

# FOOD FOR THOUGHT

SUMMER 2023



## Neighbors Receive Help from the Food Bank

On a spring afternoon, Ashli and her daughter Maria (pictured above, left) visited the Food Bank with their neighbor, Joanne (pictured above, right) to receive food assistance from the Food Bank's Client Choice Food Pantry that is currently serving nearly 500 households per week.

"Ashli and I live in the same apartment building in Vista. I don't have a car, and we are low on food at home. I came here because I told Ashli that we don't have much food, and she offered to drive me so that we all could get some food from the Food Bank," explains Joanne.

"I am a widow. I live with my sister who is disabled and my son who is a veteran. Right now, my sister and I are living in my son's apartment. He works at a local amusement park. It's really hard, even though there's three of us. We're doing the best we can. My sister receives disability, and I am not working because I am her caretaker. We live with my son,

but I feel like we are a burden to him. We are just trying to keep a roof over our heads," continues Joanne.

As Ashli and her daughter shop in the Client Choice Food Pantry, she shares her story. "We live in the same apartment building. We live upstairs and Joanne lives downstairs with her family. I live with my two daughters. My daughter Maria is three years old, and my daughter Astrid is six years old, and she's in kindergarten," says Ashli.

"I am not working right now. I am getting divorced, and my family is helping me with my bills. I am trying to get my architectural qualifications transferred to the US from Mexico, so that I can apply for architecture jobs here. Right now, I would not be able to earn very much, and it would cost too much for day care. When I get my architecture certificate, I will be able to find a job," continues Ashli.

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SanDiegoFoodBank.org  
NorthCountyFoodBank.org

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9850 Distribution Avenue, San Diego, CA 92121  
858-527-1419 [www.sandiegofoodbank.org](http://www.sandiegofoodbank.org)

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# Please Support the Food Bank this Fall



As summer draws to a close and we enter the fall season, I would like to thank you for your continued support for our critical hunger-relief programs.

Demand for food assistance remains elevated at our food distributions in communities throughout San Diego County.

While many factors have been driving demand for food assistance, a recent cause for increased demand is the end of pandemic-era enhanced CalFresh benefits in the spring.

Approximately 375,000 people are receiving CalFresh benefits, previously known as food stamps, in San Diego County according to recent data from the San Diego County Health and Human Services Agency. Of this number, seniors and children make up more than half the total number of CalFresh recipients in the county.

Recent news reports have illustrated the stark reality for families and seniors who have seen a deep reduction in monthly CalFresh benefits – roughly \$200 for the average family and \$83 for individuals.

That's where the Food Bank steps in. Thanks to your support, the Food Bank is here to help those families and seniors struggling to put food on the table as their CalFresh benefits have been significantly reduced.

With more than 200 food distribution sites throughout the county and over 500 nonprofit distribution partners, we are ensuring that families and seniors facing hunger can get the food they need.

Thanks to our partners in the community, this fall you can help the Food Bank meet this increased need through our fall fundraising campaigns.

Mission Federal Credit Union is making giving easy during Hunger Awareness Month in September. Simply visit any Mission Fed branch, and donate to our Food 4 Kids Backpack Program. Your donations will provide weekend food-filled backpacks to local elementary schoolchildren living in poverty who face hunger over the weekend when free school meals are unavailable.

You can also help in October by visiting your local Barons Market and donating to our Fall Food Drive campaign at check out. Every \$2 donated provides 4 meals, and Barons Market will post donation cards on the donor board in recognition of your gift.

While need remains elevated, please know that your support is enabling the Food Bank to provide critical food and resources to those most vulnerable in our community. By supporting the Food Bank, your donations are making a difference in the lives of those we serve.

With gratitude,

*Casey Castillo*  
Casey Castillo  
Chief Executive Officer





## CONTINUED FROM PAGE 1

“We have been coming to the Food Bank for three months now. We always give Joanne a ride so she can get food for herself and her family. In addition to the food, the diapers we get from the Food Bank really help us so much. When my daughter got sick, she went through a lot of diapers and they are very expensive, more expensive than food. The diapers we get from the Food Bank help us so much,” she says.

At the Client Choice Food Pantry, Ashli and Joanne received fresh produce including potatoes, oranges, avocados, and cabbage. They also received bread, rice, spaghetti, oatmeal, milk, peanut butter, canned fruits, canned meats, cereal, canned vegetables, canned tomatoes, canned beans, and canned tomato sauce.

In addition to providing food assistance to food-insecure families, the Food Bank’s Diaper Bank Program supplies emergency diapers to low-income parents with infants and toddlers. **To learn more about the Diaper Bank Program, visit [SanDiegoFoodBank.org/Diapers](http://SanDiegoFoodBank.org/Diapers)**



**Ashli and her daughter, Maria, receive food assistance at the Food Bank’s Client Choice Food Pantry.**

**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)**

## 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/Donate/Monthly](http://SanDiegoFoodBank.Org/Donate/Monthly)**

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

For those aged 70½ 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. Your donation will make a difference in the lives of local families facing food insecurity in our community.

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



# Support the Fall Food Drive at Barons Market

Help the Food Bank feed families and children facing food insecurity this fall by supporting our Fall Food Drive campaign.

This October, you can support the third annual Fall Food Drive by visiting your local Barons Market and making a monetary donation at checkout.

After donating, customers will be invited to post a notice of their donation on the donor donation board at the front of the store.

During the campaign, DJs Marty & Danielle from 91X and Jagger & Kristi from Magic 92.5 will host Donation Day events at local Barons Markets. The DJs will greet listeners, play music, and provide food drive donors with fun radio station prizes and giveaways.

The Food Bank extends our gratitude to Barons Market and our Fall Food Drive media partners:



Thank You to Our Supermarket Partner

**Barons**  
market

Thank You to Our Fall Food Drive Media Partners



Thank You to Our Fall Food Drive Sponsor

**BAKER ELECTRIC**  
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NBC 7 San Diego, Magic 92.5, 91X, and 100.7 BIG FM. Special thanks to our longtime corporate sponsor, Baker Electric Home Energy, for supporting the food drive and the Food Bank's hunger-relief programs.

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



## Stamp Out Hunger Food Drive Raises over 200,000 Pounds of Food!

This year's Stamp Out Hunger Food Drive, which took place on **Saturday, May 13**, raised over 200,000 pounds of food!

The Stamp Out Hunger Food Drive is the nation's largest single-day food drive run by the National Association of Letter Carriers (NALC) and the U.S. Postal Service.

**A HUGE thank you to everyone who donated by placing food next to residential mailboxes and delivering food donations to local post offices!**



## Support Mission Fed's Food 4 Kids Campaign

Mission Federal Credit Union is partnering with the Food Bank this September in support of Hunger Awareness Month.

You can support this year's Hunger Awareness Month campaign by visiting your local Mission Fed branch and donating to the Food 4 Kids Backpack Program.

Every \$8 donation will provide a food-filled weekend backpack to a local elementary schoolchild living in poverty.

To learn more, visit [SanDiegoFoodBank.org/MissionFed](http://SanDiegoFoodBank.org/MissionFed)





# Chefs, Cork & Craft Gala Raises \$1 Million for Hunger-Relief Programs & Food 4 Kids Backpack Program

The San Diego Food Bank held our eleventh annual Chefs, Cork & Craft Gala on Saturday, April 22, outside, under the stars, on the grounds of the Food Bank's 90,000-square-foot warehouse in Miramar.

The event raised more than \$1 million for our hunger-relief programs, including our Food 4 Kids Backpack Program that provides weekend backpacks of food to local elementary school children living in poverty who receive free school meals during the week but face hunger at home over the weekends.

Attendees were treated to hors d'oeuvres prepared by volunteer chefs during the opening reception, a multi-course dinner, fabulous silent and live auction items, and a program featuring the Food Bank's Food 4 Kids Backpack Program.

The gala was emceed by CBS News 8 anchors Marcella Lee and Carlo Cecchetto. The gala closed with dancing and live entertainment by the celebrated local band, The Republic of Music.

The Food Bank thanks our sponsors, supporters, and volunteers who made the evening a great success!

**Save the date for our 2024 – Chefs, Cork & Craft Gala, which will take place on April 27, 2024.**



## Food Bank CEO Elected to California Association of Food Banks' Board of Directors



The Food Bank's CEO, Casey Castillo, was elected to serve on the California Association of Food Banks' Board of Directors.

The California Association of Food Banks (CAFB) is comprised of 41 member food banks across California. The CAFB provides its member food banks with direct food service programs, and it advocates at the state and federal level.

Castillo is also a participating member on the CAFB's Farm to Family Committee and Audit Committee, which he will continue as an elected Board Member.

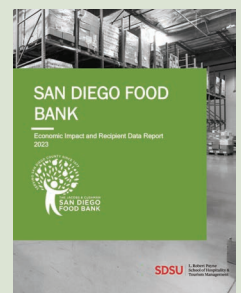
## SDSU Report Profiles Food Bank Service Population

The L. Robert Payne School of Hospitality & Tourism Management at San Diego State University in partnership with the Food Bank, has launched a report that profiles the Food Bank's service population.

The report builds on research and interviews with Food Bank clients at more than a dozen food distribution sites throughout the county.

The report provides information including household income, employment data, ethnicity, household size, and a breakdown of clients by age.

**The full report can be downloaded at:**  
**[SanDiegoFoodBank.org/SDSU](https://SanDiegoFoodBank.org/SDSU)**



# Special Thanks

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

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