



of SANTA CLARA and
SAN MATEO COUNTIES

FALL 2015

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MEET STAN TRAVIS

Stan has been a dedicated volunteer for Second Harvest since 2006. He's also a client, father of seven, grandfather, and a tireless community volunteer.

I was working as a civil engineer on the East Coast and severely injured my back on the job. Soon after, my company merged, and I lost both my pension and my disability. I didn't know what to do, and I moved to the West Coast, but because of my injury, finding steady work here was a lot harder than I thought it would be.

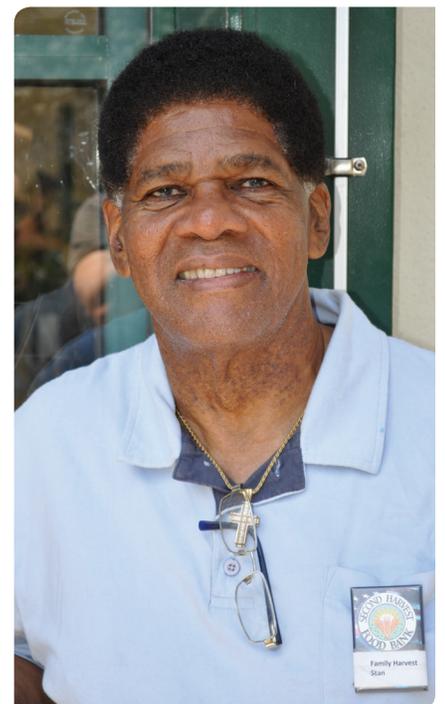
My fridge was empty, my kids weren't eating, and my odd jobs weren't bringing in enough to help any of that. That's when I started volunteering for Second Harvest, and I have been with them ever since. I want to help others get the food they so desperately need to live a healthy life.

I volunteer with Second Harvest three times a week, run a local mission on Tuesdays, and help at a women's shelter in Daly City on Thursdays. Yeah, when I come home each day, I'm pretty tired, but also very fulfilled. Honestly, I feel like I am blessed.

“**When I come home each day, I'm pretty tired, but also very fulfilled. Honestly, I feel like I am blessed.**”

You know, the cost of living just keep going up here, and so many families are having a really hard time affording housing and food, let alone life's other necessities. Lots of these people are in situations beyond their control. It seems like the number of Second Harvest Clients has nearly doubled at my site over the past several years. I hear from so many people how they have been forced out of their homes. Just think about that. It really tells you something about how hard it has become to live here.

I believe that when you do good things, good things come back to you. Second Harvest has helped me to live a better life, and I just want to say that if you love children, then give to Second Harvest. You will feed the kids and the parents at the same time, so feed those kids. Thank God for Second Harvest.



A FEW WORDS FROM OUR CEO

For most of us the holiday season is a time of hope and happiness—but for some families, it is a struggle to maintain the holiday spirit in the face of hunger. Record high housing costs are affecting all of us who live on the Peninsula or in Silicon Valley, but low-income children and adults have been hit the hardest. Families of 5, 10 or more are living in cramped, one-bedroom apartments and literally trying to decide whether to pay the rent or to buy food. Many are hard-working parents who have neither the time nor the resources even to think about gifts.



The harsh reality is that nearly a quarter of a million people, from almost every neighborhood, rely on Second Harvest for food every month...and those numbers have barely budged despite overall improvement in the economy. That is an astounding one in 10 people in our two-county region, and clearly reflects both the high cost of living and how much local families struggle to make ends meet. While it takes an income of more than \$82,000 to support a family of four locally, many of our clients earn less than \$20,000 per year.

Our neighbors are struggling to survive every day, and the sacrifices they make are real. It's been heartbreaking to hear about some of the coping strategies people use to feed their families. Two-thirds of our clients tell us they purchase cheap, unhealthy foods – foods they otherwise wouldn't choose – just to stretch their budgets. That's why Second Harvest has put so much emphasis on providing nutritious food to the community. More than half the food we distribute is fresh produce, more than any other food bank in the nation.

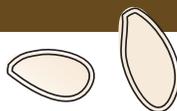
In addition to buying unhealthy foods, our clients consume foods past their expiration dates and water down soups, stews and drinks to make what they have go further. Children tell us that they worry about the health and wellbeing of their parents, who often skip meals so that they can have enough to eat. For these parents, nothing else matters when their kids are hungry.

In one of the most wealthy and innovative areas in the country, no child, no family, and no one should be hungry.

With your support this holiday season, you can help us ensure that anyone who needs a healthy meal can get one.

With Gratitude,

Kathy Jackson, CEO



MEET DINA TORREZ

Second Harvest Client and Volunteer



I'm from South San Jose, and I have lived here for most of my life. I have three children, and although they are a bit older now, if it hadn't been for Second Harvest, I don't know how I would have put food on the table. My husband left about 8 years ago, which meant I had to take care of my three kids alone.

“**If it hadn't been for Second Harvest, I don't know how I would have put food on the table.**”

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I needed to support my kids so I worked three jobs, as a delivery driver during the day, then a double shift at a nightclub - first as a cook during operating hours, and then as a janitor to clean up the club. I was working 18 or 20 hour days everyday just to put food on the table, and then I injured my hand. I broke all of the bones and tore all of the ligaments in my right hand. I couldn't work, and I didn't know what to do because the disability checks weren't enough to feed my kids. Some days I had to tell my kids that they couldn't eat because we didn't have any food. It was the hardest thing I have ever had to do.

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One time we went to a friend's house and their kids were eating and drinking juice, and my youngest asked me "Mom, when can we have juice?" I didn't have an answer for her, and it made me really sad.

Second Harvest was there when I need a helping hand. When I started volunteering for the food bank, I was able to feed my kids again, and give them healthy food. Thank god for Second Harvest, and all the people around us who are willing to help out, when times get tough.



NOT BAD FOR A TUESDAY:

Thank You Project Consulting Specialists

I had this wonderful experience and I want to share it with all of you. Brendan McIntyre works for Project Consulting Specialists, a small company with a true passion for Second Harvest. They have been donating and volunteering for us for 10 years, but this year Brendan had a special request. He wanted to bring his team by the food bank to make a donation in person! Of course, I enthusiastically said yes. I was very excited to meet Brendan and his team so that I could express our gratitude.

Typically their annual donation had been \$3,000, and in preparation for our meeting, I filled out their ceremonial “big check” for that amount. But as I presented it to them the team immediately exclaimed, “You got the wrong amount!” I was embarrassed. Brendan told me he would fill out the right amount while I prepared to take the photo.

When he turned around and showed me the new amount, I was shocked. The check was for \$25,000! I couldn’t believe my eyes! I looked up and they were all grinning from ear to ear. Brendan said that they were honored to give this amount to celebrate their 10th anniversary.

“The check was for \$25,000! I couldn’t believe my eyes!”

When I asked what made them decide to donate so generously they said they were incredibly impressed by how we benefited the community, and that they truly felt we were an organization that would make a great impact with their donation.

I was truly inspired by the trust and love that this small company had for Second Harvest Food Bank. They were so impressed by our hard work, and this morning in particular, all that dedication turned \$3,000 into \$25,000.....not bad for a Tuesday.

- Deborah McGaw, Second Harvest Staff

