

FOOD FOR THOUGHT

SPRING 2019



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“I didn’t eat so that my daughter could have food.”

On a spring afternoon, Michelle stands in line for food assistance with her two-year-old daughter, Aiden, at the Food Bank’s food distribution in El Cajon.

I am a single mom. I work full time, over 40 hours a week, but it’s hard making ends meet. I work as a cashier at a fast food restaurant,” explains Michelle.

“I found out about the Food Bank’s food distribution here in El Cajon, and I have been coming here for a little over a year now. The food that we get from the Food Bank helps us so much. We love the fresh fruit and vegetables and the fresh meat. Fresh produce is so expensive at the supermarket. I just can’t afford it,” says Michelle.

“I recently separated from my husband. Right now I am able to get by on WIC and the help that we get from the Food Bank. Before, there were times when we didn’t have enough food to eat. I would feed my daughter, but I wouldn’t eat because there was no food. I am very thankful for the help that we get from the Food Bank,” continues Michelle.

As Michelle walks through the food line she receives ground turkey, fresh cabbage, two heads of fresh romaine lettuce, fresh broccoli, a bag of pears, a bag of apples, a bag of potatoes, a bag of red bell peppers, fresh bread, fruit juice, canned vegetables, canned meat, and canned fruits.

*“I work full time as a cashier,
but we struggle to get by. After
rent, bills, my car payment,
and childcare, there’s not much
leftover for food.”*

– Michelle, 22, El Cajon



www.sandiegofoodbank.org

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Serving San Diego County's Rural Areas

The first few months of 2019 have been very exciting for the Food Bank!

We held a ribbon cutting to celebrate the delivery of our new Mobile Food Pantry which was generously funded by a grant from the Albertsons Vons Foundation and Hunger Is.

Our new Mobile Food Pantry truck will service all of San Diego County, including rural and remote parts of the county that are classified as “food deserts.”

A “food desert” is an area that lacks food retailers selling healthy foods, such as fresh produce, meat and dairy. Instead of grocery stores or farmers markets, these areas often have convenience stores and gas stations with limited shelf space available for healthy options—making nutritious foods virtually inaccessible for many families there.

Our Mobile Food Pantry will help families in need in rural “food deserts” by distributing fresh produce and other fresh, healthy foods at dozens of sites in remote and rural areas. Each distribution will provide nearly 8,000 pounds of food to between 200 and 400 households. In addition, the Mobile Food Pantry will provide services to low-income military families and students on our College Hunger-Relief Program.

By distributing fresh, healthy food in rural food deserts, we will be helping to combat the rise of nutrition-related disease among the children and families we serve.

Visit our website to read our recently published annual report (See page 3.) This year's annual report highlights our accomplishments over the past fiscal year and our new Diapers to Degrees Initiative which is removing barriers to education and employment. I am very proud of our achievements over the past year, and I hope you can take a few minutes to read about our important work in the community.

We have a number of campaigns and events happening over the next several months that we hope you can support:

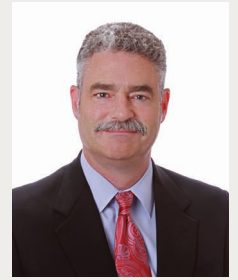
- Our Summer Food Drive takes place in June. Visit Albertsons and Vons supermarkets, and donate a \$5 pre-filled bag of food. All donations help us feed children living in poverty. SanDiegoFoodBank.org/Summer
- Hit the links in July for our Drive Out Hunger Golf Classic benefiting our North County Food Bank chapter. NorthCountyFoodBank.org/Golf
- Saturday, Sept. 7 is our 9th annual Blues Festival featuring the legendary blues artist Taj Mahal. Visit SDBluesFest.com for details and tickets.

On behalf of the Food Bank's staff and family of volunteers, we thank you for your continued support. *You* are at the heart of our mission, making what we do possible.

Thank you!



James A. Floros
President & CEO



James A. Floros
President/CEO





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"I am lucky to have family in El Cajon. I've lived in El Cajon all of my life. When they can, my family helps babysit my daughter when I am working, but they work too, so the rest of the time I have to pay for childcare when I am working, and that is very expensive," explains Michelle.

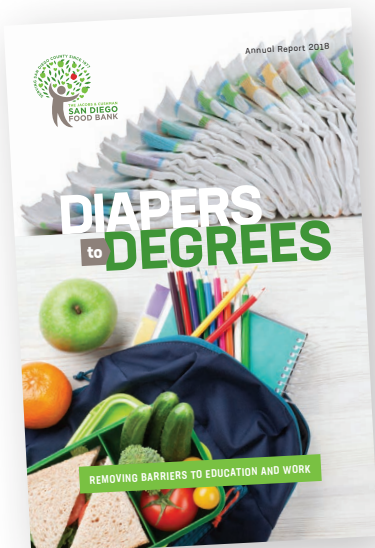
The Food Bank hosts over 200 food distributions throughout San Diego County every month to provide assistance to families like Michelle's who are working but struggle to make ends meet. Food provided through our Emergency Food Assistance Program provides food to nearly 80,000 people in need every month.

In addition, food provided at our food distributions is "rescued" from our food retail partners including Albertsons and Vons. This is food that is near the expiration date and would otherwise have been thrown away. The Food Bank picks up this food from our supermarket partners and distributes the food to families in need – reducing food waste while providing nutritious food to those in need.

As she nears the end of the food line, Michelle thanks the Food Bank's volunteers for their help, and she asks us to thank the Food Bank's donors. "The food we receive here every month helps me and my daughter so much. We want to thank the Food Bank's donors for making this possible," she says.

If you would like to support our Emergency Food Assistance Initiative, please contact Liz Sheahan, Vice President of Development, at 858-863-5129 or LSheahan@SanDiegoFoodBank.org

The Food Bank's 2018 Annual Report is Available Online!



The Food Bank's 2018 annual report is available on our website.

This year's annual report highlights our new Diapers to Degrees Initiative that includes programs which are removing barriers to education and work.

The report also provides the year's financials, distribution data, and recognizes our donors and supporters.

Find out how your support is helping the Food Bank serve individuals and families in need. Read the report online.

Visit: SanDiegoFoodBank.org/AnnualReport

Support the Stamp Out Hunger Food Drive Saturday, May 11, 2019



The Food Bank is asking our supporters to place a bag of nonperishable food items next to residential mailboxes for postal workers to pick up and deliver to the Food Bank on Saturday, May 11, 2019.

Postal workers will collect food drive donations from homes across the county for the annual Stamp Out Hunger Food Drive which is the nation's largest, single-day food drive operated by the National Association of Letter Carriers and the U.S. Postal Service.

All food collected for the food drive will be distributed to individuals and families in need in our community.

For more information visit: SanDiegoFoodBank.org/StampOutHunger

Support the School's Out, Hunger's Not Summer Food Drive



Help the Food Bank feed children living in poverty this summer by supporting our summer food drive campaign.

During the summer months, children living in poverty stop receiving free meals at school and face hunger at home.

This June, you can support the food drive by visiting your local Albertsons and Vons supermarkets and purchasing a pre-filled \$5 bag containing our most-needed food items. You can also donate via the Food Bank's Virtual Food Drive.

Your donations will help us prevent local children from going to bed hungry. Thank you for helping us feed children in need this summer!

For more information visit: SanDiegoFoodBank.org/Summer

Thank you to our summer food drive sponsors

Bank of America

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VONS

Thank you to our summer food drive media sponsors



The San Diego Union-Tribune

Host a "Virtual Food Drive" this Summer

Help the Food Bank Feed Children Living in Poverty

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 during our School's Out, Hunger's Not - Summer Food Drive.

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: SanDiegoFoodBank.org/Virtual



Taj Mahal to Headline 9th Annual *AimLoan.com San Diego Blues Festival* Saturday, Sept. 7, 2019



The Food Bank's ninth annual San Diego Blues Festival will be held on Saturday, Sept. 7, from noon to 8 p.m. at Embarcadero Marina Park North on the downtown San Diego waterfront, next to Seaport Village.

The family-friendly event will feature national and local blues acts on two stages. This year's headliner will be Grammy Award-winning blues legend, Taj Mahal.

Other performers at this year's festival will include The Sleepwalkers, Whitney Shay, Black Market III, Chris James & Patrick Rynn, Curtis Salgado, Larkin Poe, Eric Gales, and Jim Gibson.

The event will feature specialist food vendors, local craft beer and wine, along with arts and crafts booths. General Admission tickets are \$35 before the event and \$40 at the gate. VIP tickets are also available for \$150. 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: SDBluesFest.com.



Food Bank CEO Visits Washington D.C.



CEO Jim Floros with Rep. Juan Vargas



CEO Jim Floros with Rep. Mike Levin



CEO Jim Floros with Rep. Scott Peters

In March, the Food Bank's CEO Jim Floros attended the National Anti-Hunger Policy Conference in Washington D.C., hosted by the Food Research and Action Center (FRAC). Floros' visit included legislative meetings with the San Diego Congressional delegation to discuss anti-hunger legislation and federal funding for USDA commodity programs administered by the Food Bank. During Floros' visit to Washington D.C., he met with the offices of Rep. Susan Davis, Rep. Scott Peters, Rep. Juan Vargas, and Rep. Mike Levin.

Special Thanks

Our gratitude goes to the following corporations, foundations, and organizations for their generous support received between December 11, 2018, and March 25, 2019.

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Business Complete Solutions
Dunham Trust Company
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