

# FOOD FOR THOUGHT

SPRING 2023



*"Our family food bill has gone up at least \$500 per month. That's why we started coming to the Food Bank last year. The food we get from the Food Bank helps my family so much." — Carmello, Vista*



## Families and Seniors Receive Help from the Food Bank

On a chilly late winter morning, several families and seniors visited the Food Bank to receive food assistance from the Food Bank's new Client Choice Food Pantry, which is open throughout the week for families and individuals in need of food assistance.

"My wife Merleen and I have needed the help feeding our kids. We have four children at home, and my wife stays home to watch the children. Right now, I am working two jobs to support my family. I work full time as a trainer at a gym, and I drive for Uber," said Carmello (pictured above left) who lives with his family in Vista.

"When our younger children, Isabella and Leilani, are old enough to go to school, my wife plans to go back to work. She was a certified nurse aide before we had our younger

children, and she plans to study to become a medical assistant when she goes back to work."

"Recently, my wife and I have suffered from depression and anxiety because of our finances. Our bills have just kept increasing dramatically, especially with food shopping. Our family food bill has gone up at least \$500 per month. That's why we started coming to the Food Bank last year. The food we get from the Food Bank helps my family so much, especially the fresh produce because it's so expensive in the store."

Similarly, Ruth (pictured above right) is suffering from the impacts of inflation. "I am living on Social Security, and the price of everything has gone up. That's why I'm here at the Food Bank. Rent has gone up. Food has gone up. I just

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# The 'Hunger Cliff' Facing Our Community



Since the start of the COVID-19 pandemic, tens of thousands of local families received additional CalFresh benefits to mitigate the impacts of crisis.

In March, with the official end of the federal emergency, the average family lost roughly \$200 in monthly CalFresh Emergency Allotment benefits, and the average individual lost \$83 in monthly benefits.

Food banks across the country are calling the impact of these benefit reductions, the 'Hunger Cliff,' because they are forcing more families facing food insecurity to visit food banks for assistance.

Last year, in preparation for the end of CalFresh Emergency Allotments, the Food Bank increased our food purchases to meet the expected increase in demand for help.

Many families on CalFresh work in low-wage jobs and struggle with our region's high cost of living which has been exacerbated by soaring inflation pushing up rent, gas, utilities and food prices.

In addition, with summer around the corner, food-insecure schoolchildren across San Diego County, who normally receive free breakfasts and lunches at school, will no longer receive free school meals when schools close for summer vacation.

The end of CalFresh Emergency Allotments and the end of free school meals over the summer months will place a major strain on low-income parents who will be forced to turn to the Food Bank for help.

**We need your help providing food assistance to families impacted by the 'Hunger Cliff.' Below are ways you can support the Food Bank:**

- ✓ Host a food drive at your school, business, civic group or place of worship. Visit: [SanDiegoFoodBank.org/FoodDrive](http://SanDiegoFoodBank.org/FoodDrive)
- ✓ Donate securely online — every \$1 donated provides two meals for food-insecure San Diegans. Visit: [SanDiegoFoodBank.org/Give](http://SanDiegoFoodBank.org/Give)
- ✓ Volunteer at the Food Bank's warehouse by registering online. Visit: [SanDiegoFoodBank.org/Volunteer](http://SanDiegoFoodBank.org/Volunteer)
- ✓ Host a Virtual Food Drive and donate food virtually online. Visit: [SanDiegoFoodBank.org/Virtual](http://SanDiegoFoodBank.org/Virtual)

As we approach the summer holidays, I would like to extend my heartfelt thanks to the organizations and caring individuals who support our mission. Your donations and volunteerism enable us to provide food assistance to struggling families and individuals in our community.

With gratitude,

Casey Castillo,  
Chief Executive Officer





## CONTINUED FROM PAGE 1

moved into a small studio apartment which is three hundred square feet, and it's \$1,000 per month. After rent and bills, there isn't much left over for food," explains Ruth.

Ruth, who lives in San Marcos, does not own a car and carpools with a friend to the Food Bank to pick up food assistance twice a month. "I get help from my daughter when she can, but she has three small boys, and I don't want to be a burden on her," continues Ruth.

"The Food Bank is helping me so much. I found out about the Food Bank about six months ago, and we came to the Food Bank to get help."

At the Client Choice Food Pantry, Carmello, Ruth and Lucia received a range of fresh produce, including lettuce, potatoes, apples, and onions. They also received bread, canned fruits, canned meats, cereal, canned vegetables, canned tomatoes, canned beans, and canned tomato sauce.

When asked if Ruth would like to share a message to the Food Bank's donors who make these programs possible,



***A Food Bank client receives food assistance at the Food Bank's new Client Choice Food Pantry.***

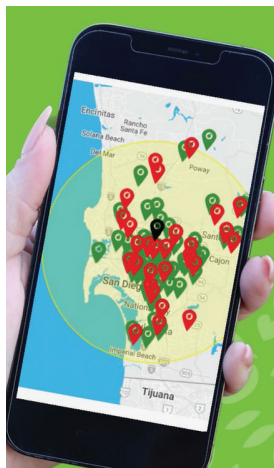
Ruth said, "Appreciation. I know the donations come out of their paychecks. I appreciate that they support us. This is making a big difference for people like me who really need the help."

**For more information about the Food Bank's range of hunger-relief programs, visit [SanDiegoFoodBank.org/Programs](http://SanDiegoFoodBank.org/Programs). For information about volunteering, visit [SanDiegoFoodBank.org/Volunteer](http://SanDiegoFoodBank.org/Volunteer)**

## Food Bank's GPS Food Locator Map Connects Families with Nearby Distributions

The Food Bank's online GPS Food Locator Map helps families connect with nearby food distribution sites.

By entering an address or zip code, Food Bank clients can find nearby sites with opening hours and the range of foods available.



The Food Bank supports hundreds of food distributions throughout the county, and we partner with more than 500 nonprofits with hunger-relief programs.

**To check out the map, visit [SanDiegoFoodBank.org/GetHelp](http://SanDiegoFoodBank.org/GetHelp)**



## 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/Double](http://SanDiegoFoodBank.org/Double)**

# 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 July, you can support the food drive by visiting your local Albertsons and Vons supermarkets to purchase a pre-filled bag containing our most-needed food items. Or donate via the Food Bank's Virtual Food Drive.

Your donations will help us feed local children in need this summer!

For more information, visit [SanDiegoFoodBank.org/Summer](http://SanDiegoFoodBank.org/Summer)



## Thank You to Our Summer Food Drive Sponsors



## Thank You to Our Supermarket Sponsors



## Thank You to Our Summer Food Drive Media Partners



## Host a Virtual Food Drive This Summer

Help the Food Bank feed local children living in poverty by hosting a Virtual Food Drive this summer.

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. And our Virtual Food Drive technology enables food drive leaders to set up internal competitions between departments, classes and groups.

Check out our Virtual Food Drive online. Visit [SanDiegoFoodBank.org/Virtual](http://SanDiegoFoodBank.org/Virtual)



## Join Us for the North County Food Bank's Drive Out Hunger Golf Classic Monday, July 24

Our North County Food Bank chapter invites you to register for this year's seventh annual Drive Out Hunger Golf Classic taking place at the Shadowridge Golf Club in Vista on Monday, July 24!

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](http://NorthCountyFoodBank.org/Golf)



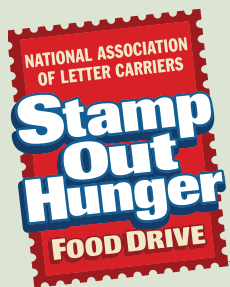
## Support the Stamp Out Hunger Food Drive

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 13, 2023**.

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](https://SanDiegoFoodBank.org/StampOutHunger)



## 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 \$15 will provide a hungry individual at least one healthy meal every day, every month, for the entire year. A monthly gift of \$45 will provide three meals a day, every day, for the entire year.

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/Monthly](https://SanDiegoFoodBank.Org/Monthly)



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

For those aged 70½ or older 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.

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



## The Food Bank's 2022 Annual Report is Available Online!

The Food Bank's 2022 annual report is available on our website!

This year's annual report celebrates the Food Bank's 45<sup>th</sup> anniversary and highlights our organization's historical milestones.

The report also provides the year's financials, distribution data, and our programs and initiatives.

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

Read the report online at [SanDiegoFoodBank.org/AnnualReport](https://SanDiegoFoodBank.org/AnnualReport)

# Special Thanks

Our gratitude goes to the following corporations, foundations and organizations for their generous support received between December 2022 and February 2023.

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Bristol Myers Squibb  
Baker Electric Home Energy  
San Diego County Toyota Dealers  
Green Crest Mobile Home Park  
PNC Bank  
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East County Economic Development Council  
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AT&T California  
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### **Platinum (\$25,000 to \$49,999)**

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The Swinerton Foundation

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