

Food Line

A publication for friends of The Foodbank of Southern California | SPRING 2011



Every Friday, volunteers from the Volunteer Center of South Bay-Harbor-Long Beach assemble and deliver bags of groceries to Title One schools in Compton and Long Beach.

Each bag is filled with ten or more items of non-perishable food, for example: pasta, tuna, oatmeal, soup, apple-sauce, rice, beans, canned beef, peas and cereals. Each bag provides a family with approximately \$22 worth of food for the weekend. The program is completely free of charge to the recipients.

Nonprofit organizations that wish to receive food for their feeding programs should contact The Foodbank at 562.435.3577.

FOOD FOR KIDS

Hunger is a condition of poverty and inadequate nutrition is a major cause of impaired cognitive development, and is associated with increased educational failure among impoverished children. How can any child concentrate in school or make progress when they are hungry?

Title One schools (those with large concentrations of low-income students) are supplying breakfast and lunch on school days. But many of these students arrive at school Monday morning after a weekend of inadequate nutrition and persistent hunger.

In response to the need to provide these underprivileged elementary school children with food for the weekends, The Foodbank of Southern California is partnering with the Volunteer Center of South Bay-Harbor-Long Beach to conduct their Food-For-Kids program. The Volunteer Center is delivering non-perishable food every Friday to Title One elementary school children in the Compton and

Long Beach Unified School Districts. The food is eaten over the weekend by children and their families. Recipients are the "poorest of the poor" and are selected by school principals based on input from teachers, counselors, and parents. Many of these children are chronically hungry, live in hotels or garages, and are on the verge of homelessness.

Currently, the Food-For-Kids program feeds an average of 150 children and family members each week. Unfortunately, the need is much greater. The Volunteer Center is cautiously expanding the program, with an eye on nutrition, accountability, efficiency, human resources, and costs.

As a byproduct of this program, school principals report that participating students' behaviors and academic performance are improving, and parents are more engaged with the school and the community.

FAMILY DAYS AT THE FOODBANK

JOIN US

Two Saturdays
each month
8 am to 1 pm

Visit our website's
"Ways to Help"
page to see the
upcoming schedule.

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

Everyone will get a tour, with a popular walk through the cooler and freezer!

For more information and to sign up, call 562.435.3577.



CHILDHOOD OBESITY AND JUVENILE DIABETES

Impoverished families face the daily burden of choosing between paying for healthy foods and other basic needs. The result is often poor eating habits and a lack of nutrition. Unfortunately, many families can only afford the fast food life style, which is one of the major reasons for the staggering increase of overweight children seen today.

Childhood obesity is an epidemic all parents should take seriously. The long term health effects of all children are at stake, particularly with an increased risk of juvenile diabetes, a disease that will affect a child for their entire life. Healthy eating and exercise are key to preventing obesity, and for the juvenile diabetic, a healthy diet is the cornerstone of their treatment. A well balanced diet low in sugar, saturated fats, and salt is the way to go. High fiber foods such as fruits and vegetables, along with complex carbohydrates are best for the diabetic. Even then, foods high in carbohydrates should be eaten throughout the day to help prevent large rises in blood glucose levels. Regular physical activity or exercise is also recommended to help insulin move glucose out of the blood and into the cells. (Source: <http://www.articlesbase.com/non-fiction-articles/the-obesity-epidemic-and-juvenile-diabetes-140633.html>.)

The Foodbank of Southern California is committed to healthy eating. We are the largest distributor of fresh produce of any food bank in the State of California, and focus on providing healthy items such as canned chicken; canned tuna; rice; low sodium canned vegetables); canned fruit packed in its own juice with no sugar added; real juice (no "liquid candy"); and low sugar granola bars. The Foodbank acknowledges that everyone deserves a special treat every once in a while; the distribution of any dessert is not intended as a substitute for a real meal.

The Foodbank's website (www.foodbankofsocal.org) has several pages devoted to healthy eating: a section of Good Food vs. Junk Food, and a Media Section with 12 videos on Healthy Eating Tips.

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, fax to 562.437.6168, or regular mail.

EXPANSION PROJECT NEW REQUIREMENTS

To facilitate its cost-effective food distribution programs, The Foodbank engaged in a five year capital project to expand its facility. The project makes it possible for The Foodbank to increase the number of hungry children we feed on a daily basis. Additionally, the expansion increases our efficiency by reducing the number of product moves, provides ample space for staging food orders, and enables the simultaneous use of forklifts, electric hand jacks, and hand jacks in moving donated food.

After years of planning, fundraising, and construction, the 10,000 square foot addition has been erected and adjoins the existing facility. To meet new City of Long Beach requirements for occupancy, philanthropic support is needed to finish the project. For the City, key items needed include: repaving the concrete alley, installing new sidewalks, landscaping, moving alley power poles 24 inches, and additional lighting for our parking lot.

The Foodbank appealed to the City's building and planning department that these "improvements" which benefit the City are not necessary to our effective and efficient operation that feeds hungry children, families and seniors in the community. Our request was denied, therefore the warehouse sits empty while we reengage the community for philanthropic support.



The new warehouse sits empty while raising additional funds to pay for required City improvements.



Entrance to completed new warehouse sits adjacent to an alley needing new pavement.

To learn more and make a donation to this project visit www.foodbankofsocal.org/index.php/about-us/our-building or call 562.435.3577.



Members of Boeing's Long Beach C-17 Human Resources, present The Foodbank's staff with a \$10,000 check. (l to r) Darlene Duncan, HR Generalist, Kandice Allen, Interim Director, Jeanne Cooper, Director of Administration, and Vanessa Wilkins HR Manager.

BOEING'S C-17 DIVISION ADVOCATE & VOLUNTEER FOR THE FOODBANK

In April 2011, The Foodbank was honored to once again be the recipient of a generous donation from The Employees Community Fund (ECF) of Boeing California. Boeing's Darlene Duncan took a special interest and recommended to Boeing that The Foodbank be eligible to receive this community grant. The Long Beach C-17 Human Resource Team has volunteered to sort and pack food for the needy. A video of their volunteer day is on The Foodbank of Southern California's Facebook page.