



FOOD FOR THOUGHT

www.SHFB.org

Fall 2011

SECOND HARVEST FOOD BANK OF SANTA CLARA AND SAN MATEO COUNTIES

Carl gets "more than a meal," thanks to you

My name is Carl. I was born and raised in the Bay Area and grew up on a ranch, where I worked until graduating from high school. After moving to the Midwest to pursue a degree in electronics and serving in the Air Force as a mechanic, I moved back to the Bay Area to work at a high-tech company during its early years. I went on to work there for 31 years before being laid off in 2003.

Contributing to the community

I was unable to find stable work afterwards, so I was forced into early retirement and found myself needing food assistance for the first time in my life. I'm a proud man who has worked hard my

Carl also volunteers at the Brown Bag site where he receives his food.



entire life, so it was hard for me to ask for help, but I was hungry. I heard about the Food Bank's Brown Bag program, which provides weekly bags of groceries to seniors, so I signed up. I also volunteer at the location I get the food from, and I'm not the oldest one there! Every week it's great to see the other volunteers and know we're contributing to something bigger than ourselves.

A typical Brown Bag often contains ground turkey, fresh produce, pasta, bread and other staple

items—things you can work with. I've become a stew connoisseur, thanks to the Food Bank! I go through all of the food in the bag each week, and I don't know what I

would do without it. It means a lot to know the community remembers and cares for us.



"It means a lot to know the community remembers and cares for us." —CARL

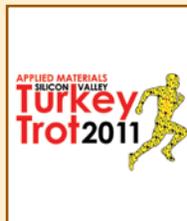
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Food for Thought from the CEO



Thank you to everyone who took action during "Hunger

Action Month" in September. From the tweets and the "likes" during our Oracle Online Action Challenge to the Hunger Issues Forum and the week of caring, the Food Bank is buzzing with excitement in preparation for our biggest Holiday Food and Fund Drive ever.

Food Bank staff and volunteers have been rethinking how we perform our daily operations from the ground up, and spent a large part of the summer testing out pilot projects to get produce out the door to more of our neighbors faster and fresher than ever before. It's already making a huge difference for the 1 in 10 people in our counties who get food from us every month, thanks to your gifts.

New data shows that we're moving in the right direction, but we've got to keep the momentum going to close the meal gap once and for all. Take a moment to review the progress we're making at SHFB.org and while you're there, I hope you'll consider signing up to host a food and fund drive during the holidays. Freedom from hunger requires all of us doing what we can, as the stories in this newsletter show.

In partnership,

Kathy Jackson, CEO

Hassan thanks you for giving his family food to eat and hope for tomorrow

My name is Hassan. One thing I know for sure...if it weren't for Second Harvest Food Bank, I don't know how I'd be able to feed my beautiful family. My three girls are my *garden of flowers*.

Right now it's difficult for me to provide the support my family needs. So for now I rely on what I receive from the Food Bank. I cannot even begin to express my thanks to you who help feed my family. You don't even know me, and yet you are so generous. You give us a glimmer of hope. Best of all, your kindness and generosity are putting smiles on the faces of my daughters.

Sometimes I think if I didn't have bad luck I wouldn't have any luck at all. But with your help and the kindness of the Food Bank, I know things will be looking up soon. Thank you for making such a huge difference in my life. Thank you for the wonderful bags of food. In a few weeks now it will be Thanksgiving. I

want you to know on that special day I'll be thankful for you and Second Harvest Food Bank.

"In a few weeks now, it will be Thanksgiving. I want you to know on that special day I'll be thankful for you and Second Harvest Food Bank." —HASSAN



Maxine and her volunteers feed the body and the soul



My name is Maxine, and I'm one of a proud group of volunteers at the Macedonia Food Pantry in San Mateo. The Food Bank honored our efforts for increasing the amount of fresh produce we distribute through the Produce Mobile

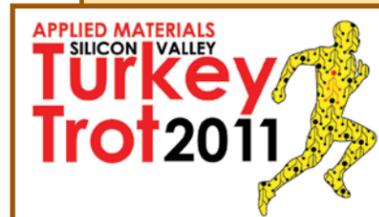
with an award earlier this year at their annual "Harvest of Knowledge" agency conference. We were so surprised and humbled to get the award! We also received valuable information about how to better serve our clients and how to ensure the products they receive are fresh and properly handled before delivery.

We first partnered with the Food Bank in March 2005, and what a wonderful partnership it's been. Since last year, we've increased the amount of produce by more than 350 percent. We have a weekly delivery to keep up the pace with the increase in need we've seen over the last 5 years (we have grown from 12 weekly clients to over 100). Even though we operate out of a tiny church, in the words of our friends at the Food Bank, we're "small but mighty."

Second Harvest Food Bank has made so many of our dreams come true, and they have given us support in any way they can. We have been blessed to bless others, by keeping the church doors open for the community to come in and find help in time of financial hardship. Thanksgiving and Christmas are special times for our clients and their families, as we are able to provide special food baskets for complete holiday dinners.

"In the words of our friends at the Food Bank, we're 'small but mighty.'"
—MAXINE

Dedication and faith are what keep us going after every head of cabbage and every bag of onions makes its way to the tables of those in need. Everyone is welcome at our table, and thanks to Second Harvest, we have a bounty of nutritious food to keep our neighbors nourished physically and spiritually.



Are you participating in this year's Turkey Trot Thanksgiving Morning?

Run, walk and/or volunteer before you sit down with your family.

Visit SVTurkeyTrot.org for details!

Sandra knows what "community" really means

My name is Dr. Sandra Hernandez, CEO of The San Francisco Foundation. I love being able to meet extraordinary people like artists, activists, and

"I love that you don't need to be wealthy to make a huge difference."

—SANDRA

service providers all coming together to make our communities better places to live. It's exciting to see how people from different walks of life can provide the ingredients for lasting change just by connecting one-on-one.

It's important to us to be able to fund safety nets of service like the Food Bank to help keep families together in more ways than one.

When I think of the Food Bank, I think of its extraordinary leadership in not only providing food to those who need it most, but doing so with dignity. It's not just about the food—it's also about creating awareness that anyone in need can get food and anyone who wants to help can easily do so. This is Second Harvest, and they know what community means.

I'm always amazed when people I speak to don't realize the extent of the poverty here in the Bay Area. They only see the significant wealth but not the significant hunger that often exists in affluent communities, where the gap can be extreme. Everyone who supports Second Harvest should be proud of the nutritional focus the staff and volunteers place on the food that goes out to our neighbors.

The Food Bank is often thought of in times of disaster or emergency, but how many of us realize that there are daily disasters and food emergencies for thousands of people in our own neighborhood? I love that you don't need to be wealthy to make a huge difference. Everybody has something to give, whether it's their time, perspective, or expertise. Philanthropy is expressed in so many different ways, and our foundation is proud to showcase all of the ways to end local hunger.



MY FALL DONATION

YES, you can count on my support to help feed hungry people in San Mateo and Santa Clara Counties this fall.

Here's my gift of: \$250 \$100 \$50 \$25 Other \$_____

I commit to a monthly gift of \$____. My first gift is enclosed.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Please charge my gift on my credit card: VISA MC AMEX DISCOVER

CARD NUMBER _____ SECURITY # _____

SIGNATURE _____ EXPIRATION DATE _____

MY E-MAIL ADDRESS _____ @ _____



Please make your check payable to:

Second Harvest Food Bank of Santa Clara and San Mateo Counties

750 Curtner Avenue
San Jose, CA 95125-2113

Give online at www.SHFB.org

Your donation is tax-deductible to the full extent of the law. We will send a receipt for your records.