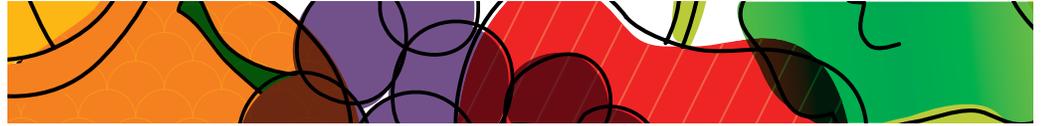




of SANTA CLARA and
SAN MATEO COUNTIES

SPRING 2013

FOOD FOR THOUGHT



REWADIA AND HER CHILDREN HAVE FOOD IN THE REFRIGERATOR THANKS TO YOU

My name is Rewadia and I'm a 30 year-old, stay-at-home Mom who's been married for 11 years. My husband, who worked in restaurant management, is the center of my life and we've been blessed with three wonderful children.

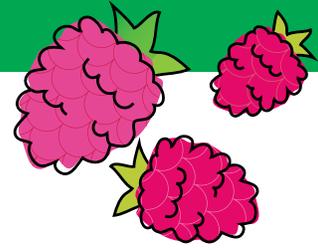
Life was good and we were happy until the day our world fell apart. I learned that my husband was seriously ill. We learned that he had a mass in his lung and it was cancerous. He has never even smoked! We were devastated and didn't know what to do or how to tell our children. For the first time in our lives, we faced one serious challenge after another. We were running out of money and didn't know where to turn.

As parents, we believe our main responsibility is to provide for our kids. We realized that we no longer had enough money to put food on the table or pay the rent. That was when I developed a new habit - I began to skip meals so that my children could have more to eat. It will be a challenge this summer when school is out and my kids won't have access to the free meals they get at school. Making sure my children get enough nutritious food to eat is important. I want them to get a good education and have a healthy life. They need to be able to concentrate at school and not have to worry about where their next meal is coming from.

“ I knew we hit bottom when I opened the refrigerator door one day and it was empty. ”

I remember crying that night as I wondered how I would feed my family the next day. That's when I learned about Second Harvest Food Bank's Family Harvest program at my children's school. Since that time, my refrigerator went from being empty to completely full. Without the Food Bank, we wouldn't have been able to survive during this incredibly challenging time. Thank you from the bottom of my heart!





SUMMER IS THE SEASON OF CHILDHOOD HUNGER

For many kids, summer vacation is a much-deserved reward for a year of hard work in the classroom. It becomes a time of playing sports, camping, swimming, barbecues, or just good times with friends. But for thousands of kids living right here in our local community, summer is a time of hunger.

Summertime can be difficult for the one in three students who rely on free and reduced-price school meals. When school is out, these kids no longer have access to school meals and the impact can be seen in many ways. Food is fuel. Without it, particularly in the first three years of life, children can't live up to their full potential. Without good nutrition, kids tend to get sick more often, their grades often suffer and they may be less likely to graduate or go to college, continuing the cycle of poverty.

Hunger can also have an emotional impact on children and their parents. Anxiety, negative feelings about self-worth, and hostility towards others and the outside world can result from chronic hunger. Teachers have a name for the anxiety that surrounds weekend and summer hunger: "Friday Panic!" It's the time, late in the day, when they see their students hoarding food for the weekends. "They feel desperate because they're afraid they're not going to have enough to eat," said Lorena Cabello, a former kindergarten teacher. "Imagine the fear of going all summer long without enough to eat."

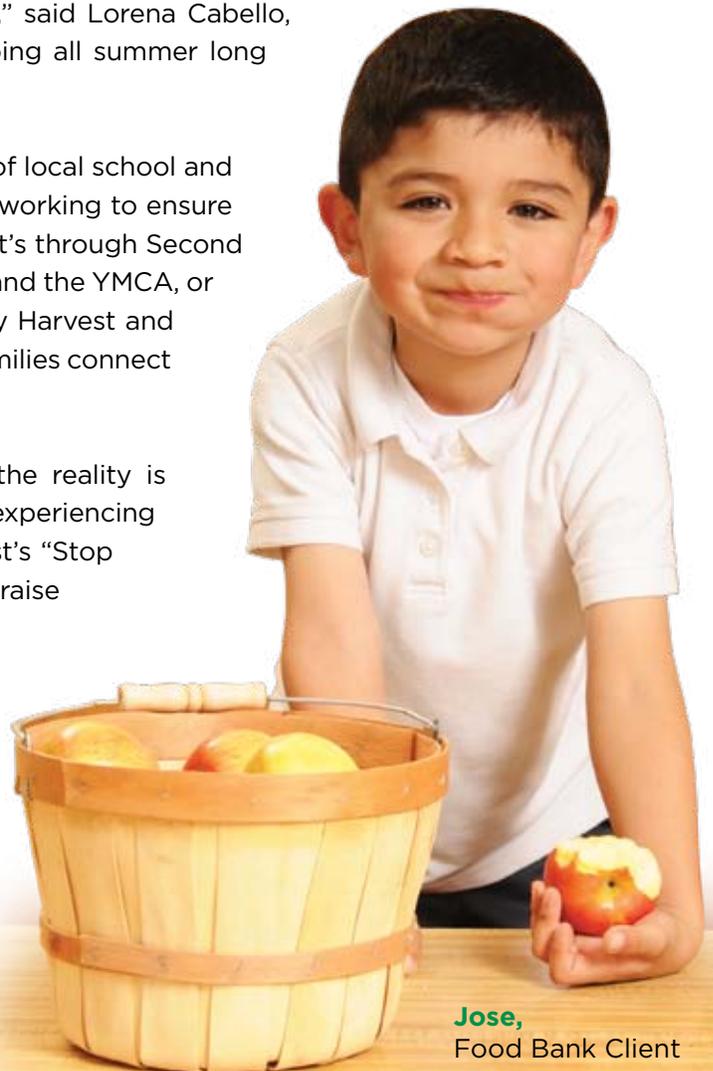
No child should go hungry! Through our wide network of local school and community partnerships, Second Harvest Food Bank is working to ensure that any child who needs a meal can get one. Whether it's through Second Harvest's partner agencies like the Boys and Girls Clubs and the YMCA, or the Food Bank's direct-service programs such as Family Harvest and Kids NOW, we are on the ground helping children and families connect with healthy meals right in their own neighborhood.

Though summer is the season of childhood hunger, the reality is that many children and their families are vulnerable to experiencing hunger throughout the year. That's why Second Harvest's "Stop Childhood Hunger" Campaign was developed to raise awareness and critical funding to provide 100,000 kids with the healthy meals they need to grow and thrive. To join our movement or learn more about childhood hunger, visit SHFB.org.

In partnership,

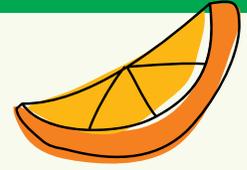
A handwritten signature in black ink that reads "Kathy Jackson".

Kathy Jackson
CEO, Second Harvest Food Bank



Jose,
Food Bank Client

COLE IS MAKING A DIFFERENCE FOR OTHER KIDS THIS SUMMER



My name is Cole. About five years ago, I stepped in to Second Harvest Food Bank's Bing Center in San Carlos to make a donation. At that time, they asked if I would like to take a tour and learn more about the programs they offer to help children in our community. It was then that I learned that summer is the season of childhood hunger. I didn't realize that many local children face hunger because they will lose the free or subsidized breakfasts and lunches they receive during the school year.

Kids should be, well, kids, able to enjoy summer and not worry about having enough food to eat. When I was told that a \$10 donation could provide lunch for 20 children, I decided that I need to act, to do something today. I didn't have much money but learned that I could donate every month as a member of the Monthly Harvest Club. My gift would then be added to others to help ensure that no child goes hungry. I am grateful to Second Harvest for the inspiration that one small act can make a positive change and that young people have the power to make a difference.



JIM "REACHES OUT" TO OUR NEIGHBORS IN NEED WITH MORE THAN JUST GROCERIES



My name is Jim and I work at Reaching Out, a partner agency with Second Harvest. We started our pantry out of a church closet but as the needs increased, we reached out to Second Harvest for help and our collaboration has continued 25 years strong. We are a bit unique as we offer one-on-one counseling so that we can help people find jobs along with housing, medical, and food resources. Sometimes just being a friendly face to help people make it through rough times is reason enough to open our doors each day.

Without Second Harvest, we could not feed on the scale we do. We give away literally millions of pounds of food. In fact, if you gathered together all of the bread we gave away last year, the loaves would stretch end-to-end all the way from San Jose to San Francisco!

Whether we're feeding seniors, families or individuals, we make a point to deliver groceries directly to people's cars as an added boost of dignity during what we know is a difficult time for them. Our client's ages range from 19 to 99 and include every background you can imagine. We have seen over and over how struggling families have made it through just by having healthy food to eat. Several homeless families return to us as volunteers after they become self-sufficient as a way of "paying back."

I always knew there was hunger in other parts of the world. But to see it so real, so close, so personal right here in our neighborhoods has truly changed my outlook on what it means to be "hungry." As a proud Food Bank partner, we look forward to our continued collaboration and more opportunities to be innovative, efficient and effective in ending hunger right here at home.

KAREN FINDS PURPOSE AND MEANING THROUGH VOLUNTEERING

My name is Karen. I own my own company, Blue Water Party Rentals, and wanted to give back on a personal level to improve our local community. I already hire Veterans from the VA Compensated Work Therapy Program, but I knew that there was more that I could do and wanted to give in a different way. I came across an interesting volunteer opportunity for Second Harvest and thought I would give that a try.

I felt like I was a part the Food Bank's extended family by working with their partner agencies to ensure that the California Health Code and other paperwork is followed. It came to me so easily due to my many years in restaurants and catering. Doing these inspections not only utilizes a skill set I already have, but also helps our community be safer and healthier. I know how important it is to train some of the staff at local shelters, soup kitchens and pantries on why it is important

“ Volunteering is such a humbling experience, & I love every moment. It gives my life meaning. ”

to provide meal programs in a safe environment. They are like sponges - they really soak up all the information and are grateful for the support. I also hand out the Food Connection hotline cards when I see families in need that do not know about the programs available to them.

It makes me very happy when I can get people the help they need. For those of you who think you don't have the time to volunteer, I have to tell you it's the most rewarding thing you could do. You can set your own hours and improve people's lives instantly.



Everyone at Second Harvest is so nice, especially Mark Kokoletsos, my trainer and mentor! I love to see just how much the agencies and their clients are treated with dignity and respect. That's one thing that really stands out to me. It makes me realize how lucky I am: I have a roof over my head, food in my refrigerator, clothes on my back, and a great job. In just one moment, I know that I could lose everything and end up needing help from the Food Bank. It comforts me to know that they are there when the chips are down for any one of us. Volunteering is such a humbling experience, and I love every moment. It gives my life meaning. I hope that you'll give it a try and feel the impact it makes on you and on everyone around you.

Help Second Harvest Feed Children This Summer!

If you're on Facebook, visit SHFB.org and click the link to vote every day in April for us to receive critical funding to our children's food program, Kids NOW, thanks to a generous grant from Walmart and Feeding America. Every vote counts for the children we feed each day. Ask 5 of your Facebook friends and family to vote daily on our behalf and encourage them to spread the word too!

The 40 food banks across the nation with the most votes will get funded. On behalf of all the children in our community, thank you for voting!

