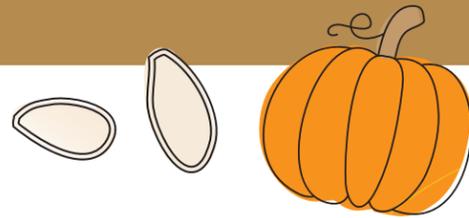


## LINDA MAKES IT A FAMILY AFFAIR

My name is Linda and I work at Intuit. I've always wanted to help people. Hearing stories from the Food Bank really brought the local hunger problem to the forefront for me. Giving back is a core value at my company, and Intuit gives us 32 hours a year to volunteer. That makes it easy for me to attend a food sort at their warehouse or take an afternoon off to coordinate food drive activities.

I keep running Food & Fund Drives at Intuit because so many people don't have food right here in our backyard. All of us are just a paycheck away from that. It breaks my heart to see anybody go without food, especially kids. It's easy to support Second Harvest Food Bank because you can do it year-round. I like knowing that every little bit helps - even if you give just one dollar, Second Harvest can turn that into two nutritious meals.

As my kids grow up, I want them to always be compassionate towards other people. My kids are too young to volunteer at the Food Bank, but I involve them by taking the list of most needed food items on special trips to the grocery store. I tell them, "It's not about us - today we're shopping for people who really need food. Some kids have moms and dads who can't afford food. We're so fortunate." Then we drop off the food at Second Harvest together. I know that for my children, a "food bank" isn't an abstract concept; it's a place where we deliver hope in the form of nutritious food.

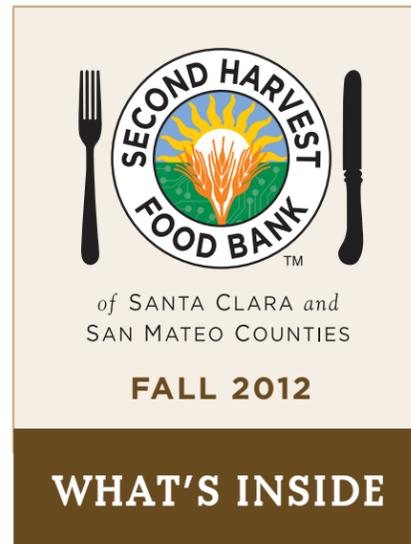
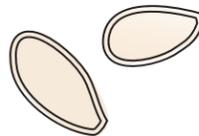


If you're passionate about something, you'll find the time and a way to do it. If you're passionate about feeding hungry people, it can be as simple as adding a few extra items to your grocery list. A lot of grocery stores have food collection barrels around the holidays, so you can drop it off at the store, at your company, or at one of Second Harvest's three locations. Filling the barrels actually "fills" me up. Especially when I'm not having a good day, donating to Second Harvest makes me feel better - I know I'm really contributing to make our community better.



**“ If you're passionate about feeding hungry people, you can help by doing something as simple as adding a few extra items to your grocery list. ”**

- Linda Rangel, pictured here with daughter Mikaela, 8, who shared the first dollar of her allowance with Second Harvest



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# FOOD FOR THOUGHT



## LOVE AND HER FAMILY ARE SURVIVING HARD TIMES THANKS TO YOU

My name is Love. My wonderful children are Chris and Bella. I was an Executive Assistant for 12 years but developed carpal tunnel and couldn't work full-time anymore. My husband Eddie had been selling insurance for 6 years but there just wasn't enough business to keep him going.

We soon didn't have enough money to afford a place of our own. What we have a tent so we thought it would be easiest on the kids to turn our situation into sort of a summer camping "adventure." We couldn't count on having consistent showers, keeping our food from going bad, dealing with mice running around the tent, and not having lights at night. Eventually our car became our home. We didn't have a choice. It broke my heart to hear my son ask "you're not working and Daddy's not - are we are homeless?" The first night in our car, it hit me. "I'm living in a car with my children." It was surreal. We've never been in a situation like this before. No matter how challenging things became, I realized that our home is wherever we are.

**“ There's a feeling of relief to know that when we wake up we have food to give the kids. ”**

We get food stamps (CalFresh), but we can only keep a little food at a time. We can't store the food for long because we just have a cooler. We find ourselves running out of food halfway through the month. Now we get food through Second Harvest

and it's such a blessing! It is truly the key to our survival. My daughter loves the plums the most! There's a feeling of relief to know that when we wake up we have food to give the kids. We are so grateful to the Food Bank and everyone who makes our meals happen!

We just got a safe and open room to stay in through a supportive connection in the faith community. We now have more compassion for the homeless as a result of this experience. Once our situation improves, we want to give back in whatever way possible, helping others facing hard times.



**MY FALL DONATION**

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

\$250    \$100    \$50    \$25    Other \$ \_\_\_\_\_

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

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

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

CARD NUMBER \_\_\_\_\_ SECURITY # \_\_\_\_\_

SIGNATURE \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

MY EMAIL ADDRESS \_\_\_\_\_

Please make your check payable to:  
**Second Harvest Food Bank of Santa Clara and San Mateo Counties**  
 4001 North Street  
 San Jose, CA 95134

**Give online at SHFB.org**  
 Your donation is tax-deductible to the full extent of the law. We will send a receipt for your records.

## A FEW WORDS FROM THE CEO

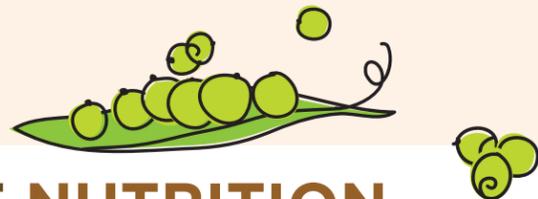
I'd like to formally introduce our Holiday Food and Fund Drive co-chairs sponsors, the San Francisco 49ers and EMC. Jed York and the 49ers are returning for their second year supporting Second Harvest; BJ Jenkins and his team at EMC in Santa Clara are joining the local fight against hunger for the first time. We hope you're also inspired to host your own food and fund drive in November and December. Your contributions matter.

This holiday season, 1 out of every 10 of our neighbors in need will be turning to Second Harvest Food Bank for food. Most are hard-working families struggling daily to make ends meet. Like Love and her family, many have lost their jobs or their homes during this year of hard times and tough luck. But the Food Bank remains a steady source of support for these families, providing nutritious food and groceries where they live, learn, work and play. The issues around hunger are complicated. Feeding a family this holiday season is not. Just visit SHFB.org to learn how you can help.

Our new 75,000 square foot Cypress Center facility, located on North First Street in San Jose, now serves as our Santa Clara County volunteer hub. This dramatically larger space will allow us to increase the number of volunteers we can accommodate. We are exploring ways that families can join us to do family-friendly, safe sorts of food - an ideal way to teach your kids about philanthropy, hands-on at the Food Bank.

The fresh fruits and vegetables we provide from our 'produce hub' at Cypress Center today make up more than 50% of the food we distribute. That is a nutritional gift for our community this holiday season. Thank you for helping us ensure that struggling families will have even more to be thankful for when they sit down at their own tables this season. The issue of hunger can be complex, but the act of feeding a family in need couldn't be simpler. Thank you for all that you do, and happy holidays from all of us at Second Harvest Food Bank.

In partnership,  
Kathy Jackson

## JERRY GIVES THE GIFT OF NUTRITION

My name is Jerry and I am a volunteer at the Food Basket in San Jose. As part of the Health Trust, we provide food for homebound individuals. We also provide food to individuals and families living with HIV/AIDS throughout Santa Clara County.

“ We are so grateful to have an abundance of fresh vegetables to give our shared clients. I can see the impact that healthier food is having on their health and well-being. ”

I started out as a client and have now been volunteering with The Food Basket for over 14 years. I saw an opportunity to help others get the nutritious food they need to live healthier lives. With more than 150 volunteers, we assist with packing up food, home deliveries and grocery pickups at our warehouse. Some people don't understand that hungry people live everywhere, even in an affluent area. The simple fact stands that there are people who do not have the basics, like food. I have seen people from all walks of life come to the Food Basket, some facing unemployment, others too sick to work.



The work we do would not be possible without our partnership with Second Harvest Food Bank. They provide more than 80% of all the food we serve to the local individuals, families and seniors, who benefit from our programs. With the Food Bank, we have shifted away from the types of foods we used to distribute, which were mainly canned goods. Thanks to their focus on increasing the amount of fresh fruits and vegetables they provide, we can now distribute carrots, onions, zucchini, potatoes and all sorts of fruits and vegetables. Everything we have requested from the Food Bank has materialized over the years. It helps our clients lead much healthier lives. This is why I am grateful for your support and I continue to give my time to help others.



## NANCY INSPIRES A LIFETIME OF SERVICE

My name is Nancy and I'm a Senior Operations Manager at Applied Materials. I first started volunteering with Second Harvest back in 1992. I didn't tell anyone at the time, but when I first came to California I was really struggling financially and having a difficult time paying my bills and feeding my toddler son, as a single mom. Life circumstances put me in a situation I never thought I'd be in. I always knew that the Food Bank was there, it gave me comfort. Even though I never received food assistance, I felt like I had to volunteer. I was so grateful for the things I did have and I wanted others to take comfort in knowing that the Food Bank was there - will always be there - if needed. I couldn't donate money, but I knew I could donate my time.

For me, volunteering is a rush. It's an emotional high. It's so powerful and it helps me feel like I made a real difference that day. I've had the joy of helping organize the annual Turkey Trot seven years in a row. It keeps getting bigger each year. I'm always in awe of how many people come out on Thanksgiving morning to celebrate helping others. I love the younger volunteers. They're always so enthusiastic. They're excited to be there even though they're getting up at the wee hours of the morning.

I feel so strongly that every parent should volunteer and encourage their children to do the same. When my son was a little older, I made sure that he was involved. Every year, when I gathered my donations for the Food Bank, I asked him to pick out the food we were going to donate. We made a

“ I couldn't donate money, but I knew I could donate my time. ”



day of it at the grocery store. We would drive to the Food Bank with our turkeys and canned goods and deliver them. He helped unload the car and saw the impact we were making in other people's lives. I also said to him, "Gosh, look at all the toys you have. Don't you think it would be nice to share them with other kids?" To my shock, he ended up giving away his favorite toys - I couldn't believe it. These experiences, giving to others in need, have shaped my son's character in so many ways. It has led to a lifetime of giving and service to others. You never know the impact you can make through your actions and the ripple effect it will have on your family, friends, and the community as a whole.

Does your company match gifts? Double the impact of your donation! Learn more at [SHFB.org/Match](https://SHFB.org/Match)

