

ERIC USES HIS OWN FOOD CONNECTIONS TO MAKE A “MARVELL-OUS” DIFFERENCE IN OUR COMMUNITY

My name is Eric. I support Second Harvest Food Bank because I believe in it. It's sad to think about how many people aren't eating because they can't afford food. I think about the kids who rely on the free meal program at schools, and how they go hungry over the weekends. I think about how it feels to miss even one meal; these kids might be missing meal after meal. Here in Silicon Valley, we should be able to do more to help.



As the Food Services Director at Marvell Semiconductor, an easy way for me to support Second Harvest is by providing food for fundraisers. One holiday, we sold \$10 red velvet cakes that employees could buy to enjoy for themselves or give as gifts. By planning ahead, I was able to purchase the ingredients over time, so that the full amount that employees paid for the cakes went directly to Second Harvest. It was a simple way to raise over \$2,000 for Second Harvest! We provided 4,000 meals for the community, just like that.

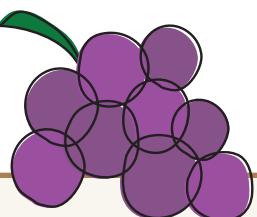
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Another year, we hosted a “Top Chef” competition with two of our chefs. We sold raffle tickets in our corporate cafeteria, and the two winners each won a private dinner party in their homes, designed and cooked by our professional chefs. The chefs then recreated the meals in our café, and employees voted on their favorite menu. A few hours of a talented chef’s time raised thousands of dollars for Second Harvest.

Over time, we've expanded beyond food. Pulling together an inter-departmental team, everyone pitched in to raise money for Second Harvest. Employees pooled together to purchase a gaming console as a raffle prize. We secured a complimentary night in a hotel room and limo service for a Vegas getaway as the grand prize. And executive staff used friendly “peer pressure” to encourage their VPs to make large donations to Second Harvest. This past year, we also hosted bingo games in the café after lunch.

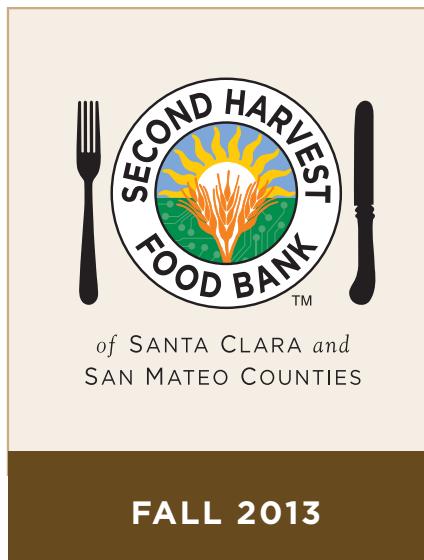
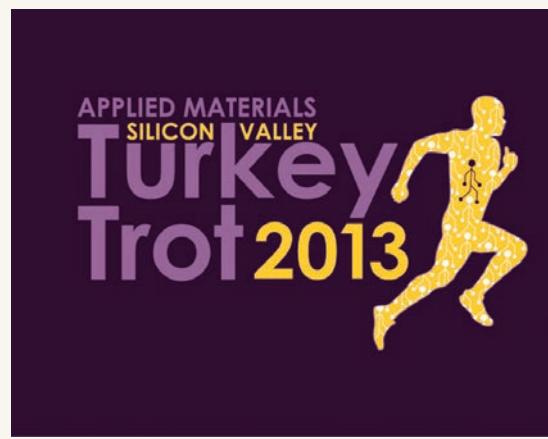
Marvell implemented a Vacation Donation policy that allows employees to donate the value of unused vacation time to Second Harvest. It's especially attractive to employees who have maxed out of the vacation time they can accrue. By making it simple to donate the value of something employees wouldn't be able to enjoy anyway, we generated large donations for Second Harvest.

I support Second Harvest because I believe in it, I want my team at Marvell to believe in it, and I want my five children to believe in it as well. Food is a necessity, and I'm glad to support systems that actually work to help people in need. I'm glad to support Second Harvest.



2013 TURKEY TROT

Volunteers are needed to help with the upcoming Turkey Trot! Help is needed for pre-race registration days as well as on the day of the race. Visit SHFB.org/TurkeyTrot to learn more and sign up today!



FALL 2013

FOOD FOR THOUGHT



MEET AMANDA AND FELIPE

My name is Amanda. My husband Felipe and I are united in the belief that hard work and opportunity are the keys to making a better life for ourselves and our family of five. We believe that if you work hard, you should be able to earn enough to meet basic family needs, save for emergencies and provide new opportunities for your kids. Felipe works long hours as a truck driver while I struggle to balance college, three young sons (Christopher age 7, Mateo age 5, and Domenick age 1), and a full-time job.

But today's economy poses new challenges to this. Low wages, unemployment and the cost of living in the Bay Area all means that more and more families like ours are “caught in the middle.” Like many of our neighbors, we make too little, and yet too much, to qualify for public support services. As a result, we are struggling to keep a roof over our heads and put food on the table in a region known for its extremely high cost of living. Unable to find affordable housing, we had no other choice but to move in with relatives.

On our way to lunch one day, we stopped by the grocery store and I picked up a bag of grapes and was shocked that the price was \$8.00. I knew that the grapes would be healthier for my kids than a fast food hamburger for a \$1, but I also knew that grapes wouldn't keep their bellies full. So I grabbed a jar of peanut butter instead and couldn't believe the price: \$4.99! It broke my heart to realize that I couldn't afford a bag of grapes or something as basic as a peanut butter and jelly sandwich for my kids' lunches.

That's when I began to search for help. No matter where I looked, I was turned away; that is until I found Second Harvest Food Bank. I learned about Second Harvest's food programs that provide regular distributions of nutritionally-rich foods. Finally, I was able to feed my children with the right kinds of food. Before I learned about the Food Bank, I found out that my oldest son Christopher had Attention Deficit Hyperactivity Disorder (ADHD). I realized that the foods I was feeding

him were negatively impacting his behavior and how he was doing in school. I learned that the types of processed foods I was feeding him – the only ones I could afford – were affecting his behavior and his development. I wanted to feed my sons healthier foods, but I couldn't afford fresh produce and didn't know how to cook produce in a way that would be appealing and healthier for my kids.

I couldn't believe the changes I saw in my son's behavior. With the addition of different fruits and vegetables and higher-quality protein foods that provide long-lasting energy, he is now able to focus and do well in school. I remember how much he enjoyed his peanut butter and jelly sandwich; his brother Domenick can't get enough of the apples and grapes we receive! If it wasn't for this program, it would be really hard to feed my children. You and Second Harvest were there for me and my family. From the bottom of my heart, thank you for your caring and support!

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A FEW WORDS FROM THE CEO

Dear Friends,

Our economy's slow recovery means that too many of our neighbors in Santa Clara and San Mateo Counties are facing hunger this holiday season. Even people who are working full-time are finding it hard to afford the food they need to feed themselves and their families. Many of us know someone who is struggling, whether it's a family member, co-worker or friend.

They are families like Amanda's and Felipe's who believe that hard work and opportunity are the keys to making a better life for themselves and their family of five. Like many hard-working parents, they are doing the best they can to provide for themselves and their family, but don't earn enough to cover basic needs. The high cost of living has made it hard for them to keep a roof over their heads or provide what matters: enough of the nutritious food their young sons need to grow, learn and thrive.

They are among the 1 in 10 of our neighbors who will be turning to Second Harvest Food Bank for a nutritious meal this holiday season. Through your generosity and support, last year Second Harvest Food Bank was able to connect more than 250,000 hungry children, families and seniors with food. Thank you for giving what matters: comfort and sustenance to our neighbors in need throughout the holiday season and all year long.

In partnership,

Kathy Jackson

CEO, SECOND HARVEST FOOD BANK



BACK BY POPULAR DEMAND: “HOW TO LEAVE A LEGACY BEHIND FOR YOUR CHILDREN & CHARITY”

My name is Sandeep Varma from Advanced Trustee Strategies (ATS). I am a 25-year veteran independent financial advisor who has helped hundreds of families. I've been asked to present at this seminar as part of a series of upcoming events. This time, I will be focusing on estate planning strategies that can potentially help you to avoid taxes, create wealth and benefit your heirs and your cherished charities. You will learn how charitable remainder trusts and other financial tools can help you to help Second Harvest fulfill the dream of a hunger-free community where anyone who needs a meal can get one!



This complimentary seminar will be held at the Stanford Park Hotel located at **100 El Camino Real in Menlo Park** on **Monday, October 21st** from **5:30 -7:30 pm**. Dinner will be provided.

Please RSVP to Lily Wong by **October 15th** at (408) 266-8866 ext. 259 or lwong@shfb.org. I look forward to meeting you!

THANKS TO SECOND HARVEST, LAURA IS PROVIDING HEALTHIER OPTIONS FOR FAMILIES IN NEED

My name is Laura and I have been with the Salvation Army Corps (SASJC) for over 12 years. When I started at the organization I was looking for work and landed the receptionist job. Eventually I moved up to a case worker position, then I became an assistant director, and now I am the Program Manager for Family Services.

It has been an eye-opening experience working here. At first, my only reference for the Salvation Army was the people who ring bells outside of stores during the holiday season. My many roles at the organization have given me insight into the services that we offer, which help people cope with the hardships of unemployment, medical costs, death of a loved one, and so forth.

Second Harvest's Produce Mobile and the food donations that flow to our pantry program have been extraordinary. The fresh fruits and vegetables are wonderful because they are so expensive and many families just can't afford them. Having access to fresh produce also helps families improve their diets through better nutrition. Working with Second Harvest has been personally meaningful to me. It's such a privilege to be able to help others who are struggling to change their lives for the better.



HP MAKES IT HAPPEN

The Food Bank appreciates all volunteer contributions and recognizes we could not thrive without our volunteers. We often think of volunteering as an individual contribution. Or perhaps volunteering involves a group of volunteers helping achieve a one-time activity in a short period of time – like sorting food. However, there is another segment of our volunteer population that matches volunteer skill-sets with nonprofit needs.

Enter HP – the HaPpen Team – which stands for “helping automate product packing efficiently now.” A simple ask transformed into a bounty. I had the opportunity this past May to meet with an HP professional who wanted to give back. Initially, I was hoping to have static data from a spreadsheet analyzed to help us forecast and measure all of the food sorted by volunteers. This information would greatly help us with our planning. HP took it to the moon and made an offer to have a team of HP volunteers create a desktop computer application along with mobile apps that would allow us to capture, record, and measure our activity.

In July 2013, HP sent three staff to spend a week with us to learn about our current processes. What was really cool? The group came all the way from Guadalajara, Mexico. We had a great time and have formed

I recently met a senior citizen who is now responsible for four of her grandchildren because her daughter passed away. The kids range in age from a one-year-old to a 10-year-old. She is now retired, and raising

children is practically new to her since it has been a while since she has had little ones around the house. She needed food for her family, so we made sure she was signed up for Second Harvest's Produce Mobile program.

Sometimes all it takes is one life change to turn your world upside down. I have seen countless families where someone lost their job and they have started skipping meals to pay for other expenses. After seeing families face financial hardships, I'm that much more motivated to keep doing this work. It's important to serve people with dignity because it's already hard for them to ask for help. I tell them, **“We all go through hardships at some point in our lives, but we are going to get through this no matter what, together.”**

When you support Second Harvest, you are supporting hundreds of other organizations just like ours. Thank you for helping thousands of local families in need. Happy holidays!

life long friendships. At the end of the week, the team presented their project to Second Harvest staff and key HP leaders from around the globe. Included in the scope was a timeline as well as the estimated 640 hours required to complete the project with a volunteer value of \$52,000! This entire project, including the applications, is being provided at zero cost to Second Harvest!!

HaPpen is on target to be completed in early 2014. We're excited to be working closely with this awesome HP Team and are looking forward to using technology to help us optimize our ability to execute on our mission to feed even more families in need. Thank you HP volunteers for your gift of time, talent, and resources!

Kris Sulpizio

DIRECTOR OF VOLUNTEER SERVICES

