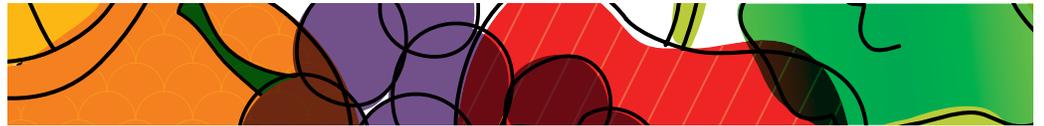




of SANTA CLARA and  
SAN MATEO COUNTIES

SUMMER 2015

# FOOD FOR THOUGHT



## MEET ARDYS, Brown Bag Volunteer and Client

I'm from a generation that kept and nurtured gardens in their yards. Back then, they were called 'victory gardens' and planted during World War II to ensure that we would have enough food to eat. Having access to nutritious and affordable food is important at my age and helps me stay healthy.

When I'm not volunteering to support the Food Bank's senior Brown Bag program at Saint John's in Sunnyvale, I'm teaching local kids about where their fruits and vegetables come from.

Yesterday, a little boy saw me loading a bunch of tomatoes into a basket. He seemed hungry, so I gave him one. To my surprise, he thought it was an apple and had no idea that it grew out of the ground. That child was excited to learn something new and that he liked tomatoes. Those moments make my day. I sent him home with some seeds that I have in an ice tray in my freezer, and told him that all he needs to do is plant the seed in a pot and the melting ice will help it take root.

With the support I receive from Second Harvest and the abundant fresh fruits and vegetables I grow in my garden, I'm able to eat well and share the food I cultivate with my neighbors in need. For me, that's another kind of victory!



“When I'm not volunteering to support the Food Bank's senior Brown Bag program at Saint John's in Sunnyvale, I'm teaching local kids about where their fruits and vegetables come from.”

## From Our CEO: AN RX FOR NUTRITIOUS FOOD

Imagine walking into your doctor's office. You discuss your health, receive a treatment plan, and walk out...equipped with a grocery bag of fresh produce, rice, and beans.

Admittedly, a prescription of tomatoes is not the typical result of a check-up. But for many of Second Harvest's clients, nutritious food is an essential form of medicine.

The right food can help curb conditions like obesity, diabetes, and hypertension, which are especially prevalent among low-income populations. For instance, 63% of Second Harvest's client households report a family member with high blood pressure, double the national rate of 31%. Spending time and money on healthcare (including cooking nutritious meals) can be a struggle for our clients, who are often holding down multiple jobs, lack access to reliable transportation, and may be uninsured or underinsured.

To these challenges, we're integrating food with primary care. We're partnering with agencies like Samaritan House to create "food pharmacies," providing patients at health clinics with on-site groceries and nutrition education. We're empowering our clients to make healthy choices.

Hunger's impact on health is devastating—and lifelong. Today's kids who don't eat enough healthy food are tomorrow's under-prepared workforce. Seniors struggling with hunger report higher rates of depression, asthma, and heart attacks.

Since Second Harvest's humble beginnings over 40 years ago, we've championed nutrition. From being one of the first food banks in the country to hire a nutritionist, to providing more fresh fruit and vegetables than any other food bank in the country, our commitment to nutritious food has been constant.

We believe everyone in our community deserves access to food. But it's good food that truly bolsters the health, productivity, and happiness of our neighbors in need. Thank you for helping us ensure that everyone who needs a healthy meal, can get one.

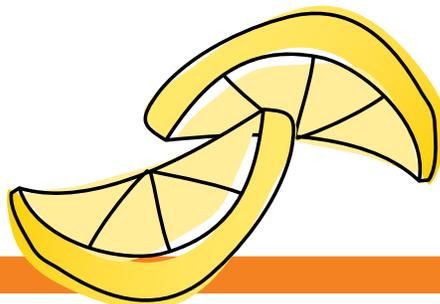
In partnership,



**Kathy Jackson**  
Chief Executive Officer,  
Second Harvest Food Bank



**“Hunger’s impact on health is devastating—and lifelong. Today’s kids who don’t eat enough healthy food are tomorrow’s under-prepared workforce. Seniors struggling with hunger report higher rates of depression, asthma, and heart attacks. ”**



## WHAT'S NEW: Food Pharmacies

Food is medicine. It provides the nutrients we all need to stay healthy. That's why Second Harvest Food Bank is partnering with healthcare providers to ensure that everyone has access to the nutritious food they need to thrive. We are working with our longtime partner Samaritan House, located in San Mateo County, on an exciting new "food pharmacy" pilot. The pharmacy will fill physicians' "prescriptions" for healthy food, free of charge, for 200 low-income, uninsured patients with diabetes at Samaritan House Free Clinic of Redwood City. Sequoia Healthcare District is generously underwriting the pilot program.

We sat down with Dr. Jason Wong, Medical Director at Samaritan House Free Clinic of Redwood City, and Bart Charlow, Samaritan House CEO.

*What are some of the challenges your patients face in terms of accessing healthy food? What impact does that have on their health?*

JASON: The challenges of accessing healthy food include barriers related to cost, culture, transportation, and knowledge. Specifically for diabetes, which is a very diet-sensitive disease, these barriers lead to poorer control of diabetes and poorer health outcomes and complications.

BART: When you're on a tight budget, you'll eat whatever food is filling and cheap. Unfortunately, that food tends to be a bit of a nutritional wasteland. The clinic's patients often experience not just temporary hunger, but food insecurity—the enormous physical and psychological impact of not knowing where your next meal comes from. That can have huge, long-term health consequences.

JASON: Eating habits formed by food insecurity are adopted by the entire family. We hope that the food pharmacy will help enable parents to model healthy eating habits for their children.

*What is the typical content of a bag you'd prescribe to your patients?*

JASON: We'll work with a nutritionist to develop the exact contents, but in general a bag would consist of a variety of proteins, complex carbohydrates, and fresh produce. The bags would also include educational material about diabetes, recipes, and healthy lifestyle changes.

*The food pharmacy will serve patients with diabetes, are there plans to extend these efforts to include other conditions?*

JASON: In the future, we might consider other diet-sensitive diseases like high blood pressure.

**Stay tuned for more information on this exciting pilot!**





## LEAVE A LEGACY

A retirement plan can be a tax-efficient and simple way to leave a legacy. You can help future generations by naming Second Harvest as a beneficiary on your plan's beneficiary designation form.

With the exception of Roth IRAs, most retirement plans are subject to income taxes and possibly estate taxes if left to an individual beneficiary. However, if a charity is named as the beneficiary, the charity doesn't pay income or estate taxes on the distribution. This means Second Harvest can use the full value of what is distributed as a gift from your estate.

To name Second Harvest as a beneficiary, you can obtain a beneficiary designation form from your IRA plan administrator. That form usually requires the name of the beneficiary (Second Harvest Food Bank of Santa Clara and San Mateo Counties), our address (750 Curtner Avenue, San Jose, CA 95125), and our tax identification number (94-2614101). If you are comfortable, we will also recognize your commitment by including you on the Ashawna Hailey Legacy Society donor wall featured at our Cypress Center.

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*If you have any questions, or would like to receive invitations to Second Harvest Food Bank estate planning seminars, please contact Laura Koo, Major Gifts Manager, at 408-266-8866 ext. 281 or [lkoo@shfb.org](mailto:lkoo@shfb.org).*

