



FOOD FOR THOUGHT

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Summer 2012

SECOND HARVEST FOOD BANK OF SANTA CLARA AND SAN MATEO COUNTIES

Angela shares her lunch and is thankful that you do, too

My name is Angela and I'm 8 years old. I have 3 sisters. My parents both work but they don't get paid very much. My dad has to work at night and he works a lot. With the rent, we can't pay for food. It's hard for us. There was this time when I came home from school I was really hungry but there wasn't anything to eat. I was really starving. When you're hungry it feels bad. All I wanted was some fruit but there was nothing there. I was kind of worried.

I really love the food from the Food Bank. It's great because now we get to eat and pay the rent. I don't worry as much and get to eat when I come home from school. My favorite food is a turkey sandwich with toasted cheese. I put a pear in there when my mom's not looking! Some of my friends don't like pears and apples so I say "try it and see if you like it." And they do!

I like to cut the sandwich in half and share it with my friends. I like to share my food with other people who don't have food. I know that giving some to them still means that I can have some too. We all get to eat! I like sharing because I feel full and they feel full. I feel thankful that I can give it to them and they feel thankful to get it.

Thank you very much—my family isn't as hungry and we have food to eat.

Imagine if all kids shared their lunch too!

"Thanks to the Food Bank, I get to eat when I come home from school." —ANGELA



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Food for thought from the
CEO



What an exciting time at the Food Bank! The generous gift

of warehouse and office space from Cypress Semiconductor will help us achieve our vision to end local hunger—to ensure that every person who needs a meal can get one. By expanding our warehouse space and re-engineering business processes to create a world-class food distribution model, we can reduce waste, connect more families with healthier food choices and stretch every donated dollar entrusted to us that much further.

Maximizing our efficiency is important to us and we know our high standards are important to you, too. I couldn't say it better than Andy in his description of our new produce hub process. Making your dollars go further creates more food for those who need it most. In other words, the desire for efficiency is totally mission driven. Second Harvest is ever-evolving to meet the shifting needs of both today and tomorrow. Just like Herbert says on the back of this newsletter, "Every meal counts so every dollar counts." Thank you for helping us stretch those dollars as far as humanly possible.

In partnership,

Kathy Jackson, CEO

**Jack fell in love with volunteering
And found love while doing it**

Not every volunteer at Second Harvest Food Bank can claim that they met their future wife while helping to feed the hungry. In 1988, I was introduced to Second Harvest through my employer Cypress Semiconductor, who I am still proudly with today. I volunteered because I wanted to give back to the community the best way I knew how—in a hands-on way. After my first sort with the Food Bank, I quickly realized how rewarding it was and wanted to do more. I started coming on a regular basis, quickly became a fixture in the warehouse, and was a food sort leader in a matter of months.

“One day at the Food Bank changed my life in so many ways.”
—JACK

A few years ago, I was at the Food Bank when a woman came to volunteer who would change my life forever. We enjoyed each other's company during that Saturday in the warehouse and discovered several mutual interests beyond volunteering. We soon realized that we had many shared values. After dating for a year, I found the courage to propose to her at dinner on the same day she completed the Boston marathon. But our story doesn't end there. A few months ago, we welcomed our twins into the world, a boy and a girl. Their arrival has changed my world completely for the better.

I am so grateful to the Food Bank for giving me the opportunity to help others in need, and for providing a meaningful setting to meet wonderful people, like my wife. I'm proud that Cypress has taken a stand to end local hunger by donating the new warehouse space on North First Street in San Jose. Second Harvest Food Bank is a highly respected, top notch charity. When I walk in the door, I'm greeted warmly and feel that it's an honor to volunteer there.

Since my first volunteer experience at the Food Bank, I've changed in so many ways: personal satisfaction, a wife and partner and now a family. Get out there and try it yourself. You never know what will happen!



Andy sees lives change every day thanks to you

My name is Andy and I work at the Kainos Home and Training Center in Redwood City. We help disabled adults live more independently through various programs that include home care and job training.

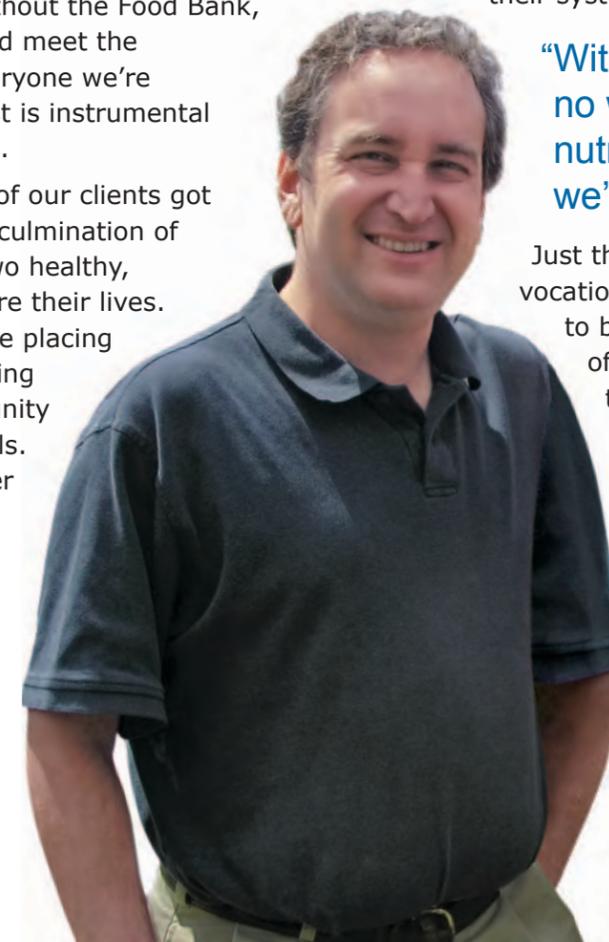
I've been with Kainos for 25 years and for the majority of that time, Second Harvest has been right by our side as a dedicated partner. We serve our clients in a variety of ways. Groceries go to all residents in our 24-hour care homes while we have emergency bags and snacks for those in vocational training workshops. Without the Food Bank, there's no way we would meet the nutritional needs of everyone we're feeding. Second Harvest is instrumental to our agency's success.

This past winter, two of our clients got married and it was the culmination of our mission to watch two healthy, independent adults share their lives. My colleagues and I love placing people in jobs and helping everyone in our community work to reach their goals. Having a trusted partner like the Food Bank not only makes our work easier, but also enables us to provide the people we touch with the healthy meals they need to lead more independent lives.

At every turn, Second Harvest is there creating solutions that work. To more efficiently distribute fresh produce, they have been setting up "produce hubs" at larger organizations so that smaller agencies like ours don't have to travel far to pick up what we need. Our staff loves to "shop" there—it's like going to a free farmers' market each week! Reducing transportation costs and increasing how quickly fragile produce can get on the tables for those in need, is just another example of how Second Harvest is constantly improving their systems.

“Without the Food Bank, there's no way we would meet the nutritional needs of everyone we're feeding.” —ANDY

Just the other day, someone at one of our vocational workshops told us she was about to be evicted because she has been out of work for so long. She was facing the reality of becoming homeless. We connected her with temporary support services and she received an emergency food bag from Second Harvest. Today is a little brighter for her because she doesn't have to worry about where she will find her next meal. Everyone needs help at some point in their lives and we feel honored to create that "safety net" in partnership with the Food Bank and caring people like you.



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Herbert now gives what he once received

My name is Herbert and I have a special place in my heart for Second Harvest Food Bank.

Years ago I had a job as a machinist, making about \$100,000 a year. I worked hard, lived well and put my kids through college. When my marriage ended, I was emotionally and mentally rocked. I lost my job along with my family. It was a devastating experience for me. I eventually became homeless and struggled to rebuild my life while staying at a nearby shelter for 8 months. I was grateful for the food I was able to get at the shelter that was provided by the Food Bank. I could not believe how a good meal could change my life. I never thought that I would be in a situation where I didn't even have a cracker to eat. When I think that there are children out there now, in that same situation, it breaks my heart. I don't sympathize with them, I empathize with them...I have been there.

One day, I did not even have enough coins scraped together to get on the train so I thought I would sneak on and try to avoid the conductor. Well, sure enough, as soon as I turned around, there he was. As he started to write out a ticket, I said "I don't have money for a pass, I am penniless. On the days

I can get enough coins, I pay for a pass, but not today. I am just trying to get to the library to look on the computers for work." The man said, "You're looking for a job? How's your driving record?"

He took me to a place where they were hiring bus drivers. He gave me an application (and the \$250 ticket for the train violation) which I brought back the next day. It took months to finalize, but eventually

I got the job! When I look back on this time in my life, I don't have shame, just pride that I didn't give up. I asked for help and thanks to people like you, I got it. I wanted to survive and eventually give back to the people that helped me.

That is why it is so important to me to give to Second Harvest. The Food Bank gives people something so basic and necessary. They give us hope to face another day. There were days when I couldn't focus because I was so hungry. No one should have to worry about where a meal is coming from. Every meal counts so every dollar counts. I donate regularly to the Food Bank and feed others just like me,

who need a hand up during a time of crisis. I'm living proof that you can make it through the tough times and give back, too.

"The Food Bank gives people something so basic and necessary. They give us hope to face another day." —HERBERT



MY SUMMERTIME DONATION

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

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 EMAIL ADDRESS _____@_____

HR IN PLACE



Please make your check payable to:

Second Harvest Food Bank of Santa Clara and San Mateo Counties

4001 North First Street
San Jose, CA 95134

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.