



of SANTA CLARA and
SAN MATEO COUNTIES

WINTER 2015

FOOD FOR THOUGHT



TEACHING COMPASSION: Menlo Atherton High School's Holiday Food & Fund Drive



Since its humble beginnings in Coach Ben Parks' garage, Menlo Atherton High School's Holiday Food and Fund Drive has grown into a powerhouse. Over the 2013 holiday season, the school collected the most food and raised more money than all other non-corporate groups with over 1,000 participants.

Along with Jon Senigaglia, Mike Amoroso runs Menlo Atherton's Food and Fund Drive. Mike took a moment from his packed schedule of teaching U.S. History, co-chairing Student Activities, leading Freshman Transition, and managing the baseball team to speak with us:

We know hunger affects our students. Not knowing where your next meal is coming from—that instability is tough. Of our 2,000 students, 400 are on the free and reduced lunch list, and yet we're next to one of the wealthiest cities in the country: Menlo Park. You have kids whose parents are CEOs and kids whose parents are working two or three jobs just to make ends meet. That makes our school a unique and awesome place.

We have this theory that anybody can give. Even two hours of service can benefit our local community. Our first year, 1995, we collected

5,000 cans. Then and now, the students are all in! They hang out in the rain for two to four hours, soliciting food at grocery stores.

What the food drive teaches these kids is priceless. Our job as educators is to create a well-rounded group of young men and women to go into the world, and the food drive helps us do that.

Don't get me wrong—it's a monster to run this canned food drive—but this is the most rewarding day to be a Menlo Atherton teacher.

DID YOU KNOW?

This year's 48-Hour Virtual Race to End Hunger, a fundraising competition between companies benefiting Second Harvest, raised **\$745,891.22**. That will translate to **1.5 million meals** for our neighbors in need!

Congratulations to the winning companies:

Overall Giving:



Per Capita Giving:



Participation:



FOOD AS MEDICINE: From our CEO Kathy Jackson



As we ring in the new year, many of us will make resolutions to better our health. We'll hit the gym after work, squeeze in an extra hour of sleep, or (maybe) quit nibbling at the gingerbread house leftovers.

But the most basic building block to good health, nutritious food, remains a luxury for some of our neighbors, co-workers, and friends. Healthy eating is especially critical for the communities we serve:

one-third of our clients are diabetic, and two-thirds of our clients struggle with high blood pressure—more than twice the national average.

Yet the majority of our clients purchase unhealthy foods. They know the food isn't nutritious, but for many, it's an affordable and convenient way to stretch their food budgets and feed their families. Parents share how they cope:

“ I'll buy Ramen noodles or anything that's on sale. Usually, things that aren't healthy but are cheap. ”

“ We buy food that costs less even if it's less healthy, like \$1 burgers at McDonald's. ”

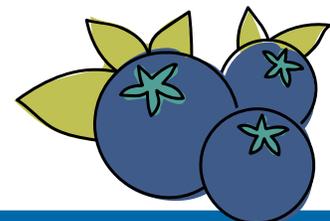
At Second Harvest, we know that access to nutritious food plays an important role in the prevention, treatment, and recovery associated with many health conditions; that is especially true for high-need, vulnerable children and adults.

That's why we're resolved to continue connecting families to healthy food. We send our Produce Mobiles, which function like free farmers' markets on wheels, across both counties. Our team of nutritionists teaches healthy cooking classes at our food distribution sites. And we'll continue working with growers to source fresh fruit and vegetables, which make up more than half the food we distribute.

We'll top off these efforts with our Hunger Action Summit this January. Under the theme “food as medicine,” we'll gather local and national experts to share their perspectives on the health implications of hunger.

With your support, we can make sure that everyone has access to the foundation they need to thrive. Cheers to a happy, healthy 2015!

Kathy Jackson
Chief Executive Officer,
Second Harvest Food Bank



ESTATE PLANNING SEMINAR: The Biggest Mistakes Trustees Make



Back by popular demand, on January 22, 2015, from 10:00 am to 1:00pm, 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.”**

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. You will learn the possible problems that trustees face and know how to avoid or remedy them. Sandeep will also identify potential opportunities with a special type of revocable living trust called an IRA Trust.

Joining Sandeep will be John Preston, founder and principal 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.

SAVE THE DATE! January 22, 2015, 10:00 am to 1:00pm

Location: Second Harvest Food Bank, 4001 North First Street, San Jose

HEALTHY IN BODY, MIND, AND SPIRIT: Meet Patty

Nearly half of California’s seniors struggle to meet their basic needs. On the front lines of supporting San Jose seniors, the Southside Senior Center addresses senior hunger every week by providing hot meals and hosting Second Harvest’s Brown Bag program, in which seniors assemble bags of groceries for one another. The Brown Bag program provides weekly nutritious groceries to seniors (ages 60+) and disabled individuals (ages 55+) at distribution sites in Santa Clara and San Mateo Counties.

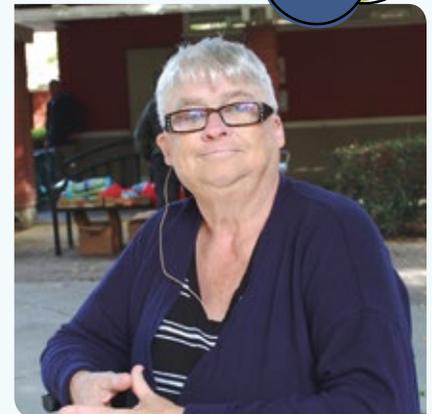
Patty is one of the senior center’s regulars. The Senior Center helps Patty take care of herself—making new friends, staying active, and, of course, eating healthy food.

Years ago, I lost 80% of my hearing. It was devastating. Losing your hearing is very isolating—like you’re in a different world, like you’re way out in the outfield and no one’s around.

In 2003, I had surgery to restore my hearing. It was a miracle. I can turn it off when I need to—like when my mother lectured me!

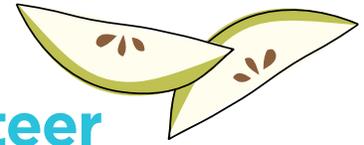
I’ve been coming to the Senior Center for over three years. I’ve met a lot of friends here. You don’t have time to be bored.

It would be really difficult to get food if we didn’t have the Brown Bag program here. The food we get here allows me to have a healthy diet...sometimes, too much of a healthy diet! I’ve been losing weight because of the food and the dancing here. I like to dance to 50’s music, Irish music, waltzes, and country gospel. Unless I have an appointment, I’m here!





TEACHING HEALTHY HABITS: Meet Susan, Health Ambassador Volunteer



Susan has been a volunteer with Second Harvest's Health Ambassador program since last September. Susan is a wife and mother of three, a former electrical technician, and soon-to-be graduate with a B.A. in nutrition, and an emphasis on education.

I'm a San Jose native and I want to go the extra mile for my neighborhood. For six years, I had a business teaching kids healthy eating habits, mainly in recreational centers. The kids had no idea what different produce was. Things like tangerines drew a blank. This inspired me to go further, to teach kids more about nutrition. Especially with children, this is part of their foundation and, at that age, they are willing to make changes and try things.



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As a Health Ambassador with Second Harvest, often I show up at food distributions and introduce myself wearing a Champions for Change apron. I hand out recipe cards, MyPlate handouts, and stickers. We often want people's attention before the food distribution happens, so that they can focus more on learning how to prepare the foods. We try to show people how to use the foods that Second Harvest gives out so they don't go to waste.

One memory that stands out for me: I met a lady at the Family Harvest site. She was struggling to communicate in broken English, and she shared with me that she works hard as a cleaner. The people she works for asked her to do more, but they don't want to pay her more. I see it all the time, people struggle and they are trying to get ahead. These are moms who want to do everything for their families. They're not showing up for a handout.

FROM SECOND HARVEST to Second Home

From parenting classes to kindergarten preparedness, Our Second Home Early Childhood Development Center offers comprehensive services to young children and their families. Pat Bohm, the Executive Director of both the Daly City Partnership and Our Second Home, spoke to us about the intersection of food and mental and physical health:

No matter their age, nutrition is important to everyone we serve. Every Monday, we distribute fresh produce from Second Harvest. We also have Second Harvest's nutritionists on-site a few times a month. Second Harvest and the UC-Extension both host nutrition classes here.

We help kids develop coping and social skills to deal with stressors—moving, parents losing jobs, or inexperienced parents who may not know how to set a healthy table. One of the things we do for these families is connect them with CalFresh, a public food program.

Reliable food can help families function better—it reduces one source of stress in their lives. Maria Huerta, one of Second Harvest's CalFresh Outreach Specialists, is on-site once a month to sign people up for CalFresh, and we have our own benefits specialist who assists families as well.

Kids are hungry after school. Through our snack distribution with Second Harvest, we're able to provide them with healthy snacks. It keeps them going—keeps them full and energized so they can do their homework!

Right now, we're working with a local school and our Second Harvest Community Partnership Manager, Mark Kokoletsos, to develop a Community School Model. We're hoping it will provide “one stop shopping” to kids and their families.

