



FOOD *for thought*

SUMMER 2017

All week I look forward to coming here to eat.

My name is Larry Yee and I'm a 67 year-old senior. I come to Davis Community Meals every Tuesday and Thursday to get dinner. I live alone most of the time except when my daughter comes down from Las Vegas. These meals supplement my food stamps. Plus, it's the only time I get vegetables.

I live on Social Security, Medical, Medicare and Food Stamps. I also get utilities help from PG&E. The rent in Davis is so high that it's hard to get by without the food I get here. I moved here from Las Vegas after getting divorced and going through bankruptcy.

I have four kids from two separate marriages. My son recommended I move here. He works in Sacramento and he helped me get the apartment, I don't see him too often though. My daughter is a high school teacher in Las Vegas. My other son is 22 and my youngest girl is 18—they also live in Vegas.

I was a pharmacist in Vegas and in Arizona. I also worked in real estate to get by. No retirement, no savings. I served eight years in the Air Force National Guard but don't get Veterans benefits because I didn't serve in a war. After I got divorced they garnished my Social Security and I was really hurting. Thank goodness people helped me get on Medical and Medicare and told me about this—that's how I'm able to make it.

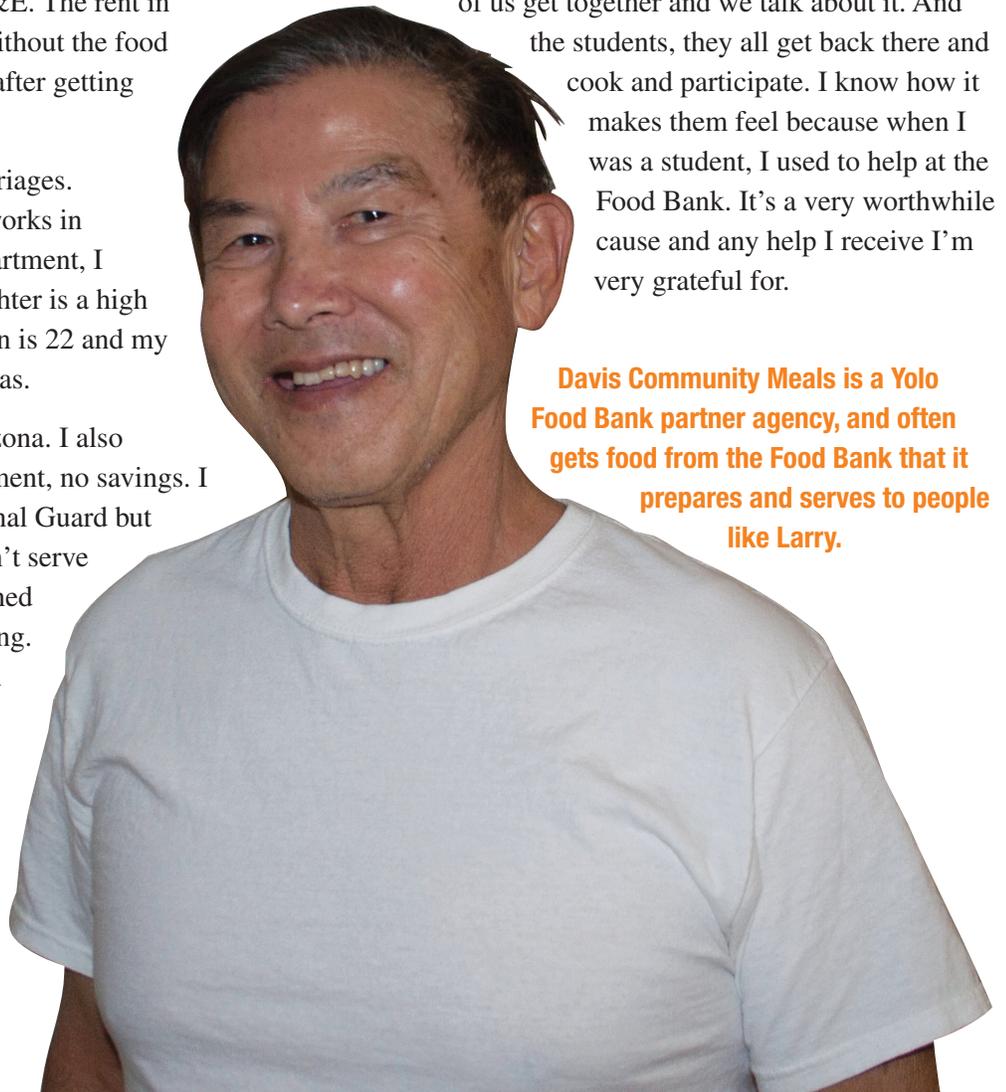
**"I'm so grateful
for the food."**

—LARRY

I would like to say thank you to donors: you have no idea how much you help us, especially during the holidays. To give us food and something to look forward to brings a lot of joy. All day long, all I can think about is coming here to eat. Sometimes I pass up lunch to come here to eat. I'm so grateful for the food.

For us low-income people it makes a big difference. A lot of us get together and we talk about it. And the students, they all get back there and cook and participate. I know how it makes them feel because when I was a student, I used to help at the Food Bank. It's a very worthwhile cause and any help I receive I'm very grateful for.

Davis Community Meals is a Yolo Food Bank partner agency, and often gets food from the Food Bank that it prepares and serves to people like Larry.



Important Message from Executive Director & Board President

END HUNGER YOLO...TOGETHER WE CAN!

Imagine starting and ending your day with the pain of hunger. Picture telling your children you don't have enough food for even two meals a day. What would you feel like if paying the utility bill meant you couldn't buy food until the end of the month? For tens of thousands of Yolo County Residents these are everyday realities.

Now, imagine a hunger-free Yolo County, a place where all residents have enough food and a state of the art Food Bank that meets the needs of our hungry neighbors and provides them with resources to build upon hope for better lives. Picture how good you'd feel knowing you helped make this dream a reality for our community now and forever. Here's what you can do to make it happen.

You can help by joining the *End Hunger Yolo* Capital Campaign for renovation of our new home at 233 Harter Avenue, Woodland. The campaign goal is \$6 Million. Generous donors have already contributed \$4 million toward modernizing and expanding Food Bank operations, and dramatically improving our ability to serve seniors, children, and working families, disabled persons, and many others who do not have enough to eat. Please show you share our vision for a hunger-free Yolo County and help raise the remaining \$2 million by March 1, 2018.

Current Food Bank facilities are overcrowded, outdated, and insufficient for running food assistance programs and services to their fullest potential. Your contribution to the success of *End Hunger Yolo* will:

- Equip the Food Bank with adequate capacity to store and distribute 8 million lbs. of food per year by 2020;
- Enable sufficient cold storage capacity (7x current size) for increasing quantities and types of perishable foods, including eggs, dairy products, and produce;
- Establish a kitchen to turn excess and rescued fruits and vegetables into healthy meals, and products;
- Provide facilities for Food Bank programs that address unmet community needs, such as nutrition education, cooking classes, meal programs, job development, job skills training in the culinary arts, and more.

As a community, you have teamed with the Food Bank and shown on countless occasions your passion, dedication and support for the

cause of ending hunger and malnutrition in Yolo County. Our heartfelt thanks go out to each one of you for your donations of food, funds and volunteer time. Our work is not possible without the support and teamwork of donors like you.

We need your help to raise the last \$2 million of the *End Hunger Yolo* campaign goal. Construction at 233 Harter Ave is starting this fall. It's crucial to meet the remaining \$2 million campaign goal by no later than March 1, 2018 to avoid construction delays and consequent cost increases, and to assure our readiness to receive the bounty of the 2018 harvest season.

Please make a special one-time financial gift beyond your continued contributions to ongoing Food Bank operations. All gifts are needed, valued, and important for the campaign success, whatever the amount. All gifts will be acknowledged in our new home as a testament to your generosity and caring to make a difference in our community.

Go to www.endhungeryolo.org to make your campaign contribution online, send in a check to our office at 1244 Fortna Avenue, Woodland, CA 95776, or stop in to our office to make your campaign donation.

Together we can end hunger in Yolo County.

With warm regards,

Kevin Sanchez
Executive Director

Tom Muller
President, Board of Directors



Volunteer Spotlight

Volunteering Just Feels Good

Volunteers are the lifeblood of our organization, and without them the Food Bank simply could not function. In 2016, Yolo Food Bank had over 5,000 individuals volunteer their time to help feed our hungry neighbors across all parts of Yolo County.

One of those volunteers is Lupe Viramontes. Lupe is part of a group of six women who help run our weekly Wednesday's Table produce distribution in West Sacramento. Lupe also helps pack Rural Food Delivery boxes in our warehouse every Thursday. She is a valuable and well-liked member of the Yolo Food Bank team.

Lupe got started volunteering after she retired from Caltrans following a 19-year career with the company. One day she came to the Food Bank to volunteer with her grandchildren. "I wanted to do something in the community and coming here worked out really, really good," says Lupe with a smile.

The peaceful drive to Woodland from her home in West Sacramento is something Lupe particularly enjoys. She says it gets her up in the morning and out the door. She also adds how welcome everyone makes her feel, "They're just good people, the people that work here and the volunteers."

Lupe loves cooking and enjoying good food. She says her mother was an amazing cook and that food was always something that brought her family together. After learning how many hungry people there are in Yolo County—a region covered in farmland—she decided to do something about it.

Since it started in September 2015, Lupe has watched Wednesday's Table grow from 65 to 80 people per distribution. She's happy to know that clients don't need to register to get healthy produce and can get what they need by showing up with no questions asked.

Lupe gets satisfaction from knowing she's making a positive difference in her community. She adds, "If you want to do something and don't have the money, this is easy. And to those interested in volunteering, I'll give you a ride!"

Thank you, Lupe, for all your energy and enthusiasm—your effort is noticed and truly appreciated.

If you are interested in volunteering, please contact our Volunteer Coordinator, Ray Bautista at 530.668.0690 or by email at raymond@yolofoodbank.org.



"If you want to do something and don't have the money, this is easy." —LUPE

Wal-Mart Grant To Support Food Bank Infrastructure

In Yolo County, 15.2% or 31,100 residents are food insecure. Which is why Yolo Food Bank is pleased to announce a \$25,000 grant from the Walmart Foundation to fund the infrastructure that will ultimately help the food bank's partner agencies secure and distribute more nutritious food to families in need.

The grant will support investments in the equipment necessary to handle perishable products, such as refrigerated vehicles; coolers and freezers for transporting, storing and distributing food; and thermometers and temperature calibration devices, among other items.

"One in seven people struggle with hunger in Yolo County, including 9,830 children," said Zane Hatfield,

Agency Relations Coordinator. "We are thankful to the Walmart Foundation for helping to ensure that people who struggle with hunger have access to nutrient-rich food. This grant will go a long way in helping Yolo Food Bank and our partner agencies serve Yolo County."

Yolo Food Bank secures fresh, perishable food from retailers across the Yolo County area. Yolo Food Bank currently works to pair a partner agency with a retailer in their area. Yolo Food Bank oversees the partnership and assists the agency in reporting the donation poundage to Feeding America while offering onsite food handling certification classes once every

three years. With the \$25,000 grant, Yolo Food Bank will also provide additional food safety training to agencies that participate in our grocery recovery program; we will also begin to expand the program to new agencies through an application phase.

Part of the \$25,000 Walmart grant will support investments in equipment to enable safe transportation.



Yocha Dehe “Yolo Grown” Grant

Yolo Grown Builds Relationships With Local Farms

Living here, we all know that some of the world’s finest farmland lies within the borders of Yolo County. And this is why the Food Bank has launched Yolo Grown, a five-year program aimed at helping end hunger and malnutrition in Yolo County, primarily through building partnerships with local growers. The program is funded through a grant from the Yocha Dehe Wintun Nation and will primarily increase access to and consumption of fruits and vegetables among food-insecure Yolo County residents.

“The purpose of Yolo Grown is to develop partnerships with local farmers and to create a more sustainable, more reliable system for providing fresh fruits and vegetables to the Food Bank and our clients,” said Agricultural Program Manager, Liz Blum, who was hired by Yolo Food Bank as part of the Yolo Grown program.

In the six months she’s been aboard, Liz has expanded donations, discounted sales, and created growing contracts with 10 farms and seed companies who have worked with the Food Bank in the past, some for more than a decade. They are: Food Bank Farmers, Full Belly Farm, Riverdog

Farm, Durst Organic Growers, Muller Ranch, Monsanto, HM Clause, Whitcombe Farms, Gauchito Hill Farm, and Fieri Ginger Farm.

Liz has also established several new grower relationships. One partner is David Eldridge of the Eldridge Farm Project.

David is generously planting successions of onions, broccoli, cauliflower, green acorn squash, and cabbage on 13 acres to harvest for the Food Bank from November through April. The seeds for this project were donated by AgSeeds Unlimited.

Fresh, regional produce is some of the most nutritious foods for the Food Bank to procure and distribute. Research has shown that low-income residents are less likely

to eat recommended amounts of fruits and vegetables. This, like high blood pressure and diabetes, is a concern because eating healthy foods reduces one’s risk of developing chronic diseases. “I think that everyone deserves access to healthy, fresh fruits and vegetables, and Yolo Grown is a practical way of carrying out that belief,” says Liz. “A lot of farmers I’m meeting share that sentiment.”



Agricultural Program Manager, Liz Blum, talks with Thea Rittenhouse, co-owner of Gauchito Hill Farm in the fertile Capay Valley.

Thank you...

Last Thanksgiving over 1,400 runners and walkers gathered together to raise over \$55,000 to end hunger in Yolo County. We would like to extend a heartfelt thank you to everyone involved including these great companies and community members who joined our Thanksgiving table as event sponsors!

Golden Turkey
Woodland Healthcare/Dignity Health
Mashed Potatoes
Raley’s Food for Families
ARCO AM/PM
Guild Mortgage Company
Stuffing
Payne Brothers Ranches
Gayle Manufacturing
Yolo Federal Credit Union
Interview2Work
First Northern Bank
Shelley & Tom Muller
BZ Bee Pollination
McDonald’s - Golden Arch Enterprises
Bib Sponsor
Debbie Bruno/Bella Vie Real Estate
Dan Best Ranch, Inc.
Cranberry Sauce

James P. Zimmerman, D.D.S.
Mezger Trucking
Davis Odd Fellows, Lodge #169
Nugget Markets
Food4Less
West Yost & Associates, Inc.
Woodland Oral Surgery
DJ’s Jewelry
Premier Chiropractic & Pilates
Riverview International Trucks
Law Offices Of Steven C. Sabbadini
Paradise Farms
Sola Bee Honey
Slice of Pie
Sierra Orchards
Animal Care Clinic of Woodland
Wraith, Scarlett & Randolph
California Family Foods



Timmons Owens Jansen & Tichy Inc.
Bedrock Construction
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Kaia Fit Woodland
Amara Dental Center
Monley’s Carpet One Floor & Home
AlSCO Geyer Irrigation
Osborne Accountancy Corporation
The Mainini Family
The Max Challenge of Woodland
Eaton Drilling Co., Inc.
Puroast Coffee, Inc.
Sonin Law
Jimboy’s Tacos
Waste Management
Westlake Market

Save the Date!

Harvest Volunteer Opportunities

Every Wednesday in Davis from now through September.

To sign-up contact Ray Bautista, Volunteer Coordinator at raymond@yolofoodbank.org or 530.668.0690.

9th Annual Running of the Turkeys 5k Run/Walk

Thanksgiving morning, Thursday, November 23rd

Register starting September 15th at www.RunningOfTheTurkeys.org
If you are interested in volunteering, please contact our Volunteer Coordinator, Ray Bautista (see contact information above).



Contact Us

1244 Fortna Avenue
Woodland, CA 95776
530-668-0690

Office Hours:
Monday through Friday
8:30 am–5:00 pm

Warehouse Hours:
Monday (receiving only)
9:30 am–2:30 pm
Tuesday–Friday
8:30 am–2:30 pm

STAY connected



www.yolofoodbank.org