

FOOD FOR THOUGHT

FALL 2018



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AimLoan.com San Diego Blues Festival Raises \$200,000!



“My family is so grateful for the help we get from the Food Bank”

On a sunny fall morning Savannah and her son Ronin wait in line for food assistance at the Food Bank’s food distribution in Tierrasanta.

“I have three children. My oldest, Gabe, is thirteen years old. My daughter Scarlett is six years old, and my youngest, Ronin, is a year old. We moved to San Diego a few months ago from North Carolina because my husband, Manny, is in the Marines and he got stationed here,” explains Savannah.

Before moving to San Diego, Savannah and her family were stationed at the Marine Corps Air Station Cherry Point in North Carolina. Since moving to San Diego, Savannah sought help from the Food Bank because her family is struggling to make ends meet due to the region’s high cost of living. To qualify for food assistance from this program, a family of five cannot have a household income of more than \$44,130.

“Everything is so much more expensive in San Diego. In North Carolina I could shop smart and get all the groceries we needed, but in California the produce and meat are so much more expensive. And chicken is double the price here. On top of that, our rent is higher and our utilities are around \$200 more every month. Plus a gallon of gas here is almost double too,” says Savannah.

Currently, the family of five survives on one paycheck, but Savannah is looking for a job to help make ends meet. “In North Carolina I was a stay-at-home mom, but here we need extra money

“I hope that the Food Bank’s donors realize how much this really helps my family and the other families here today. This makes a huge difference in our lives.”

– Savannah

www.sandiegofoodbank.org

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We Need Your Support This Holiday Season

The holidays are upon us!

If you're like me, it's hard to believe that the year has gone by so fast! And time certainly goes by quickly here at the Food Bank! Every month we provide food to more than 370,000 people and 400 nonprofit partners in communities throughout San Diego County. In addition, we continue to innovate our operations and programs so that we are streamlined, efficient, and can quickly pivot to meet unmet need in the community.

This holiday season will be especially difficult for struggling San Diegans, in particular, for working-poor families, fixed-income seniors, and low-income military families. That is why we need your help because every year we see a significant spike in demand from local families needing food assistance and help providing a holiday meal to their loved ones.

On page 4 of this newsletter we outline ways you can support the Food Bank this holiday season. And two of the most effective ways you can donate to the Food Bank are both online, by hosting a Virtual Food Drive or making a monetary donation by Dec. 31 which are both tax deductible.

Host a Virtual Food Drive

Our online Virtual Food Drive is 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 food donation securely online with your credit card. It's that easy!

The Virtual Food Drive is also a great way for businesses, schools, civic groups, and faith-based organizations to support the Food Bank! We can create a customized Virtual Food Drive with your logo, and provide you with online tools to continually track your progress. Check out page 3 for more details.

Donate by Dec. 31 and get a deduction on your 2018 taxes

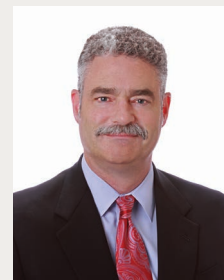
If you are thinking of making a monetary donation to the Food Bank this holiday season, please remember to donate before December 31. Not only will you help us feed a local individual or family in need over the holidays, you will also be able to deduct your donation from your 2018 taxes. And remember, every \$1 that you donate provides 5 meals to those in need.

When you sit down to enjoy a delicious holiday meal this season, please know that your generosity has helped a local family in need put food on the table. It takes a community to feed a community. And I would like to take this opportunity to thank you wholeheartedly for supporting our vital mission.

Happy Holidays!



James A. Floros
President & CEO



James A. Floros
President/CEO





Savannah receives food assistance from one of the Food Bank's food distributions in Tierrasanta.

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to get by, and I am currently looking for work. If I can get a job, it would mean a world of difference for my family," she explains.

"Initially I was looking for a normal '9 to 5' full-time day job, but I discovered that the cost of childcare would be more than I could earn so I'm now looking for a part-time evening job so I can watch the children during the daytime, and my husband can watch the kids at night while I work. We're lucky that my husband is in a 'nondeployable' unit which means that he is here in San Diego permanently, unlike other military personnel who get deployed overseas for several months at a time," says Savannah.

"I have a degree in biology, so I'm looking for a lab technician job. If I can't find a job in that field, I will apply to be a restaurant server. Any job would be a great help to us financially," she continues.

As Savannah goes through the food line, volunteers give her canned fruit, canned vegetables, canned soup, peanut butter, frozen ground beef, a bag of frozen fish, a bag of rice, beans, a bag of potatoes, a bag of cabbage, cantaloupe, a bag of lettuce, a bag of tomatoes, a bag of cauliflower, a bag of apples, celery, a bag of plums, and eggs.

This is Savannah's second time receiving help from the Food Bank, and she likes making new recipes with the fresh produce. "Last time, I got some produce items that I wouldn't normally cook with, like beans and cabbage. So I stepped out of my comfort zone and cooked new recipes. I made a taco bean salad, and I slow baked the cabbage. The kids loved it," she explains.

When asked if she would like to give a message to the Food Bank's donors who make these programs possible Savannah says, "I hope that the Food Bank's donors realize how much this really helps my family and the other families here today. This makes a huge difference in our lives. This food will last us for a long time. It's healthy and nutritious for my kids. I'm so grateful to the Food Bank's donors for making this possible. When our family is in a better position, we plan to give back and volunteer because I know what it's like to need the help."

If you would like to support the Food Bank's feeding programs for low-income families, contact Liz Sheahan at 858-863-5129 or LSheahan@SanDiegoFoodBank.org

Host a Virtual Food Drive This Holiday Season

Host a Virtual Food Drive this holiday season!

Here's how it works:



The Food Bank's Virtual Food Drive enables you to select and purchase food items securely online to donate to the Food Bank.



Using your logo, we can customize a Virtual Food Drive for your business, civic group, school, or faith-based organization.



Set up competitions between departments, classes, and groups to see who can raise the most food.



Monitor each team's progress throughout the drive with our online tools.



Help feed those in need this holiday season. Sign up for our Virtual Food Drive today! Visit: SanDiegoFoodBank.org/Virtual or call Grace Harrison at 858-863-5130.

Please Support the 2018 Holiday Food Drive



Please support this year's Holiday Food Drive!

There are many ways you can help provide food to individuals and families in need this holiday season:

- ✓ Donate securely online at SanDiegoFoodBank.org/Give. Every \$1 donated provides 5 meals to those in need.
- ✓ Visit your local Albertsons and Vons supermarkets, and donate to the Food Bank at the checkout stand.
- ✓ Host a food drive at your school, business, civic group, or faith-based organization.
- ✓ Volunteer at the Food Bank's facilities in Miramar or San Marcos.

The Food Bank extends thanks our Holiday Food Drive supporters: Albertsons, Vons, Wells Fargo Bank, First 5 San Diego, Wawanesa Insurance, the San Diego Union Tribune, FOX5 and iHeart Media.

Thank you for helping us feed the hungry this holiday season!

Thanks to our supermarket partners:



Thanks to our partners:



Thanks to our media partners:



Sign Up for This Year's Run for the Hungry 5K/10K Thanksgiving Morning



Get your running shoes ready and sign up for our annual Thanksgiving Day Run for the Hungry 5K & 10K which supports the Food Bank'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 District.

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 www.SDRunForTheHungry.org to sign up!

Support the "Stuff the Bus" Food Drive, Saturday, Dec. 1



This December, the Metropolitan Transit System (MTS), the North County Transit District (NCTD), Albertsons and Vons supermarkets, and the San Diego Girl Scouts will host the eleventh annual "Stuff the Bus" Food Drive.

On Saturday, Dec. 1, local Girl Scouts will collect food drive donations from Albertsons and Vons customers from 10 a.m. to 1 p.m.

Please visit your local Albertsons or Vons on Saturday, Dec. 1 and help us "stuff the bus" with food to feed local families in need!

For information visit the Food Bank's website: SanDiegoFoodBank.org/StufftheBus

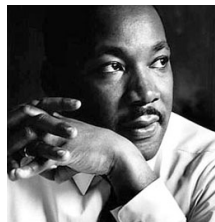
AimLoan.com San Diego Blues Festival Raises \$200,000!

More than 5,000 blues lovers attended the 8th annual AimLoan.com San Diego Blues Festival on Sept. 8 at Embarcadero Marina Park North.

Sponsored by AimLoan.com with Stage Sponsors, Business Complete Solutions and Baker Electric Home Energy, the event raised more than \$200,000 and 3,000 pounds of food for the San Diego Food Bank's hunger-relief programs!

Ten national and local blues artists performed from noon to 8 p.m., and the festival's headliner was Rock and Roll Hall of Fame inductee Billy Gibbons of ZZ Top who performed with his new blues band.

The event's proceeds and food drive donations will provide more than 1 million meals for San Diegans in need due to the Food Bank's efficient food procurement and distribution model. Next year's blues festival is scheduled for Saturday, Sept. 7, 2019.



Local High Schools Encouraged to Participate in the MLK Food Drive Challenge

More than 90 San Diego County high school Associated Student Body (ASB) organizations are invited to take part in the 11th annual Martin Luther King Jr. Food Drive Challenge.

Schools can host a food drive for any two-week period between October 1, 2018 and January 31, 2019.

Prizes will be awarded to the winning schools' ASB organizations by the food drive's sponsors at the Laurels for Leaders awards luncheon in February.

Schools are invited to register online at SanDiegoFoodBank.org/MLK or contact Kimberly Castillo at KCastillo@SanDiegoFoodBank.org

Special thanks to this year's sponsors, US Bank, Kiwanis, Coca-Cola, MTS, and the San Diego County Office of Education.

Join the Food Bank's Monthly Meals Club

You can help the Food Bank feed those facing hunger every day, all year long.

As a member of the Monthly Meals Club, you will provide food to our neighbors in need every month of the year through automatic donations.

A monthly gift of \$10 will provide a hungry individual at least one healthy meal every day, every month, for the entire year. A monthly gift of \$30 will provide three meals a day, every day, for the entire year.

Individuals we serve include working-poor families, fixed-income seniors, children living in poverty, low-income military families, and the homeless.

Joining our Monthly Meals Club is one of the easiest ways to make a commitment to end hunger. Your gift is debited automatically and securely from your bank account or credit card.

To sign up, visit: SanDiegoFoodBank.Org/Donate/Monthly or contact Grace Harrison at GHarrison@SanDiegoFoodBank.org or 858-863-5130.



Special Thanks

Our gratitude goes to the following corporations, foundations and organizations for their generous support received between June and October 2018.

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Copper (\$1,000 to \$2,499)...continued

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Greater Horizons c/o GKCCF
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Assistance League of Inland North County
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County of San Diego
Diane & Bruce Halle Foundation
Nobbs Family Foundation
Ronald & Guadalupe Cohn Family Foundation

Silver (\$5,000 to \$9,999)

Ellen Browning Scripps Foundation
Geico Philanthropic Foundation
Irwin Family Foundation

Bronze (\$2,500 to \$4,999)

California State University San Marcos
Christ Episcopal Church Thrift Shop
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Copper (\$1,000 to \$2,499)

Airman Memorial Chapel,
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CarMax Foundation
Combined Federal Campaign
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Planning Your Estate?

Your efforts to feed the hungry will continue to touch lives long into the future by including the Jacobs & Cushman San Diego Food Bank in your will or estate plans.

Please join our Legacy Circle planned giving program. Your gift will help feed the families of tomorrow and inspire others to make a lasting impact on hunger in San Diego County today.

For more information visit SanDiegoFoodBank.org/Legacy or contact Liz Sheahan at LSheahan@SanDiegoFoodBank.org or 858-863-5129.