

# FOOD FOR THOUGHT

SUMMER 2022



## Mom of Three Facing Soaring Inflation Receives Help from the Food Bank

On a sunny spring morning, Raven drives up to receive food assistance from the Food Bank's drive-thru Super Pantry Program food distribution that is open throughout the week for families and individuals in need of food assistance.

"The price of gas has gone up, the cost of living has gone up, food has gone up, everything has gone up, but income hasn't gone up for really anybody. And so that's been making it difficult to make ends meet," explains Raven.

"I am a single mom. I have three babies. They are all under the age of ten. My daughter Mia is nine years old. My son Jackson is seven years old, and my daughter Raya is my youngest. She is four years old. The San Diego Food Bank has definitely helped me and my babies by being able to provide the food that we need so I can have money to pay for rent and gas for school."

"All three of my babies, when they are together, they shine so much. Everywhere we go, they shine. People comment on how happy they are. I do my best to provide for them, and

so does their father. We are separated, but we do our best. I appreciate the San Diego Food Bank for providing help so that we can get by. We are both working hard to do our best to provide for them," she continues.

*"The San Diego Food Bank has definitely helped me and my babies by being able to provide the food that we need so I can have money to pay for rent and gas for school."*

– Raven, Fallbrook

"I work full time as a yoga instructor for children and adults, and right now I don't make a lot of money. So, the San Diego Food Bank has helped me provide for my family. The Food Bank provides a lot of fruits and vegetables and covers all of the healthy food groups for everybody, which I appreciate. And especially for my lifestyle, teaching yoga, that's important to me and it's important to eat healthy. I appreciate the access to the fresh fruits and vegetables that the Food Bank provides. My babies need the extra nutrition, and the milk that the Food Bank gives is very important for their nutrition and development."

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SanDiegoFoodBank.org  
NorthCountyFoodBank.org

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# Food Bank Board of Directors Appoints Casey Castillo as Chief Executive Officer



The Food Bank’s Board of Directors announced the appointment of Casey Castillo as Chief Executive Officer.

Castillo joined the Food Bank in 2008 as Chief Financial Officer and was subsequently appointed Vice President of Finance and Administration.

Castillo brings more than 20 years of executive, financial, and nonprofit management experience to the role of Chief Executive Officer.

Over the course of his fourteen-year tenure at the Food Bank, he has provided oversight for all financial, administrative, human resources, and information technology operations. Additionally, he helped lead the organization during periods of severe economic upheaval, including the Great Recession and most recently, the COVID-19 pandemic — including the subsequent inflationary environment which is currently impacting the Food Bank’s service population.

Castillo has many significant achievements in his fourteen years with the Food Bank, including stewarding the Food Bank’s annual budget, overseeing major multi-million-dollar infrastructure improvements to the Food Bank’s facilities, overseeing the nonprofit’s daily finances and operations, supporting major fundraising campaigns, and providing executive leadership to lead the Food Bank’s five-year strategic plan.

Commenting on Castillo’s appointment, San Diego Food Bank Board Chair Steve Bernstein said, “The Food Bank’s Board of Directors greatly welcomes Casey’s appointment as Chief Executive Officer. Casey brings a breadth of knowledge and experience to this position, having been with the Food Bank for more than fourteen years and through his prior nonprofit management experience.”

San Diego community leader and philanthropist, Stephen Cushman, said, “As a previous Board Member, Board President, and supporter of the Food Bank for more than fifteen years, I am delighted that Casey has been appointed CEO of the Food Bank by its Board of Directors. Casey has a proven track record of accomplishments in his fourteen years with the Food Bank, and I am confident that Casey is the right person to take the Food Bank into its next phase of growth.”

Newly appointed CEO, Casey Castillo said, “I am humbled and honored to take on this role at such a significant time when the Food Bank is feeding record numbers and is looking to the community for the resources it needs to continue its vitally important mission. The Food Bank played a critical role during the pandemic, and we will continue our mission into the future as we face our current economic challenges and prepare for the future needs of the community.”

**For more information about the Food Bank’s new CEO Casey Castillo, visit [SanDiegoFoodBank.org/Persons/Casey-Castillo](http://SanDiegoFoodBank.org/Persons/Casey-Castillo)**





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“My babies get really excited when we make the foods from the Food Bank, like when we made cabbage from the Food Bank. I showed them how to peel the cabbage and make a cabbage soup.”

“The one thing that I really appreciate so much is the fresh fruits and vegetables that we get from the Food Bank. The fresh fruits and vegetables in the stores are getting more and more expensive. I appreciate the fresh fruits that we get from the Food Bank like strawberries, pears, and tangerines. I love them so much, especially the tangerines. My babies really enjoyed eating the tangerines.”

At the food distribution, Raven receives a bag of eggplants, a bag of potatoes, a bag of apples, a loaf of bread, canned fruits, canned meats, a box of cereal, a gallon of milk, a jar of peanut butter, canned tuna, canned fruits, canned vegetables, canned tomatoes, canned beans, and canned tomato sauce.

**For more information about the Food Bank’s range of hunger-relief programs, visit [SanDiegoFoodBank.org/Programs](https://SanDiegoFoodBank.org/Programs). For information about volunteering at our warehouse or our drive-thru food distribution, visit [SanDiegoFoodBank.org/Volunteer](https://SanDiegoFoodBank.org/Volunteer)**



*A volunteer places food in the back of Raven’s car at the Food Bank’s drive-thru food distribution.*



## Stamp Out Hunger Food Drive Raises 52,805 Pounds of Food!

After two years of being canceled due to the COVID-19 pandemic, the annual *Stamp Out Hunger Food Drive* returned this year to collect food for families in need.

The *Stamp Out Hunger Food Drive* is the nation’s largest, single-day food drive run by the National Association of Letter Carriers (NALC) and the U.S. Postal Service.

This year’s *Stamp Out Hunger Food Drive*, which took place on Saturday, May 14, raised 52,805 pounds of food!

A HUGE thank you to everyone who donated by placing food next to residential mailboxes and delivering food donations to local post offices!



## Use the Food Bank’s “Double the Donation” Widget to See if Your Company Matches Donations

Did you know that many employers will double or triple your donation to the Food Bank with a matching gift?

It’s easy to see if your company matches donations. Simply visit the Food Bank’s website and enter your company’s name using our “Double the Donation” widget.

Once you find your company’s name, click the “Go to Matching Gift Form” button, and follow the instructions. Your employer will then send the matching gift directly to the Food Bank.

**To see if your company matches donations, visit [SanDiegoFoodBank.org/Payroll](https://SanDiegoFoodBank.org/Payroll)**



# Billy F Gibbons & Friends to Headline AimLoan.com San Diego Blues Festival, Saturday, Sept. 10, 2022 – Benefiting the Food Bank



Singer-guitarist Billy F Gibbons & Friends will headline this year's *AimLoan.com San Diego Blues Festival*, which is a benefit for the Food Bank.

The family-friendly event will feature national and local blues acts on two stages from 11 a.m. to 7 p.m. at

Embarcadero Marina Park North on the downtown San Diego waterfront.

This year's headliner, Billy F Gibbons, is best known for his role in ZZ Top, a Rock and Roll Hall of Fame band that formed in 1969. Gibbons will have a separate band at the blues festival.

Other musical acts will include Southern Avenue, Lil' Ed & the Blues Imperials, Eddie 9V, Memphis Sounds, Ben Powell, Taryn Donath, and The Phantom Blues Band with special guest Curtis Salgado.

Attendees will enjoy specialist food vendors, local craft beer and wine, along with arts and crafts booths.

Advance GA tickets for the event are \$60. VIP tickets are \$300 and include a complimentary lunch, two drinks, and preferred shaded seating near both stages.



Bring your family and friends for a fun-filled weekend of music, and help the Food Bank give hunger the blues. The Food Bank is encouraging all eventgoers to bring two cans of food to donate.

For tickets and information, visit: [SDBluesFest.com](http://SDBluesFest.com)



# Food Bank's Annual Chefs, Cork & Craft Gala Raises \$595K for Hunger-Relief Programs

The San Diego Food Bank held our tenth annual *Chefs, Cork & Craft Gala — Hang 10!* on Saturday, April 23 outside on the grounds of the Food Bank's 90,000-square-foot warehouse in Miramar.

The event raised \$595,000 for our hunger-relief programs, which continue to serve record numbers. This is due to the lasting impacts of the pandemic paired with the rising costs of rent, gas, food, and utilities for the Food Bank's service population as a result of inflation being at a 41-year high.

The gala was attended by nearly 500 guests and featured the culinary talent of 14 of the county's best chefs. All of the participating chefs donated their time and talent to prepare an exquisite dinner for gala guests.

Attendees were treated to craft cocktails and hors d'oeuvres during the opening reception, fabulous silent and live auction items, and live entertainment by the Republic of Music. The evening's program was emceed by FOX 5 Morning News anchors, Shally Zomorodi and Raoul Martinez.

The Food Bank thanks our sponsors, supporters, and volunteers who made the evening a great success!

**Save the date for our 2023 Food Bank Gala — Chefs, Cork & Craft, which will take place on April 22, 2023!**



## A Gift from Your IRA is a Win-Win!

For those aged 70½ with an Individual Retirement Account (IRA), making a qualified charitable distribution (QCD) to the Food Bank can provide you with tax benefits.

When funds are transferred directly from your IRA to the Food Bank, your donation counts toward your required minimum distribution and the gift is excluded from your taxable income.

This tax-savvy strategy can lower your adjusted gross income and taxable income, resulting in a lower overall tax liability.

Individuals can direct a maximum of \$100,000 per year to QCDs (\$200,000 per couple). Please talk with your financial advisor to determine what will work best for you.

**For more information, contact Maureen Polimadei, Director of Individual Giving, at [MPolimadei@SanDiegoFoodBank.org](mailto:MPolimadei@SanDiegoFoodBank.org) or 858-863-5129**

# Special Thanks

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

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