



FOOD *for thought*

SUMMER 2015

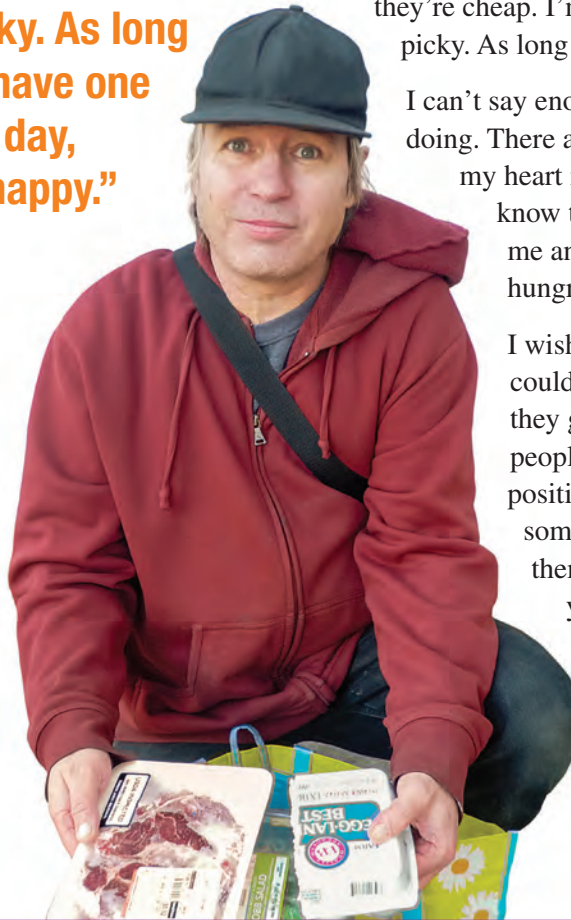
Getting a box of food means a lot—thank you!

My name is Glen and I come down here to this food distribution when my son and I run low on food. The people here are so friendly and the food is really helpful. They also provide lunch here—fruit, sandwiches or pizza—and that's been a good thing for us.

My son and I have been through some rough times. He was born premature and has had special needs. Now he's 28 years old and I'm still taking care of him. I've had back issues and surgeries that have put me on disability. Finding safe and affordable housing has been really tough. My son had his hip shattered when a bullet came through the window of one of our apartments. We've even been homeless for a time, sleeping on the street and going hungry. Now we're in an apartment in West Sacramento.

"My son and I aren't too picky. As long as we have one meal a day, we're happy."

— GLEN



No one should have to go hungry

I'm really glad to get this box of food, especially the meat and fresh vegetables. It means we're going to get a good, meaty meal tonight! My son and I eat a lot of potatoes because they're cheap. I'm good at making things, and we're not too picky. As long as we have one meal a day, we're happy.

I can't say enough about the good work the Food Bank is doing. There are a lot of hungry people out here. It makes my heart melt when I see kids going hungry. I don't know their story, but I know what it was like for me and my son. Nobody should have to go hungry like that.

I wish everyone who gives to the Food Bank could see how excited people are to receive what they get in their food box. It means everything to people who really don't want to be in this position. It means they can give their kids something good to eat that day and feed themselves as well. Every little bit helps when you're hurting, and we are so appreciative.

Thank you for providing for my son and me!

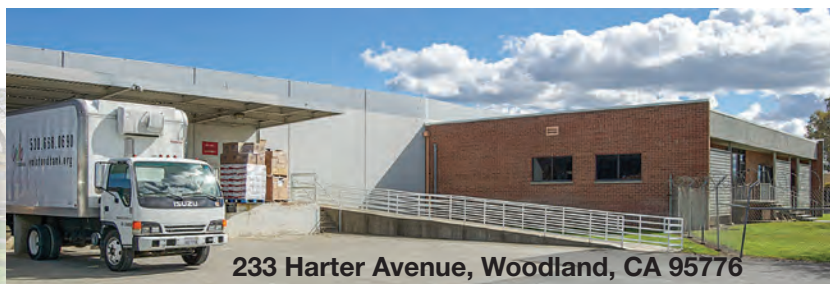
Glen says it's exciting to see what he gets in his box—he likes the meat and fresh vegetables!

We're on the move! ►

Find out more in Kevin's column on page 2!



1244 Fortna Avenue,
Woodland, CA 95776



233 Harter Avenue, Woodland, CA 95776

Food for thought

from the Executive Director



Dear Friends,

With summer approaching and fields coming to life we're thankful for farmers who've committed to growing crops specifically for us. We're also deeply appreciative of the growing list of food donors from the retail, wholesale and manufacturing sectors. Their commitment ensures

a reliable and varied supply of fruits and vegetables and nonperishable foods so struggling families, like Glen's and Esther's, can have the food they need.

As the number of families who need food assistance continues to grow, Yolo Food Bank has been challenged in keeping up with the demand due to our limited storage capacity. Given our donors' desire and ability to contribute more food, we've taken a first step toward solving this storage problem. Recently we acquired a new building to bring all of our operations under one roof, creating a more cohesive and efficient warehousing system. This building will triple our capacity to receive, sort and store food, and is right around the corner from where we are now.

We're very excited about renovating the building into a large-scale food aggregation and distribution facility. Our cold storage capacity will be expanded to support a wide variety of perishables—from frozen meats, to dairy products and fruits and vegetables. And, we're creating space for proper handling and processing of fresh produce, as well as repacking bulk grains and beans into smaller units. Increasing our capacity to accept, process and distribute larger quantities of food guarantees more food will go to more of the 44,000+ Yolo County residents who need our help.

For the past few years we have called ourselves "the food bank of no." We'd have to say "no" to donors of large quantities of food because we didn't have the ability to store them. There were many missed opportunities. Now, we look forward to changing to "the food bank of yes" because we'll have the capacity to handle more and larger donations.

As we make this investment in the future of our community and the fight against hunger in Yolo County, we are so grateful for your continued support. *Everything you do—your gifts of time and food and funds—fuels our work.* Thank you for placing your trust in us and for joining in our endeavors to address our neighbor's most basic need for food.

With gratitude,

Kevin Sanchez, Executive Director



PAGE 2

Volunteer Spotlight

Misbah Husain: The next generation of giving



A trip overseas convinced UC Davis student, Misbah Husain, that he wanted to help those who were struggling in his own community.

Misbah Husain is a student at UC Davis, but he's already a stalwart volunteer of Yolo Food Bank and a student director of the on-campus Davis Food Pantry. Misbah began volunteering with our hunger study, and what he saw surprised him. "Just a 15-minute drive from where I'm going to school there are people who don't have access to a lot of the basic resources that I have," he says. "They're struggling to pay bills, and their children will sometimes go hungry."

"There's a huge need outside your doorstep."

—MISBAH

Misbah soon became a weekly volunteer, packing boxes, filling rice bags and helping at our Friday's Table. There he appreciated being able to interact with those he was serving. "When you think of someone who's hungry, you have a specific image in your mind," he says. "But after working here, I've seen there's really no one face to hunger."

Meeting student's needs

At UC Davis Misbah has been involved with the on-campus pantry, which helps students who are struggling. "The Food Bank is our largest supplier of food," he says. "It would be a struggle for us to get food otherwise." Misbah says some students have to put their pride aside to come, but when they do they say they benefit from the food they receive.

For Misbah, volunteering at the Food Bank has opened his eyes to the community. "There's a huge need outside your doorstep," he says. "It's a great thing when someone can take the time or give up a little bit of what they have to help people. It doesn't have to be much time or money. It just alleviates the pressure on the organization." Misbah believes the act of giving to feed the hungry will have a positive effect on the whole community. "People are so grateful for this help, and they will pay back at some time."

To join Misbah and become one of our valued volunteers, you can contact Josh Ellis at josh@yolofoodbank.org. Thank you for sharing your time to fight hunger in our neighborhoods.

The food is a blessing to this community

Hello, my name is Esther and I'm so thankful to be able to come to the food pantry today. I've been without a job for three weeks because the company I was working at closed their doors. I'd been there three years. I have another job lined up and if that works out, things will start looking up for us.

"I know you're giving from your heart, and that's beautiful."

—ESTHER

I'm a single mom, and I have a beautiful 11-year-old daughter. We live on our own together, and she goes to school. Right now our cupboards are close to bare. We're just scraping by, so it means a lot to be able to come and get food here. Thankfully, my daughter has never gone hungry. I've always been able to find something for her.



I give back, too

I was born and raised in this area. I was six months old when I began to have seizures. I've been on medication for them my whole life, and four years ago they just suddenly stopped. Now I've been working on getting my driver's license and buying a car.

Knowing that we can come here when we're going through a rough time is a blessing for sure. I don't come here all the time, but I'm really thankful it's here when I need it. When I can give back, I do that too.

I'm grateful to all the people who support the Food Bank. It's awesome that we can count on this when we're in need. I know you're giving from your heart, and that's beautiful. You're really supporting the community. Thank you!

When Esther came to the food pantry, her cupboards were close to empty.

Volunteer Spotlight

Volunteer truck driver, Natalie Huerta, loves Tuesdays!

Every Tuesday morning, volunteer truck driver, Natalie Huerta, loads up her truck with fresh produce and bread and drives to a community center for Tuesday's Table. Natalie vividly remembers her first distribution at the center. "I thought we were just going to hand out food and that's it. But when I saw the line of people—different ages, races, all sorts...and the children! Your heart just goes out," she says. "We need these programs."

In the first year, Natalie committed to being here every Tuesday and never missed a day. Now she's been volunteering for two years and she loves her job. "Every time I come here everybody is happy chappy, getting into their work," she says in her friendly New Zealand accent. "I just love Tuesdays! I meet good people."

Natalie has been volunteering for two years and loves it.



"There's no judging here," she says of the Tuesday's Table distribution. "We make everyone feel welcome and comfortable and say, 'see you next week.'" And volunteering has its own rewards. "When you see the warehouse is packed, you know someone's going to have something," says Natalie. "You feel good about yourself."

To all the folks who support the Food Bank through donations of funds and food, Natalie says, "Come and see what we do and who we serve. We need to keep it going. I hope if I'm ever in that situation, there would be a place for me to turn to."

We're grateful to all our volunteers and the

faithful support of those who give, who make it possible for the Food Bank to be there with food and hope for our neighbors in need. Thank you!



Opening our eyes to those in need

Natalie sees volunteering at the Food Bank as an opportunity to stop and see the folks in our community who are hungry.

“Dutch Luv” food drive is a one-day wonder



Dutch Bros. Coffee staff member, Alexander Peterson, shows the 3,932 pounds of food collected over 24 hours on February 14, 2015 during the company's annual “Dutch Luv” food drive for Yolo Food Bank. This year's drive exceeded the 2014 total by 875 pounds. Donors contributing 3 cans of food at the three Dutch Bros. locations in Woodland and Davis were treated to a free 16 oz. drink and a “Dutch Luv” bracelet. Many thanks Dutch Bros. — you're terrific!

Save the date!



Dig-in Dinner: This farm-to-table event is sponsored by West Sacramento Chamber of Commerce. A portion of the proceeds will benefit Yolo Food Bank.

When: 5:30-7:30 pm, Thursday, July 23, 2015

Where: West Sacramento Farmers Market, 1110 W. Capitol Ave.

Guest Chef: Patrick Mulvaney

Tickets: \$75 available now at www.westsacramentochamber.com
Seating is limited to 100.

Friday Alfresco: Come enjoy live music, wine and food at Bogle Vineyards, Clarksburg, CA

When: July 3, 2015, 5:00-7:30 pm

Tickets: \$15 guest or \$10 wine club member

Details at boglewinery.com

Proceeds from this event benefit Yolo Food Bank.

Contact us

1244 Fortna Avenue
Woodland, CA 95776
530-668-0690
www.yolofoodbank.org

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

Go Solar and benefit Yolo Food Bank!

If you live in Yolo County, there has never been a better time to repower your home with solar. Our new fundraising partner and current donor, Repower Yolo, will help you make the right decision for your home, while simplifying the process and reducing the cost of going solar. **And if you go solar in 2015, Repower Yolo will donate \$500 to Yolo Food Bank in your name to help wipe out hunger in our community!** Every \$500 donated provides 1,500 meals for our hungry neighbors.

Repower Yolo was developed by long-time Yolo residents for Yolo friends and neighbors. It's a one-of-a-kind program that leverages the buying power of group purchasing to bring you the best-qualified contractor to install the highest quality solar equipment at the lowest cost. Through Repower Yolo, dozens of Yolo County homeowners have saved an average of \$4,500 on the cost of a solar system.

Repower Yolo makes investing in solar energy simple and profitable by:

- Performing a no-cost solar analysis for your home
- Evaluating and explaining multiple financing options
- Managing the entire process—design, permitting, installation, and financing

We invite you to find out more about how Repower Yolo's solar group purchase program can benefit you, as well as help the 17,000 households Yolo Food Bank serves each month. Go to repoweryolo.com or call 530-564-4292 and ask to speak to Chris Soderquist. Be sure to tell them Yolo Food Bank referred you.

Make hay while the sun shines!

