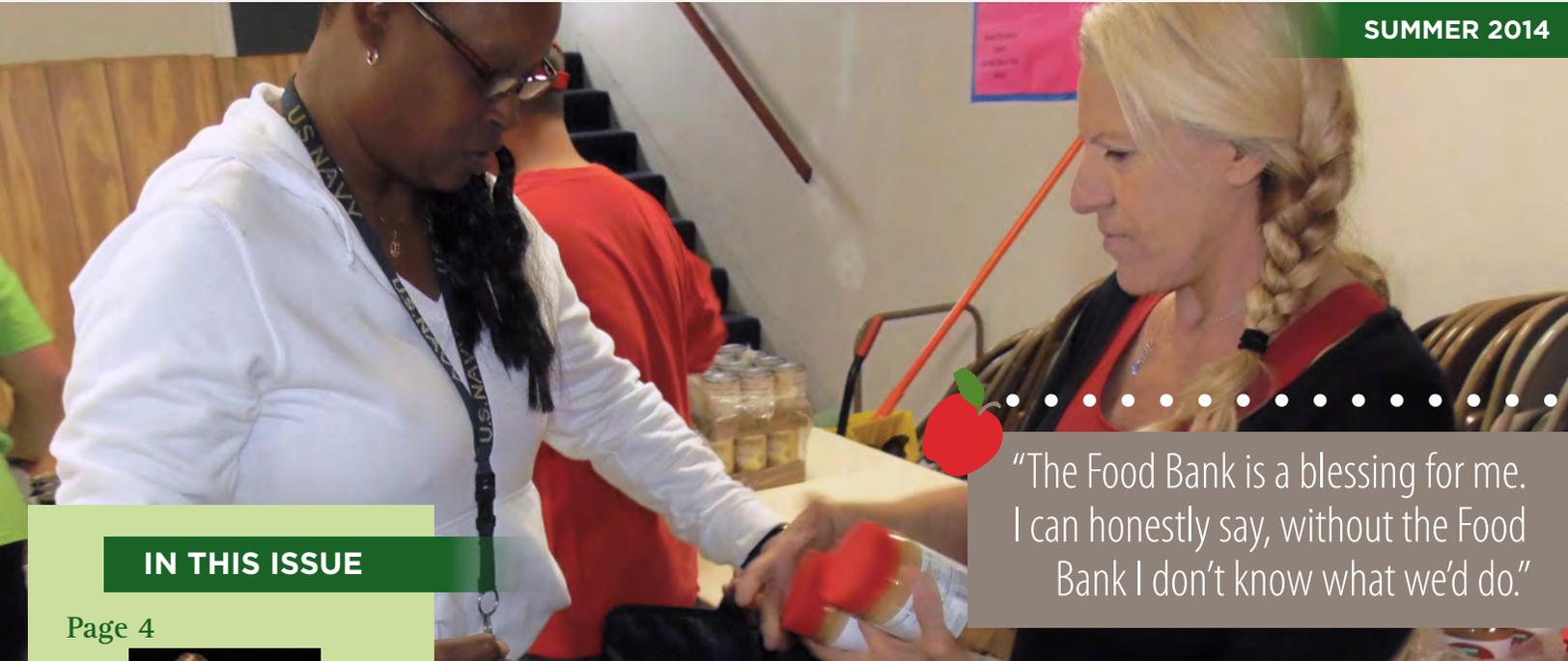


FOOD FOR THOUGHT

SUMMER 2014



"The Food Bank is a blessing for me. I can honestly say, without the Food Bank I don't know what we'd do."

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Come to the Fourth Annual AimLoan.com San Diego Blues Festival Benefiting the Food Bank, Sept. 6 & 7

"The Food Bank keeps us afloat"

On a cloudy morning in Imperial Beach, Carol Kelson leans on her cane and chats with her brother Michael Edwards as they stand in line at the Food Bank's food distribution site.

"I'm disabled, and my brother is a schizophrenic. We take care of each other. We are both registered disabled. I had a brain aneurysm and a stroke, and now I suffer from seizures which means I can't drive, and I can't walk very good, so I'm not able to work," explains Carol.

"We moved to San Diego 27 years ago to take care of our mom, and after she passed away I got sick. I used to have a cleaning business, and then I worked as a licensed childcare worker for the Boys and Girls Clubs. And before I got sick I worked as an IHSS in-home care worker for the elderly. Michael used to work as a wood stainer at the lumberyard before he was diagnosed with schizophrenia," says Carol.

"When I was diagnosed with schizophrenia I was put on disability. I can't drive or operate machinery due to the medication which means I can't work. And now I've got arthritis in my legs and COPD," says Michael.

"I'm on early retirement, and I get monthly Social Security income. And Michael is on disability. You know, it's tough getting by after rent, medicine and utilities. We do the best we can. The Food Bank keeps us afloat. Because of the food we get from the Food Bank it makes it easier for us to be able to eat every day. The Food Bank is a blessing for me. I can honestly say, without the Food Bank I don't know what we'd do," says Carol.

"The worst time is towards the end of the month. That's when the money runs out and there's no food, but we come here, and get food, and that helps us so much,"

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Jacobs & Cushman San Diego Food Bank

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www.sandiegofoodbank.org

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Building the Food Bank of the Future



When I give tours of the Food Bank's warehouse, most people are surprised by the size of our refrigeration unit which we use to store fresh produce and meat for families in need.

While the unit may seem big, it is not big enough to meet demand from the thousands of families we serve every week.

That is why I am excited to announce that over the summer we expanded our refrigeration unit by an additional 36,000 cubic feet to total 108,000 cubic feet – with Community Development Block Grant (CDBG) funding and support from long-term donors.

This expansion will help us move a step closer towards breaking the cycle of poverty in the low-income areas of the county that we serve.

"How?" you might ask. Food is medicine. Families living in poverty cannot afford to buy fresh produce and meats, and instead they rely on cheap, carbohydrate-rich, nutritionally deficient foods which contribute to nutrition-related illnesses such as heart disease, diabetes and childhood obesity.

If a child suffers from hunger and nutrition-related disease, he won't be able to focus in school and will suffer academically making him less likely to get a good job, and will most likely end up needing assistance from the Food Bank and other social service providers as an adult – thus perpetuating the cycle of poverty.

It may seem simple, but the first step towards a good education is a proper diet. By providing fresh vegetables, fresh fruits, and fresh meat, we will move a step closer towards breaking the cycle of poverty so that the children we serve can succeed in school and get good jobs.

With our expanded refrigeration unit, we aim to distribute 10 million pounds of fresh produce every year. Our ultimate goal will be for fresh produce to represent 50% of the total amount of food we distribute annually. With the help of our supporters, we will be able to achieve this.

I wanted to express my deepest gratitude to everyone who attended and supported our annual gala in May. The event was a huge success with over 400 attendees, and it raised \$258K for our vital hunger-relief programs. I'd like to thank our gala chair, Lisa Busalacchi, our title sponsor Viejas, and our presenting sponsors Vons and Chevron, our emcees Kimberly Hunt and Billy Ray Smith, our auctioneer, Jack Berkman, our gala committees, the amazing chefs who donated their time, our volunteers, and everyone who made Foodtasia a night to remember.

Mark your calendars for the AimLoan.com San Diego Blues Festival fundraiser which we have expanded to two days this year! The Blues Fest will take place on Sept. 6 and 7 on the downtown waterfront. We have 18 acts playing over two days. Our headliners this year are Eric Burdon & the Animals and Elvin Bishop. Tickets are a bargain at \$20 for one day, and \$30 for two days. Get your tickets today! Visit www.SDBluesFest.com.



James A. Floros,
President & CEO



“The Food Bank was there when we needed help”

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says Michael. “You know, it’s the middle or end of the month, and after all the bills, you’re living off of pennies,” adds Carol.

Carol and Michael have been receiving food from the site in Imperial Beach for several years, and often help out by volunteering at the food distribution.

“When they’re short on volunteers, we pitch in and help hand out the food,” explains Michael. “We love working with the Food Bank volunteers. They’re so helpful and kind to us,” adds Carol.



“Thankfully we’ve got each other. We make it work. And we really appreciate what we get from the Food Bank. It goes a long way.”

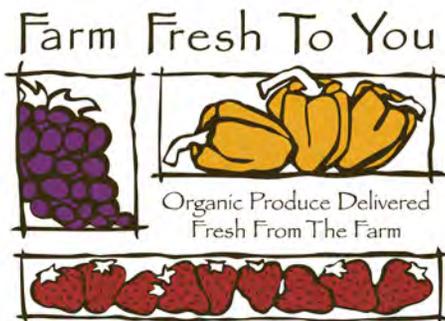
As Carol and Michael walk through the food line with their empty shopping cart, they are given canned potatoes, canned peaches, canned spaghetti sauce, pinto beans, peanut butter, cooking oil, cereal and frozen chicken.

“Thankfully we’ve got each other. We make it work. And we really appreciate what we get from the Food Bank. It goes a long way,” says Michael as he and Carol leave the food distribution and push their food cart towards home.

Carol and Michael stand behind their food cart at the Food Bank’s food distribution in Imperial Beach.



Farm Fresh To You to Support Food Bank



Farm Fresh To You, a Community-Supported Agriculture (CSA) home and office produce delivery program, is partnering with the San Diego Food Bank.

Farm Fresh To You delivers a box of organic, fresh, local produce to

customers’ homes and offices – often weekly or monthly. Now, Farm Fresh To You customers will soon be able to donate to the Food Bank instead of putting their box on a vacation hold. This feature will allow customers to give year-round to the Food Bank rather than just giving during the holidays.

“We are pleased to partner with the Food Bank to get more fresh produce in its distribution channel to people in need,” said Thaddeus Barsotti, chief farmer and co-CEO, Farm Fresh To You.

For more information visit: www.farmfreshtoyou.com

Support the Nov. 23 Chargers Food Drive



Attention Chargers Fans! Please support the Chargers’ annual food drive at Qualcomm Stadium on Sunday, Nov. 23 before they take on the St. Louis Rams.

Volunteers will collect food and monetary donations at stadium entrances before the game, and the person donating the most food will receive a prize from the Chargers.

The game takes place right before Thanksgiving when demand for food assistance is considerably higher. The Food Bank is asking Chargers and Rams fans to step up and help the Food Bank on Nov. 23.

For more information visit the Food Bank’s website.

Food Bank Raises \$258K at 2014 Viejas Foodtasia: Burlap and Silver Gala

The Food Bank raised \$258,000 at its 2014 annual gala, The Viejas Foodtasia: Burlap and Silver, which was held at the Food Bank's warehouse in May.

The Food Bank's warehouse was transformed into an elegant, rustic setting with white string lights draped from the ceiling, rectangular farmhouse tables, floral bouquets in mason jars, and silver candle holders.

The event was chaired by restaurateur Lisa Busalacchi with honorary co-chairs, Chairman Anthony Pico and his wife Diana of Viejas. And the evening was emceed by Kimberly Hunt and Billy Ray Smith.

Funds raised from the gala will be used to support vital hunger-relief programs including the Food 4 Kids Backpack Program.

Thank you to our sponsors, supporters and volunteers who made the evening a great success!



(L - R) Lisa Busalacchi, Chairman Anthony Pico & Diana Pico



(L - R) Deborah Marengo, Peter & Judy Corrente, Joan Waitt



(L - R) Farrell & Kimberly Layton, Ed & Jane McGuire, Jim Floros, Tom & Larah Telesco, Clarence Shelmon, Bill Johnston

Vons President Lori Raya Accepts Eugene "Mitch" Mitchell Community Hero Award at Food Bank Gala

Lori Raya, president of Vons, was presented the Food Bank's annual Eugene "Mitch" Mitchell Community Hero Award in recognition of Vons' support for the Food Bank at the Food Bank's 2014 Foodtasia Gala.

The award was established in honor of former board chairman "Mitch" Mitchell and recognizes an individual or organization for demonstrating outstanding support for the Food Bank.

To date, Vons has donated 6.4 million pounds of food to the Food Bank since 2007 through direct food donations and public food drives. Vons has also donated \$126K in monetary support since 2007, and the company's employees have clocked in countless hours of volunteer time.

Thank you to the team from Vons for all of your support!



Food Bank CEO presents Lori Raya with the 2014 Eugene "Mitch" Mitchell Community Hero Award.



SONY
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Come to the Fourth Annual AimLoan.com San Diego Blues Festival Benefiting the Food Bank, Sept. 6 & 7

The Food Bank's fourth annual San Diego Blues Festival is expanding to two days this year! The event will be held on Saturday, Sept. 6 and Sunday, Sept. 7 from noon to 8 p.m. daily at the Embarcadero Marina Park North on the downtown San Diego waterfront, next to Seaport Village.

The family-friendly event will feature 18 national and local blues acts on two stages. Headline acts include Eric Burdon & The Animals, Elvin Bishop, and Tommy Castro & The Painkillers. Other performers include swamp bluesman Lazy Lester & The Bayou Brothers, Chicago guitarist John Primer, local favorite Candye Kane, Rick Estrin & The Nightcats, Earl Thomas & The Rhumboogies, Kevin Selfe & The Tornadoes, Sugaray Rayford and a nine-piece gospel band, and Bishop John W. Haynes & Change.

The event will feature specialist food vendors, local craft beer and wine, along with arts and crafts booths. Tickets for the festival are now on sale for \$20 for one day and \$30 for two days. There are also a limited number of VIP tickets available at \$100 per day, or \$150 for a two-day VIP pass. Children 12 and under are free of charge. All proceeds from the event will help the Food Bank fight hunger in San Diego County.

Bring your family and friends for a fun-filled weekend of music by the scenic San Diego downtown waterfront, and help the Food Bank give hunger the blues.

The Food Bank is encouraging all event-goers to bring two cans of food. For more information and to purchase tickets online visit: www.SDBluesFest.com

Dine Out and Support the Food Bank with the TangoTab App

You can help the Food Bank feed struggling San Diegans just by going out to eat!

Download TangoTab, a smart phone app, or visit www.TangoTab.com to sign up, to get great deals from San Diego County restaurants every day.

Once you see the deal you want on TangoTab, go to the restaurant and show it when you pay.

With TangoTab there are no pre-paid coupons or printed vouchers. And every time you use a restaurant offer, TangoTab donates a meal to a San Diegan in need through the Food Bank.

Download the TangoTab app today and help the Food Bank feed San Diegans in need.



Food Bank CEO Jim Floros films a TV commercial PSA with TangoTab supporter and former Charger player LaDainian Tomlinson

Your Gift Can Help the Food Bank

The Food Bank relies on the generous contributions of our donors to support our mission, and below are a few ways you can support our work with a monetary donation. For more information on ways to donate, visit our website.

www.SanDiegoFoodBank.org

Become a Food Bank Giving Circles Member

For as little as \$83 per month, you can become a member of the Food Bank's Giving Circles major donors' club.

Giving Circles membership benefits include: tickets to Food Bank events, special receptions, a listing in the Food Bank's annual report, a keepsake lapel pin, and the knowledge that your support is feeding a hungry child, senior citizen and low-income family.

Giving Circles members fund a range of Food Bank hunger-relief initiatives that support:

- Low-income individuals and families who rely on our Emergency Food Assistance Program every month.
- Seniors living near the poverty level and receive food from our Senior Food Program.
- Chronically hungry elementary school children who receive free school meals, but face hunger over the weekends.
- Low-income military families including more than 28,000 veterans, active-duty military personnel and their dependents who struggle with the region's high cost of living.
- Middle-class families affected by job loss who struggle to put food on the table.

For more information contact, Kaye de Lancey, Director of Development, at 858-863-5129, or visit

www.SanDiegoFoodBank.org/GivingCircles



Special Thanks

The Food Bank would like to thank the following corporations and foundations for their generous contributions. The list reflects donations received April through June 2014.

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Christa McReynolds Fund at The San Diego Foundation
The Takahashi Family Fund at The San Diego Foundation

Planning Your Estate?

Include the Food Bank in your will.

Your legacy will make a difference in the lives of the San Diegans we serve for generations to come.

Contact Kaye de Lancey, Director of Development, at 858-863-5129.

