

FOOD FOR THOUGHT

FALL 2022



Family of Four Struggling with Inflation Receives Help from the Food Bank

The Food Bank opened our new Client Choice Food Pantry at our North County Food Bank facility in Vista for families to receive food assistance.

The food pantry is set up like a neighborhood grocery store. The food pantry offers a variety of fresh fruits, fresh vegetables, meats, dairy products, baked goods, nonperishable canned foods, diapers for infants & toddlers, and period supplies.

Pantry clients shop by appointment and are able to self-select the foods that best meet their dietary needs and preferences. Client families can visit the food pantry every two weeks according to their household needs.

Denise and her son Liam (pictured above) recently visited the food pantry, which is open daily, Monday through Friday, from 9 a.m. to 3 p.m. for families in need of food assistance.

Denise and her family live in Vista and are struggling with soaring inflation. “Coming to the Food Bank really helps us a lot. We are spending so much more on food now. Before, you

could go to the grocery store and get a lot of food for about \$100, but now it feels like \$200 on groceries hardly buys very much.”

“My husband’s name is John. We have two children. Bray is seven years old, and Liam is two years old. Bray is in the second grade at school in Vista. He likes swimming and soccer, and his favorite subject is math.”

“My husband works fulltime for a furniture manufacturing company. My husband got three raises during COVID, but it is not enough. My husband’s pay raises have not been enough to keep up with everything going up. Our rent just went up by \$100. Gas and food are so expensive now, and you need money for the car, for the kids and their clothes, and medication and the doctor.”

“It’s tough on the kids when the fridge is empty. They get uncomfortable and anxious. But I came to the Food Bank, and the kids were happy after they saw a fridge full of food.”

– Denise, Vista

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The Gift of a Meal



Happy Holidays! I hope this message finds you and your loved ones healthy, happy, and relishing the spirit of togetherness this time of year often inspires.

It is in that spirit of togetherness many of us will gather with family and friends for a meal. To come around a table to give thanks, to connect with loved ones, to celebrate our lives.

And it is that spirit of togetherness that will ensure our neighbors in need — individuals who often skip meals to make ends meet — will also enjoy a holiday meal. We have you to thank.

When you give to the Food Bank, whether that be time, talent, or treasure, you give the gift of a meal. A meal that brings families together. A meal that offers hope to those who worry how they will get by. Because of your generosity and compassion, thousands of San Diegans have food in their cupboards, not just during the holidays, but year-round.

When we work together, much can be accomplished. With your help, the Food Bank serves more than 400,000 individuals each month. And in a year, we will distribute some 44 million pounds of food!

When we work together, we become family. Thank you for being part of the Food Bank family.

On behalf of our staff and Board of Directors, it is with great joy I say, Thank You and wish you a new year filled with happiness, hope and the gift of sharing many meals.

With gratitude,

Casey Castillo,
Chief Executive Officer



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“My two-year-old son Liam stays at home with me because childcare for him would cost more than I could earn. I would be pretty much working just to pay for childcare, so I am staying home with Liam until he starts preschool, and then I will go back to work. Before I had Liam, I worked as an in-home caregiver for senior citizens.”

Denise and her family have had several challenges in recent years. “COVID really impacted our family. I got COVID three times. I got sick at the beginning of the pandemic and nearly died. It was at the time when so many people were dying. Fortunately, I managed to get through it, but I was really scared.”

Now Denise and her family are struggling to make ends meet due to soaring inflation. “It’s tough when the kids see that the fridge is empty. One time we didn’t have much food or any milk, and my son asked, “Where’s the milk, Mom?” My kids get uncomfortable and have anxiety when the fridge is empty. But then I came to the Food Bank, and we got milk and meat and fresh produce, and the kids were happy after they saw the fridge full of food.”

“The Food Bank helps us so much because food is so expensive in the grocery stores. The price of produce has gone up. The price of meat has gone up. The fresh produce that we get from the Food Bank is really good. We really like the fresh fruits and vegetables like the grapes, strawberries, cucumbers, oranges, and apples. We like the peanut butter and jelly and the bread. The ground

beef we get from the Food Bank, we use in spaghetti.”

“Last time, we made desserts with the canned fruits we got. We made dessert with the canned peaches last time, and we used the garbanzo beans to make a salad. The diapers and wipes that we get from the Food Bank have also really helped.

Diapers are so expensive. It means that you don’t have to wait between diaper changes or use less diapers.”

At the food pantry, Denise received two loaves of bread, two boxes of cereal, a bag of pears, a bag of zucchini, fresh broccoli, a bag of squash, canned meats, canned tuna, a bag of avocados, canned peaches, canned corn, peanut butter, a bag of potatoes, canned chicken, canned green beans, canned beans, powdered milk, bags of dry beans, canned fruits, spaghetti sauce, dry pasta, canned tomatoes, canned ravioli, and diapers for her son Liam.

For more information about our programs visit: SanDiegoFoodBank.org/Programs and for volunteering opportunities visit: SanDiegoFoodBank.org/Volunteer.



Denise selects foods for her family from the Food Bank's new Client Choice Food Pantry.

Host a Virtual Food Drive This Holiday Season

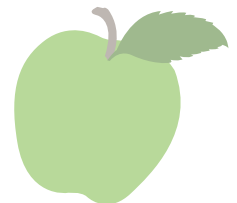
Host a Virtual Food Drive this holiday season, and help the Food Bank feed children, families and seniors facing food insecurity.

The Food Bank’s Virtual Food Drive is an easy way for our supporters to donate food to families facing food insecurity.

Simply visit the Food Bank’s website and select and pay for food items with your credit card securely online using a smartphone, tablet, or computer.

The Food Bank can customize a Virtual Food Drive with your organization’s logo, set up internal competitions between departments, classes and groups while giving food drive leaders the ability to monitor your organization’s progress.

**Check out our Virtual Food Drive online.
Visit: SanDiegoFoodBank.org/Virtual.**



Please Support the Food Bank's 2022 Holiday Food Drive

Please support this year's Holiday Food Drive!

There are many ways you can help provide food to individuals and families in need this holiday season:



- ✓ Donate securely online at SanDiegoFoodBank.org/Give. Every \$1 donated provides 2 meals to those in need.
- ✓ Visit your local Albertsons or Vons in November and December, and donate to the Nourishing Neighbors campaign which supports the Food Bank's hunger-relief programs.
- ✓ Give the gift of food this holiday season. Donate on behalf of a friend or loved one as a holiday gift and your honoree will receive a letter of thanks from the Food Bank.

Special thanks to our Holiday Food Drive supporters: Albertsons, Vons, Bank of America, First 5 San Diego, Toyota, Wawanesa Insurance, the San Diego Union Tribune, iHeart Radio San Diego, and FOX5.

Thank you for helping us feed the hungry this holiday season.

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David Ruiz Awarded 2022 Employee of the Year

Congratulations to the Food Bank's Senior Project Coordinator, David Ruiz, who received the Food Bank's 2022 Employee of the Year Award!



David, who has worked for the Food Bank for 17 years, said that the award is especially important because his family previously received support from the Food Bank.

"To me, working for the Food Bank is awesome because when I was growing up my mom and dad got help from the Food Bank. So, it feels good to do the same and help other people," said David.

Thank you, David, for your continuous support and dedication to the Food Bank! We are proud to have you on our team!

Greg Byrum Awarded 2022 Volunteer of the Year

The Food Bank hosted our annual Volunteer Awards Ceremony & Luncheon to honor our 2022 awardees.



The ceremony culminated with this year's Volunteer of the Year Award which was awarded to Greg Byrum who has volunteered an astounding 1,200 hours!

Volunteer Coordinator, Ian McHenry, said, "Greg goes above and beyond. He is great at setting up others for success, especially in the sorting room and micro pantry. He is dedicated and dependable."

The Food Bank congratulates Greg for his amazing support for the Food Bank's critical mission in the community!

Save the Date for the Food Bank's Annual

Chefs, Cork & Craft GALA

Saturday, April 22, 2023



Mark your calendars for the San Diego Food Bank's 11th annual Chefs, Cork & Craft Gala taking place on Saturday, April 22, 2023.

Our 2023 annual gala will benefit the Food Bank's hunger-relief programs which continue to serve an estimated 400,000 people per month in communities throughout San Diego County.

The gala dinner will take place at the Food Bank's 90,000-square-foot facility in Miramar enabling guests to see firsthand the scale of the Food Bank's operations in the community.

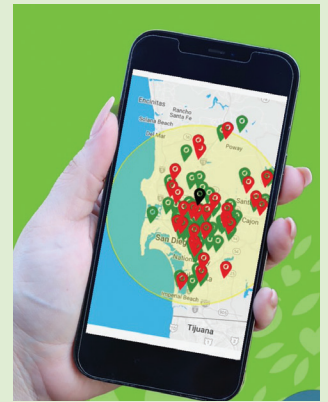
Our 2023 gala will feature live musical entertainment, fabulous silent and live auction items, delicious drinks and hors d'oeuvres during the opening reception, and a multi-course dinner for gala guests.

Funds raised from the Silent and Live Auctions and the Paddle Raise will benefit the Food 4 Kids Backpack Program which provides weekend backpacks of food to local elementary schoolchildren living in poverty.

For more information about our 2023 gala visit www.SanDiegoFoodBank.org/Gala or contact Alexis Hernandez at: AHernandez@SanDiegoFoodBank.org or 858-863-5113.

Using GPS to Connect Food to Families

The Food Bank's online GPS Food Locator Map helps families connect with nearby food distribution sites.



By entering an address or zip code, Food Bank clients can find nearby sites with opening hours and the range of foods available.

The Food Bank supports hundreds of food distributions throughout the county, and we partner with more than 500 nonprofits with hunger-relief programs.

To check out the map, visit SanDiegoFoodBank.org/GetHelp.

Leave a Legacy in Your Will or Trust

Continue to touch lives long into the future by including the Food Bank in your will or estate plans.

Please join our Legacy Circle planned giving program. Your gift will help feed the families of tomorrow and inspire others to make a lasting impact on hunger in San Diego County today.

For more information visit SanDiegoFoodBank.org/Legacy or contact Maureen Polimadei at MPolimadei@SanDiegoFoodBank.org or 858-863-5129.



Special Thanks

Our gratitude goes to the following corporations, foundations and organizations for their generous support received between May and September 2022.

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