



of SANTA CLARA and  
SAN MATEO COUNTIES

WINTER 2018

# FOOD FOR THOUGHT



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## A NEW YEAR'S RESOLUTION WITH **TWICE THE IMPACT**



MONTHLY  
HARVEST CLUB

In recognition of the consistent support provided by our Monthly Harvest Club members, an anonymous donor has agreed to **match all new monthly gifts or the amount current members increase their gifts until February 28, up to \$150,000!**

Your monthly gift will help families struggling with hunger right here in our local neighborhoods, and it also allows us to carefully plan our resources. Planning is particularly important as the number of people seeking assistance continues to grow.

**Join the club to help meet the growing need!** Visit [shfb.org/mhc](http://shfb.org/mhc) to enroll or increase your gift.

Donate today at  
**SHFB.ORG**

MEMBER OF  
**FEEDING  
AMERICA**

## A LETTER FROM OUR CEO

**You gave hundreds of thousands of our neighbors hope over the holidays.** Mansoor, a local senior who was forced to live in his car after losing his job, is now nourished and starting 2018 with a roof over his head thanks to you!

**The way a community rallies around their neighbors in times of need and times of cheer is truly heartwarming.**

This holiday season I was particularly moved by:

- Seeing the gratitude expressed by the families and seniors who count on the Food Bank to provide fresh, nutritious food throughout the year
- Meeting countless donors and volunteers who have chosen to make the Food Bank's mission their mission
- Watching employees eagerly compete to win their company's logo on one of Second Harvest's food delivery trucks during the 48-Hour Virtual Race to End Hunger
- Celebrating the 200,000 local meals raised in just 24 hours on Giving Tuesday
- Witnessing the rich discussion generated by an illuminating article in *The Guardian* about hunger in Silicon Valley

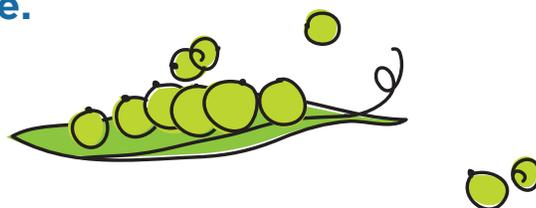


The study featured in *The Guardian*, called the Second Harvest Food Bank *Food Insecurity Study*, found that 1 in 4 people — nearly 27 percent of people living in Santa Clara and San Mateo counties — is at risk for hunger. **As we move forward in 2018, we will work tirelessly to help close the gap of about 450,000 people who still may need assistance.**

We will increase rescued food from farms and grocery stores that would otherwise be wasted, grow our successful school pantry program, and expand our Curtner Center facility to support an expected 30 percent increase in shelf-stable, cold and frozen food pounds in the next 5 years.

**I look forward to another exciting year of learning and serving with you by our side.**

-Leslie Bacho





*Our new cooler undergoing electrical wiring*

## REMODELING OUR CURTNER WAREHOUSE

In order to help close the gap of about 450,000 people who may still need food assistance in Silicon Valley, Ralph Maltese, vice president of operations and food sourcing, determined that our South San Jose warehouse could be upgraded to increase space and efficiency. This warehouse stores all the non-perishable items we distribute as well as perishables like dairy, meats and frozen foods. Thanks to the generosity of our supporters, we have undertaken a capital improvement project at our Curtner Avenue warehouse in San Jose.



**Our objective for this project is to increase the total capacity of our Curtner warehouse in order to grow distribution from this facility by 30 percent over the next 5 years!**

Internal and external structural changes to our Curtner warehouse combined with new processes for moving product, as well as new equipment, will allow us to accept more food and distribute it more quickly to the community. This new equipment includes a cooler, freezer, forklifts and their charging stations



*Ralph Maltese answers questions during remodel tour*

and stretch wrappers. At the end of October the City of San Jose issued us a Temporary Certificate of Occupancy for our new freezer so that we could start using it immediately.

We are delighted to report that we were able to put this new space to use during the busy holiday season.

**Thanks goes out to the City of San Jose and all of you who support the work we do to make this expansion possible!**

# PILOT PROGRAM: WELLNESS PANTRIES

Mark Kokoletsos, Partnership Manager

On Tuesday, December 5, Second Harvest, in partnership with the Fair Oaks Health Center and Sequoia Healthcare District, held the grand opening of a new Wellness Pantry in San Mateo County at The Salvation Army - Redwood City. The Wellness Pantry is geared toward low-income individuals that have one or more of five health conditions: prediabetes, gestational diabetes, diabetes, high blood pressure or high cholesterol.

**This program was created to help improve a patient's medical condition in conjunction with medical services provided by their doctor.** It has been proven that access to healthier and nutritious foods can lead to patients having improved health, lowering their medical costs (less medication, time spent in the hospital), and can allow them to be more physically active.

**The clinic serves an estimated 7,000 adult patients. A rough estimate of how many people might seek out the Wellness Pantry is about 800 - 1,750 people.** Food insecurity screenings at the clinic also address the food needs of all patients. When a patient is screened by their medical provider, and it is determined they do not have any of the five predetermined medical conditions, they will receive a referral to another great Second Harvest food program with healthy food near their residence.

Anyone who meets the specified criteria brings the referral form that they received from the Fair Oaks Health Clinic to the Salvation Army. The recipient is then provided nutrition education and advice before receiving multiple bags of fresh produce and other healthy food items such as milk, eggs, whole chicken, quinoa, brown rice and tofu.

**We're absolutely thrilled about this launch and can't wait to grow the program as the year progresses!**

**Fair Oaks Health Center  
Physician / Staff Referral Form**

Is your patient food insecure? **YES** / **NO** (STOP HERE)

Do they have any of these medical conditions (check all that apply)?

- Prediabetes
- Gestational Diabetes
- Diabetes
- High Blood Pressure
- High Cholesterol

**YES** / **NO**

Your patient qualifies for free healthy food and nutrition education at the Wellness Pantry.  
The Salvation Army  
660 Veterans Blvd.  
Redwood City, CA 94063

Are they able to go to this location at one of these times?  
Tuesdays: 9 a.m. - 12 p.m. or 1 - 3 p.m.  
Thursdays: 1 - 3 p.m.

**YES** / **NO**

Ask the patient their preference from the options below. Check patient choice and follow the instructions.

- Patient will contact Second Harvest. Give them this sheet and point out the options listed on the back.
- Patient will meet with Second Harvest representative, Genesis Carina, in person at the Fair Oaks Health Center lobby on Mondays 8:30 a.m. - 12 p.m.
- Patient would like Second Harvest Food Bank staff to contact him/her. Place the completed form in the Food Bank folder.

Name: \_\_\_\_\_  
Patient Phone: \_\_\_\_\_  
Language Preferred: \_\_\_\_\_

Date and sign the prescription. Ask patient to bring it in one of the days and times listed above.



## CONSIDER THE BENEFITS OF A CHARITABLE REMAINDER TRUST

- Convert an appreciated asset into lifetime income
- Reduce your current income taxes with a charitable income tax deduction
- Pay no capital gains tax when your asset is sold
- Reduce or eliminate your estate taxes
- Receive more income over your lifetime than if you had sold the asset yourself
- Leave more to your children by using a life insurance trust to replace the gifted asset

**We would be pleased to provide you with more information about Charitable Remainder Trusts or other gift planning ideas.** Contact our Donor Relations Team at 866-234-3663 or [legacy@shfb.org](mailto:legacy@shfb.org).

