

# FOOD FOR THOUGHT

FALL 2019



## Local Military Families Get Help from the Food Bank

On a cloudy fall morning, young parents with children wait in line for food assistance at a monthly food distribution for low-income military families at the Armed Services YMCA which is a Food Bank distribution partner based in Tierrasanta.

Taylor (above) and Leann (below) are stay-at-home moms whose husbands are enlisted military personnel in the Navy. Both have children at home and struggle with San Diego's high cost of living.

"We have six people in our family including myself, my husband, our one-year-old, Katie, our three-year-old, Anthony, our eleven-year-old, Colby, and our fifteen-year-old, Lexi," explains Leann.

"My husband is in the Navy, and I served in the Navy before, but I left the Navy to take care of our children, so now we are getting by on one paycheck," she continues.

"It's been an adjustment going from two incomes to one income, and the cost of living in San Diego is so much higher than Virginia where we were based before. Everything is more expensive here, almost double. Food is so much more expensive here. I only shop at Aldi and sales for our groceries. Once the little ones are in preschool, I will return to work and we will have two incomes again, but right now we are having to dip into credit and get help from organizations like the Food Bank to make ends meet," she continues.

*"All of the food we receive really makes a big difference, and helps us stretch our food budget."*

-Taylor, Tierrasanta



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# Update on New Programs and Ways You Can Support the Food Bank this Holiday Season



James A. Floros  
President/CEO

While the holidays may be a time of festive cheer with friends and family, this holiday season thousands of struggling families will rely on the Food Bank to put food on the table.

And that's why we need your help to provide holiday meals to those in need. Below are a few ways you can help:

- Visit your local Albertsons and Vons and donate to the Food Bank at checkout.
- Host a Virtual Food Drive with your business, school, or faith-based organization. We can customize it with your logo! (See pg. 3)
- Donate securely online as a holiday gift for a friend or loved one. They will receive a letter of thanks from the Food Bank. Visit [SanDiegoFoodBank.org/Holiday](http://SanDiegoFoodBank.org/Holiday).

If you are thinking of making a monetary donation to the Food Bank this holiday season, please remember to donate before Dec. 31. Not only will you help us feed those in need over the holidays, you may also be able to deduct your donation from your 2019 taxes. Remember, every \$1 that you donate provides 5 meals to those in need.

## Innovative new programs are helping thousands every month.

Previously, I have written about two innovative new programs that the Food Bank started in order to meet unmet need in the community — our College Hunger-Relief Program and our Diaper Bank Program.

I am very proud to report to *you*, our donors and supporters, that these programs have been hugely successful and are helping thousands of people across San Diego County with the resources they need to stay in school and in work.

Our College Hunger-Relief Program is now operating at every public college campus in the county, and we are currently serving 9,000 college students every month. Since the start of the program, we have distributed over 900,000 pounds of food to students in need. This vital program is providing food to students from disadvantage backgrounds to ensure that they stay in school, graduate and get good jobs.

Our Diaper Bank Program has been an amazing success. We have established 42 diaper distribution sites throughout San Diego County that families can visit to receive an emergency supply of diapers for their infants and toddlers. Since the program started, we have distributed over 2 million diapers to families in need.

Thanks to this program, parents are able to stay in work. This is because low-income day care centers require a day's supply of diapers or the child is turned away. If a parent misses work too often, they lose their job. By providing emergency diapers to low-income families, we are helping parents stay in work and helping to break the cycle of poverty.

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

James A. Floros  
President & CEO





## CONTINUED FROM PAGE 1

“I tried to get a job, but employers look at your resume and they know you’re military. They won’t hire you because they think you’ll move away. On top of that, the cost of childcare would be more than I could earn by working, so I’m staying home to raise our kids and will return to work when they start preschool,” says Leann.

“The food we get from the Food Bank helps us so much. The produce and meat are great because they are so expensive at the grocery store. And we use staple foods like the rice, beans, and lentils that we get from the Food Bank to stretch out our food to make it last longer,” she continues.

Taylor (pictured right) also struggles with San Diego’s high cost of living. She and her husband were based at Naval Station Great Lakes in Illinois before moving to San Diego.

“We moved to San Diego from Illinois, and all of our expenses doubled. Plus I was working fulltime as a waitress at a restaurant, but I had to leave my job after I had my son Liam, so we are getting by on one paycheck right now,” explains Taylor.

“I was looking into childcare so I could get back to work, but there’s a 9-month waitlist for military sponsored child care, and outside of military care, it would cost over \$1,200 a month for child care which is more than I was making as a waitress before,” she continues.

“Right now the Food Bank helps us so much. We really appreciate the help. All of the food we receive really makes a big difference, and helps us stretch our food budget. Once we’re in a better position, we plan to give back to the Food Bank by donating and volunteering in the future,” says Taylor.



As Leann and Taylor go through the food line, volunteers give them cereal, canned vegetables, canned fruit, canned tomato sauce, fruit juice, frozen pork, frozen beef, canned beans, a block of cheese, eggs, milk, rice, dry beans, a bag of potatoes, a bag of bell peppers, a bag of tomatoes, a bag of carrots, a bag of apples, a bag of oranges, a bag of plums, a bag of starfruits, a bag of lettuce, honeydew melons, and a watermelon.

*If you would like to support the Food Bank’s feeding programs for low-income military personnel, contact Nancy Eisenberg at 858-863-5129 or [NEisenberg@SanDiegoFoodBank.org](mailto:NEisenberg@SanDiegoFoodBank.org).*

## 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 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 Virtual Food Drive is great for businesses, civic groups, schools, and faith-based groups to donate food over the holidays.

We 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.

**Sign up to host a Virtual Food Drive this holiday season. Visit: [SanDiegoFoodBank.org/Virtual](http://SanDiegoFoodBank.org/Virtual)**



# Holiday Food Drive 2019

**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](http://SanDiegoFoodBank.org/Give). Every \$1 donated provides 5 meals to those in need.
- ✓ Visit your local Albertsons or Vons in November and donate to the "Turkey Bucks" campaign which provides full holiday meals to local families in need.
- ✓ Visit your local Albertsons or Vons in December and donate a \$5 Hunger Bag at check out. Food donated through the campaign supports the Food Bank's hunger-relief programs.



Special thanks to our Holiday Food Drive supporters: Albertsons, Vons, Bank of America, First 5 San Diego, Wawanesa Insurance, the Toyota Dealers of San Diego County, the San Diego Union Tribune, iHeart Radio San Diego, and FOX5.

*Thank you for helping us feed the hungry this holiday season.*

**Thanks to our supermarket partners**



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BANK OF AMERICA



## Stuff the Bus Food Drive Saturday, Dec. 14



On Saturday, Dec. 14, hundreds of Girl Scouts will collect food drive donations from customers at Albertsons and Vons locations throughout San Diego County.

MTS and North County Transit District (NCTD) buses will be on site at supermarket locations, and Girl Scouts will "stuff the buses" with food drive donations that will be taken to the Food Bank.

Please visit your local Albertsons or Vons on Saturday, Dec. 14 and help us "stuff the bus" with food to feed local families in need!

**For more information visit**  
**[SanDiegoFoodBank.org/stuffthebus](http://SanDiegoFoodBank.org/stuffthebus)**

## Run for the Hungry 5K & 10K Thanksgiving Morning



Get your running shoes ready and sign up for the 19th annual Thanksgiving Day Run for the Hungry 5K & 10K benefiting the Food Bank.

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. Our early start times ensure that runners finish with plenty of time to return home and prepare Thanksgiving dinner.

This year, we're encouraging participants to set up personal fundraising pages for friends and family to donate towards your run and raise money for the Food Bank's hunger-relief programs this holiday season.

**To sign up, visit [SDRunForTheHungry.org](http://SDRunForTheHungry.org)**

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



# Longtime Food Bank Supporters Donate Mobile Food Pantry Truck



Longtime Food Bank donors, Andy & Joan Chitea of Carlsbad, donated a new, refrigerated Mobile Food Pantry truck to the Food Bank in September to support the Food Bank's food distributions in the North County region.

The new Mobile Food Pantry will distribute food at dozens of strategically chosen sites throughout North County that serve working-poor families, college students struggling with food insecurity, and low-income military families. The Mobile Food Pantry will distribute, on average, 7,500 pounds of fresh, nutritious food at each distribution site. In addition to food, these distributions will also include diapers for families who struggle to afford this essential item.

The Chitea's passion for helping others stems from their own experiences with food insecurity and economic hardship in their youth. Joan Chitea said, "We believe that it's

very important for people to give back to the community, and for members of the community to come together to help each other. We hope that our gift will provide support to thousands of people in need every week and that it might inspire others to support the Food Bank's vital mission."

On Friday, Sept. 20, Joan and Andy joined Food Bank driver, Jason Andrews, for the Mobile Food Pantry's inaugural journey picking up food donations that will be distributed to families in need.

To find out more about supporting the Food Bank's programs, contact Nancy Eisenberg at 858-863-5129 or [NEisenberg@SanDiegoFoodBank.org](mailto:NEisenberg@SanDiegoFoodBank.org).

## AimLoan.com San Diego Blues Festival Raises 1 Million Meals!



More than 4,500 blues lovers attended the 9th annual AimLoan.com San Diego Blues Festival on Sept. 7 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 1 million meals for the Food Bank's hunger-relief programs!

Ten national and local blues artists performed from noon to 8 pm and ended with the festival's headliner, blues legend Taj Mahal, who performed with The Phantom Blues Band.

Mark your calendars for next year's blues festival which will take place on Saturday, Sept. 12, 2020.



## Local High Schools Encouraged to Participate in Freedom From Hunger Food Drive

More than 90 San Diego County High School Associated Student Body (ASB) organizations are invited to take part in the 12th annual Martin Luther King Jr. Food Drive Challenge.

Schools can host a food drive for any two-week period between October 1 and January 31, 2020.

Prizes will be awarded to the winning schools' ASB organization 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](http://SanDiegoFoodBank.org/MLK) or contact Kimberly Castillo at [kcastillo@sandiegofoodbank.org](mailto:kcastillo@sandiegofoodbank.org).

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

# Special Thanks

Our gratitude goes to the following corporations, foundations, and organizations for their generous support received between June and October 2019.

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

*Please call us at 858-863-5129  
or send an e-mail to  
[legacy@sandiegofoodbank.org](mailto:legacy@sandiegofoodbank.org)*