

FOOD FOR THOUGHT

SPRING 2022



Inflation at a 40-year High and the Pandemic's Lasting Impacts Create Sustained Demand for the Food Bank's Services

On a sunny, cool winter morning, Rebecca drives up to receive food assistance at the Food Bank's drive-thru food distribution at our North County Food Bank facility in Vista, which is open daily, Monday through Friday, from 11 a.m. to 1 p.m. for families in need of help.

"I first started coming to the Food Bank about four months ago. We just didn't have enough money for food, so I came to the Food Bank to get help. Prices are going up everywhere, but my husband's pay has stayed the same. Gas has gone up, food at the supermarket has gone up, especially the price of meat. Our rent has gone up by \$100, and our utilities have increased. I'm worried now because the price of everything is going up, and our bills just keep going up," explains Rebecca.

"My husband works as a roofer for a construction company, and I was working before as a janitor for a medical clinic. Right now, we are getting by on my husband's salary.

Coming to the Food Bank has helped us so much. This really helps us. It's an extra saving for us so that we can use the money for rent and utilities.

And the food from the Food Bank is so healthy and fresh. We like the fresh produce and the fresh food we get from the Food Bank. We can save money to pay for other bills."

"My husband, Angel, and I have two children who are both in elementary school. My daughter Katherine is 11 years old and in the fifth grade. She loves to run and really enjoys science and art. My son Damian is six years old and in kindergarten. He enjoys art classes, and he loves playing soccer. We live in an apartment in Vista, and our children go to elementary school in San Marcos," continues Rebecca.

"My husband's pay has not increased, but prices have gone up everywhere. The food we get from the Food Bank helps us so much right now."

- Rebecca, Vista

CONTINUED ON PAGE 3

IN THIS ISSUE

PAGE 2

Your Support is Making a Difference

PAGE 4

Support the Nourishing Neighbors — Summer Food Drive

PAGE 5

The North County Food Bank's Drive Out Hunger Golf Classic



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Your Support is Making a Difference

Dear Friends,

After two years of masks and distancing, it's nice to be able to see and speak with friends and family once again. But you and I both know that a lift in restrictions doesn't mean everyone has bounced back. There are still thousands of individuals right here in San Diego who need your help.

With inflation at a 40-year high, we anticipate heightened food insecurity to remain for the foreseeable future, but thanks to your continued support, the Food Bank will continue to provide expanded food assistance programs to families impacted by the lasting impacts of the pandemic.

Below, are a few news items and ways you can support our mission over the coming months.



Thank you to everyone who attended last month's Chefs, Cork & Craft which was such a huge success! This year's gala was held outside, on the grounds of the Food Bank's warehouse facility and benefited our vital hunger-relief programs which continue to serve record numbers.

The gala included a program highlighting our work over the course of the pandemic, a paddle raise, a delicious chef-prepared dinner, and a live musical performance. Special thanks to our sponsors, including our Presenting Sponsors R&R Construction, Seismic, and Walmart, our gala committee, and our volunteers and supporters who made the evening possible. Make sure to mark your calendars for next year's gala that will be held on Saturday, April 22, 2023!



Please support our *Nourishing Neighbors — Summer Food Drive* taking place throughout the month of May. Supporters can visit any San Diego County Albertsons and Vons supermarket and donate at checkout. We are also encouraging the community to host a virtual food drive to support the campaign. All donations will help the Food Bank feed families and local children living in poverty. For more information visit: SanDiegoFoodBank.org/Summer



Sign up for our North County Golf Classic benefiting our North County Food Bank chapter taking place on Monday, July 25, 2022 at the Shadowridge Golf Club in Vista! It will be an exciting day on the links for a great cause! Visit NorthCountyFoodBank.org/Golf to register!

On behalf of the Food Bank's staff and family of volunteers, we thank you for your continued support during this heightened time of need. Please know that *you* are at the heart of our mission, making what we do possible every day.

Thank you!

Casey Castillo,
Interim CEO



CONTINUED FROM PAGE 1

“All of the food we receive from the Food Bank is really helping us right now. This is helping us with bills right now because it helps with our budget so we can use the extra money to pay bills like water, trash, electricity, and rent. We are grateful for the fresh produce that we receive from the Food Bank,” she continues.

At the food distribution, Rebecca receives bags of pears, apples, onions, potatoes, dry beans, dry milk powder, rice, two loaves of bread, canned fruits and tomatoes, a jar of peanut butter and a pouch of chicken breast chunks.

The Food Bank hosts food distributions throughout the county, and our 35 drive-thru super pantry locations are open throughout the week. For those in need of food assistance, our GPS food locator can be found at: SanDiegoFoodBank.org/GetHelp



Volunteers place food in the back of Rebecca's car at our drive-thru food distribution at our North County Food Bank facility in Vista.

Host a “Virtual Food Drive” This Summer

Host a Virtual Food Drive this summer and 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 to 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 *Nourishing Neighbors — Summer Food Drive*.

The Food Bank can customize a Virtual Food Drive with your organization's logo and 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



Support the Nourishing Neighbors — 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 May, you can support the food drive by visiting your local Albertsons and Vons supermarkets and making a monetary donation at checkout or by donating our most-needed food items in our red food drive barrels at the front of the store.

Your donations will help us prevent a child 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 Supporters



SYCUAN



The San Diego
Union-Tribune

Support the Stamp Out Hunger Food Drive

Please Place a Bag of Food Next to Your Mailbox to Donate on Saturday, May 14, 2022



Postal workers across San Diego County will collect food donations for the annual Stamp Out Hunger Food Drive – the nation's largest, single-day food drive operated by the National Association of Letter Carriers (NALC) and the U.S. Postal Service.

Letter carriers in San Diego County are asking residents to support the food drive by placing a bag of nonperishable food items by residential mailboxes before the mail is delivered on Saturday, May 14. County residents can also drop off food donations at local post offices.

The Food Bank is requesting our most-needed food items: canned tuna, canned meats, canned stews, canned fruits and vegetables, canned soups, pasta, rice, and cereal.

Letter carriers will collect the bags of food and deliver them back to the Food Bank to be distributed to individuals and families in need.

For more information about the one-day food drive visit:
SanDiegoFoodBank.org/StampOutHunger



Join us for the North County Food Bank's Drive Out Hunger Golf Classic Monday, July 25, 2022

The North County Food Bank invites you to join us for our annual *Drive Out Hunger Golf Classic* taking place at the Shadowridge Golf Club in Vista on Monday, July 25, 2022!

The Shadowridge Golf Club is located in the beautiful rural foothills of North County. A golf experience at Shadowridge means the opportunity to golf on one of the most critically acclaimed championship courses in San Diego County.

All proceeds from the tournament will benefit our North County Food Bank chapter's hunger-relief programs.

To register, visit: NorthCountyFoodBank.org/Golf



Volunteers Needed at San Diego Food Bank and North County Food Bank Warehouse Facilities



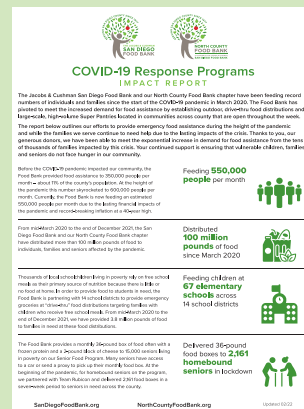
The Food Bank is currently facing a shortage of volunteers. We are in need of volunteers at both our San Diego Food Bank facility in Miramar and our North County Food Bank warehouse in Vista.

We need volunteers to help inspect, sort and package food and to assist the on-site drive-thru food pantry at our North County facility which serves more than 500 households per week.

Regular shifts are available Monday through Saturday. Individual volunteers and corporate groups are welcome! To sign up for a shift, visit: SanDiegoFoodBank.org/Volunteer or NorthCountyFoodBank.org/Volunteer

COVID-19 Impact Report Available Online

The San Diego Food Bank and our North County Food Bank chapter continue to feed record numbers of families and seniors who are suffering from the lasting impacts of the pandemic and inflation at a 40-year high.



The Food Bank's COVID-19 Impact Report illustrates our critical mission throughout the course of the pandemic. Thanks to our donors, volunteers and community supporters, the Food Bank was able to quickly pivot to meet the exponential increase in need from the community.

Download a copy of our COVID-19 Impact Report or view the report online at: SanDiegoFoodBank.org/Impact

Leave a Legacy in Your Will or Trust

Continue to touch lives long into the future by including the 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 858-863-5129 or contact Maureen Polimadei at mpolimadei@SanDiegoFoodBank.org



Special Thanks

Our gratitude goes to the following corporations, foundations and organizations for their generous support received between November 2021 and February 2022.

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Albertsons Companies Foundation
Price Philanthropies Foundation

Platinum (\$25,000 to \$49,999)

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Price Philanthropies Foundation
The Hervey Family Non-endowment Fund at the San Diego Foundation

Gold (\$10,000.00 to \$24,999)

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Bronze (\$2,500.00 to \$4,999)

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San Diego Scottish Rite
Community Foundation
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Copper (\$1,000 to \$2,499)

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