

SITE VOLUNTEERS MAKE OUR MISSION POSSIBLE

Did you know that last year, volunteers from every walk of life generously gave the Food Bank 310,000 hours of support! This is equivalent to 149 full-time staff or \$6.3 million! What's even more surprising is that we have a huge volunteer support base outside the Food Bank walls. Most are helping at the 770 food distribution sites across both counties. Meet some of these dedicated individuals who make our mission possible:



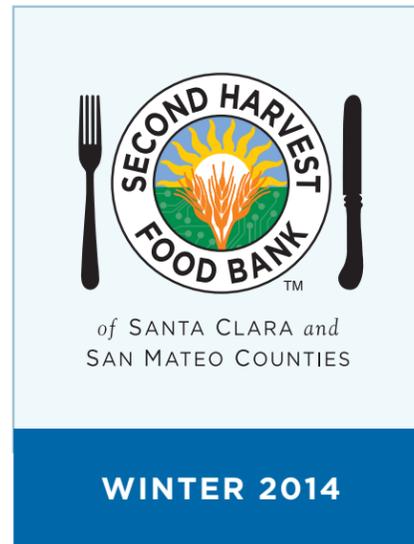
“My name is Wilma. I started volunteering with Second Harvest when I heard about an opportunity from my friends. I have learned that as a volunteer, you need to be dedicated, detail-oriented and very thorough. One of my favorite memories with the Food Bank was the Volunteer Recognition party for all volunteers. It was absolutely wonderful! The staff put so much thought into the event. To other volunteers I say, do your best and be proud of your work. It really makes a difference.”



“My name is Carolyn and I have been volunteering with Second Harvest for nearly 25 years. I heard there was a need for volunteers at a Family Harvest site near my home. With my cane on the right side and paperwork on the left, I'm ready for all the action a food distribution may produce. People tell me that I'm a very patient person, which is especially important when helping 120 families sign up for food. I make sure to greet every member with a warm smile. I enjoy looking at the families' faces when they see their favorite items of food and looking at so many beautiful little children. Volunteering has become a part of my life.”



“My name is Tammy and I have volunteered at the Fair Oaks Community Center for 10 years. Volunteering is a blessing. It helps me to get out of my home, to exercise, to boost my memory and to meet new families and their children. When I'm working with them, they become my family too, not only the families who show up, but also the other volunteers and the people who manage the food distribution. I always learn something new.”



FOOD FOR THOUGHT



THANKS TO YOU, NORMA AND ARMANDO FACE THE NEW YEAR WITH HOPE

My name is Norma and I live in South City with my son Armando. He's 12 and in 7th grade. I lost my partner several years ago and have struggled to keep enough food on the table.

At that time, I had no idea where I was going to get enough food to feed my son. I remember the moment when I opened my refrigerator door and it was completely empty, and I mean empty. I thought, "What am I going to feed my son?" Second Harvest's food programs were there for us. The empty fridge was full and you could see his face light up. He was happy, just happy. "Finally, we have food Mommy!" I'm just thankful. I'm really thankful.

I want the best for my son. I want him to have a good life. The food we get from the Food Bank also means that I have some money to buy him stuff that he needs for school, and clothes. My son likes school and he's a great artist. I want him to get good grades in math and I know that he can't learn and grow without enough healthy food on his plate.

When I started volunteering for the Family Harvest program, I was grateful and figured if I receive food, why not help others? Armando loves the peaches, apples, pears, watermelon and cantaloupe. He tells me, "Mommy, look at all this fresh fruit!" They give us healthy snacks, which are good for my son and teaches him how to eat healthier and better. But not enough people go for help. They're scared. They're worried that they are not going to qualify. When people ask me if they should apply, I tell them, "Yes, do it for your kids. The Food Bank is here and they



will help you out. How many times have we said, "First our kids, and then us." That's how I feel. First my child, and then me. "As long as he has a roof over his head and food in his belly, then I'm a happy camper. I'm so grateful to have food for my family and a chance to help others. Thank you! Thank you so much for the food you provide and for helping us to live with hope and dignity.

LORI SAW CHILDHOOD HUNGER RISING IN HER NEIGHBORHOOD AND TOOK ACTION



My name is Lori. I first became affiliated with Second Harvest 7 years ago when I was hired by Cabrillo School District in San Mateo County to coordinate a tutorial program. I coordinate the free breakfasts and snack program for students. About 2 years ago, I noticed that my students were asking to take home fresh fruit, plus additional snack items that I had on-hand.

Around the same time, my staff and I found out that there were children in the program who were writing stories about how they wished they had more food at home. I knew that Second Harvest was the best place to start helping them, so I inquired about the possibility of bringing the Produce Mobile to our students and the neighborhood at large.

We now proudly distribute fresh produce to over 100 families each month at our school site. This is also an opportunity to educate my students and families about the importance of good nutrition. We provide recipes during the food distribution, to help families cook with unfamiliar foods. If Second Harvest didn't exist? WOW, my students would really suffer. My program has such a small budget and I would not be able to provide such high quality foods. We really depend on Second Harvest and couldn't be more grateful. I explain to my friends and family that even though we live near million dollar homes, we have hunger right here in our community. Like so many other groups, we just could not do what we do without Second Harvest. Along with providing the food, they also help educate the community about the need that I see with my own eyes every day. Thank you for learning about local hunger and doing something about it.

ESTATE PLANNING SEMINAR: THE BIGGEST MISTAKES TRUSTEES MAKE

On January 21, 2014, Sandeep Varma of Advanced Trustee Strategies (ATS) will return to present a free seminar covering "The 7 Biggest Mistakes that Trustees Make: And How to Avoid Them." This is part of an annual series of estate planning seminars offered by Second Harvest Food Bank. Sandeep is a 25-year veteran independent financial advisor who has helped hundreds of families. He will share numerous real-life stories that illustrate the responsibilities and liabilities that trustees accept. Joining Sandeep will be John Preston, founder and principle of Preston Estate Planning, A.P.L.C. His firm is responsible for preparing and reviewing arguably more estate plans than any other firm in the State of California. He is recognized and certified by the State Bar of California as a Specialist in Estate Planning, Trust and Probate Law. John will offer a free review of your trust documents if you bring them to the seminar.

The workshop will be held at

Second Harvest Food Bank's Cypress Center facility located at 4001 North First Street, San Jose from 10:00 a.m. to 1:00 p.m.

A continental breakfast & light lunch will be provided.

For more information or to reserve a seat,

contact Laura Koo at (408) 266-8866 ext. 281 or lkoo@shfb.org.

JEFF KNOWS HOW EASY IT IS TO MAKE A REAL DIFFERENCE

My name is Jeff. I believe access to healthy food – just like access to air and water – is pretty basic. Advocating for hunger relief is a cause that resonates with people because everyone understands that without nourishment, you can't do much else. Food is at the core of everything, particularly for children if kids aren't nourished, they aren't learning, growing, or reaching their full potential. They are not developing healthy habits for adulthood. I support Second Harvest because I know my money and my time will be maximized.

About 20 years ago, the company I was working for hosted a summer BBQ. As we were enjoying our food, the discussion turned to people who don't have enough food to eat. We ended up turning the BBQ into an impromptu fundraiser for Second Harvest, and I learned how easy it is to make a difference in the lives of people who are struggling. Since that



time, it's been my professional honor to present opportunities for people to make a difference – by coordinating food drives and other activities – I learned very early on not to underestimate what people can do. Who am I to judge someone else's ability to help? People want to make a difference.

As a corporate affairs leader, I believe it is important to set a goal for a food and fund drive - because you have to know where you're going in order to get there. Food & Fund Drive coordinators communicate the vital issue of hunger relief and the Drive goal to people and ask them to consider doing something about it. Why is everything goal-oriented? I find the goal clarifies the measure of success for the Drive - it gives teams something to rally behind. I also think it's important to market a Drive. Coordinators can't just

“ I learned very early on not to underestimate what people can do. ”

put up one poster or send one email. Consistent visibility and reinforcement is the key – I put posters around every corner, and a reminder in my email signature. I haven't heard an employee say "Stop asking me to give." but I have heard them say "Why didn't you ask me to give?"

For me, fighting hunger is more than holding corporate drives. That's why my entire family supports Second Harvest. We give and volunteer as a family. In fact, when I became a father, I really began to think about my legacy and the example I wanted to set for my kids. When my twin boys turned 14, they spent their birthday sorting fruit at Second Harvest with several of their friends. They learned not to be careless because that piece of fruit might be all someone has to eat. I could tell that they were proud to bring their friends and expose them to the cause and the impact they can have on others. We are blessed, so we have a duty to help, and to get the people in our social and professional networks to help as well. Hunger is a cause that people rally around pretty quickly. I've never had family, friends or professional colleagues disagree that we need to invest in hunger relief.

**Inspired to help stop childhood hunger?
Learn more in March and April at SHFB.org**