



of SANTA CLARA and
SAN MATEO COUNTIES

WINTER 2016

FOOD FOR THOUGHT



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THANK YOU FROM KATHY JACKSON

Thank you. Thank you for the overwhelming support you've given to Second Harvest over the holiday season, and all year long. You took measurable steps to help us provide food to our neighbors who simply cannot afford to feed themselves. It's hard to believe that we sit at the nexus of innovation, yet one in ten of our neighbors depend on Second Harvest for food every month.



The two young girls on the front page - Mia Fernández and Jennyfer Cabrera - were among the many kids who were able to find a healthy meal through our new library meals program. Since local libraries are a safe spot for families and children to gather, we launched a "Lunch at the Library" program in 2015.

Across East Palo Alto and Half Moon Bay, families with kids like Mia and Jennyfer came out to play games, check out books, and participate in educational programs, and they stayed on for the nutritious meals provided to both the kids and their parents through this innovative program.

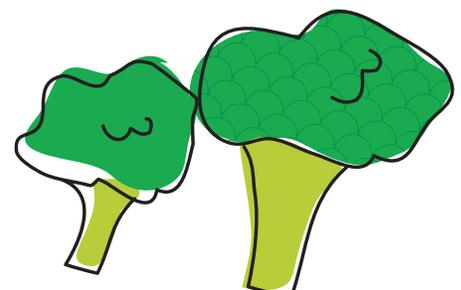
Thanks to your help, this was one of the many ways we provided food assistance to 85,000 children a month last year. While critically important to the families that participated, those meals are just a fraction of the more than one million nutritious meals we distribute to our community every single week. That's a staggering number to comprehend.

We plan to amplify these efforts by developing more strategic partnerships with local school districts, leveraging government programs and hosting a Hunger Action Summit - "Too Hungry to Learn" - in March. Together with Santa Clara University, we'll gather local and national experts to explore the essential role nutrition programs play in preparing kids to learn, thrive, and prosper. We want every child in our community to go to school hungry to learn, not just hungry.

Without food, those we care about cannot live happy and fulfilling lives. Without you, we could not provide that food to our neighbors in need. Your continued support makes that possible. Thank you.

A handwritten signature in black ink that reads "Kathy Jackson" with a long, sweeping underline.

Kathy Jackson
Chief Executive Officer,
Second Harvest Food Bank





JOIN COLTRANE!

shfb.org/birthdays



While most kids Coltrane's age are wishing for action figures and building blocks, Coltrane decided to celebrate his fifth birthday by giving, instead of receiving. He decided to help his hungry neighbors in lieu of any gifts. When asked why, he said:

“Some people have no food and so they may be very hungry. I don't want people to be hungry anymore.”

Supporting his decision, Coltrane's parents setup an online fundraiser on shfb.org. They set a goal and uploaded a video they recorded of Coltrane asking family and friends to donate the money that they were going to spend on a gift to the Food Bank.

The online fundraiser was a success and inspired Coltrane to raise even more money. He decided to start a homemade cookies and lemonade stand. Together, the online fundraiser and the lemonade stand raised an astonishing \$1,212, which Second Harvest turned into 2,424 nutritious meals for our hungry neighbors.

Join Coltrane and become a volunteer fundraiser in 2016.

Pledge your birthday today at shfb.org/birthdays

WARM WINTER SQUASH & APPLE CASSEROLE

from our Nutrition Department

The Nutrition Department at Second Harvest teaches nutrition education to clients and agency representatives. This ensures that clients can easily and safely prepare healthy and delicious meals using the food provided by the Food Bank. One of their favorite recipes that they have shared with clients this season is a warm winter squash and apple casserole. It is very versatile and can be served as a savory side dish, blended into a soup, or used as an easy pie filling. Enjoy!



Ingredients (serves 8)

2 ½ cups winter squash
1 ½ cups apples
½ teaspoon nutmeg
1 teaspoon cinnamon

Instructions

Wash and slice squash and apples.
Alternate layers of squash and apples in 8x8" pan, end with apples.
Sprinkle spices over top layer.
Cover with aluminum foil.
Bake at 350 °F for 45-60 minutes, or until squash is tender.

Adapted from the PA NUTRITION EDUCATION TRACKS, as part of USDA's Supplemental Nutrition Assistance Program funded by the PA Department of Public Welfare .

CONGRESSMAN HONDA ROLLS UP HIS SLEEVES TO FEED OUR HUNGRY NEIGHBORS

Congressman Mike Honda and members of his Student Advisory Council volunteered at Second Harvest Food Bank's Cypress Center on December 19th where they sorted and packaged food to be distributed to our hungry neighbors. The council includes civically minded high school students from the Congressman's district who are working to improve their community.

Before the sort, Congressman Honda met with Cindy McCown, Second Harvest's Vice President of Community Engagement and Policy to talk about the increasing need for food assistance and key legislation that will help to ensure that children and families have access to the nutritious food they need to thrive.

The Child Nutrition Reauthorization Act includes provisions for programs that serve low-income children and their families. These critical programs provide nutrition for young children via reduced-price breakfasts and lunches at schools and free meals during the summer. The Emergency Food Assistance Program provides food to organizations like Second Harvest, including much-needed protein items. Both of these programs are being reviewed by Congress.



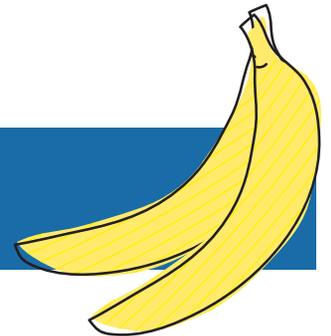
“We’ve met with all five of our Congressional representatives over the past few months. It was great that Congressman Honda brought the Student Advisory Council with him. The students did an excellent job and learned more about the scope of hunger’s impact in our community.”

- Cindy McCown,

Vice President of Community Engagement and Policy
Second Harvest Food Bank

MONTHLY HARVEST CLUB

a monthly gift with a million dollar impact



We are thrilled to announce that our Monthly Harvest Club members collectively raised over \$1 million in 2015. The incredible impact of this dedicated group of donors is truly marvelous.

To celebrate this accomplishment and to bolster further support, Samsung has generously offered to match all new Monthly Harvest Club gifts or the amount current members increase their gifts during the months of January and February. These gifts will be matched every month for a year, up to \$94,000! This means for every dollar you donate, four nutritious meals will be provided to our neighbors in need, each month!

**Now is the time to join the club and maximize your giving power!
Visit shfb.org/mhc to enroll or increase your gift today.**



SAMSUNG