

# Food Line

A publication for friends of The Foodbank of Southern California | FALL 2012



## DISTRIBUTING FRESH PRODUCE

The Foodbank's primary source of fresh produce comes from the Salinas and Imperial Valleys. Each year they donate to us millions of pounds of fresh produce directly from the fields, before it goes to grocery stores.

The produce we receive is picked in the morning, arrives at The Foodbank's docks in the afternoon, and feeds children the very next day. Fresh produce is in such high demand by the people we serve, that produce items are completely depleted from our warehouse within 24 hours of receipt.

The distribution of fresh fruits and vegetables and the promotion and access to foods that are healthy choices are at the core of The Foodbank's entire operation.

The Foodbank often incurs a 1 cent per pound transportation fee for this free fresh produce. Your donations help to offset these costs.

## DREAM CREATES FOODBANK FARM

The Foodbank planted its first community garden in April of this year. Called "The Foodbank Farm," the garden evolved within days of The Foodbank's president John Knapp, literally dreaming that we planted a garden to feed hungry and needy children. It was a simple dream, there were no visions of grandeur.

It took volunteers one week to build the 3,000 square foot garden. This involved laying the wooden frame and plastic sheeting, plumbing, leveling 144 cubic feet of high grade top soil, tilling the soil, and planting seedlings. Volunteers tended the crop for three months. The first harvest was in July.



"The Foodbank Farm" is expected to harvest three and a half tons of fresh produce annually. Through three rotating

crop cycles, each year we will harvest tomatoes, eggplant, zucchini, corn, celery, green peppers and green beans, all of which are organic.



Produce from "The Foodbank Farm" is available free of charge to all of The Foodbank's Nonprofit Partnership Agencies. Knapp especially encourages those who serve children and seniors to access this high quality, nutritious food when it is available. "The Foodbank Farm" makes it possible for The Foodbank to fill the gap left between the growing seasons of our major produce providers.



## CLEAR GIVING CHARITABLE ASSOCIATION DONATES

In June 2012 The Foodbank was honored to be the recipient of a generous donation by the Clear Giving Charitable Association (CGCA). Association dues and donations help charities continue their efforts in lending a helping hand to those in need. Members of CGCA are eligible to join Clearpath Federal Credit Union. CGCA president Peggy Morris said, "Selecting The Foodbank to be a funding recipient was a natural fit; Clearpath services the employees of Ralphs Grocery and Food4Less, and The Foodbank has a longstanding relationship with the grocery chain through their Corporate Giving and Community Partnership Programs."



*Clear Giving Charitable Association presents The Foodbank's staff with a \$1,000 check. (l to r) Jamara Jacocks, Receptionist, Peggy Morris, President of CGCA and Director of Support Services at Clearpath Federal Credit Union, and Jeanne Cooper, Director of Administration.*

### FAMILY DAYS AT THE FOODBANK

### JOIN US

Two Saturdays  
each month  
8 am to 1 pm

Parents and their children are invited to team up to pack thousands of pounds of wholesome nutritious food for the needy.

For more information and to sign up, call us at 562.435.3577.

### RECURRING GIFTS MAKE AN IMPACT

Every month you can transform the life of someone in need of food by signing up for a recurring donation. Setting up a recurring gift takes less than a minute. Even a small monthly gift can make a BIG difference.

**12 months x \$25 = \$8,400 worth of food**

You can establish a recurring donation on The Foodbank's secured web site. Just click the **DONATE NOW!** tab at the top of any page and follow the simple instructions. Your credit card automatically gets billed monthly so you don't have to do any extra work. If you prefer you can contact The Foodbank at 562.435.3577 to set up your recurring donation.

### WORK PLACE GIVING & MATCHING GIFTS

As an individual you can often stretch your contributions to The Foodbank even further by asking your employer about their workplace giving and matching gift policies. Many companies allow employees to make charitable contributions through payroll deductions. Other companies augment the impact of employee charitable dollars by matching payroll deductions and other individual gifts. Please provide The Foodbank with your employer's matching gift form so that you can maximize your gift. Send matching gift information to The Foodbank via email [info@foodbankofsocal.org](mailto:info@foodbankofsocal.org), fax to 562.437.6168, or regular mail.

## HIGH SCHOOL GIRL SCOUT MAKES A DIFFERENCE

Charis Conard is a 12<sup>th</sup> grader at Millikan High School, in Long Beach, CA. She has been a Girl Scout for ten years. After her positive experience volunteering at The Foodbank in the summer of 2011, she asked us if she could complete her Girl Scout's Gold Award Project with The Foodbank. Upon approval, she sought and received permission from the Greater Los Angeles Girl Scouts Council to proceed.

The Girl Scout Gold Award is the highest and most prestigious award that Girl Scout Seniors and Ambassadors can earn. Having fulfilled the prerequisites for embarking on this journey, Charis's project focused on an issue that she cared about; feeding the hungry. This Gold Award project created the opportunity for Charis to uphold the Girl Scout's Standards of Excellence. These standards set a high benchmark for everything she did and invited her to think deeply, explore opportunities, and challenge herself. The project helped Charis to develop herself as a leader and make a lasting impact on the lives of others in her community.

There were several elements for Charis's Gold Award Project. First, she made phone calls to food donors asking for their continued support. She then organized a food drive at Millikan High School. In addition, Charis developed a brochure to educate students in classrooms regarding the problem of hunger in the local community. The brochure also informed students on how they can help. Lastly, she hosted a volunteer day where volunteers came to The Foodbank to sort and repack food donations for distribution to the needy.

Through this experience, Charis has realized how the problem of hunger has impacted her local community, and she would like to educate people about the problem. She hopes that more students will take an interest in the community and that her actions will motivate other students to get involved in donating food or volunteering their time at The Foodbank. "Even a small contribution can make a difference in someone's life," said Charis.

To volunteer or create volunteer projects to benefit hungry people in the community call 562.435.3577.



*Volunteers recruited by Charis Conard are working at the Volunteer Day she organized and hosted at The Foodbank.*



*Charis is all smiles and extremely grateful for the food her volunteers prepared for distribution to the needy.*



*Charis educating students in her class about the issue of hunger in Southern California, and how they can help.*