

Food Notes | The Newsletter of Food for People

SUMMER ISSUE 2024

The Food Bank for Humboldt County



Food for People staff help our Letter Carriers unload bags of donated food during the annual Letter Carriers Food Drive.

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Notes from the Executive Director

Addressing food insecurity is a complex goal, and one that is only getting more difficult as the state of poverty and hunger are evolving and, unfortunately, growing in our current economic conditions. As the primary hunger relief organization in Humboldt County, Food for People is constantly looking at how we can improve our approach — be it finding new sites or partners to expand our reach (read more on page 3), identifying gaps in the existing safety net as we did with our Kids Summer Food Program (read more on page 5), or finding ways to adjust our operations to meet the needs in our existing programs.

One such adjustment was recently made to our Mobile Produce Pantry. Food for People's Mobile Produce Pantry provides fresh fruits and vegetables along with bonus food items to rural and remote areas via a refrigerated truck. We set up ten pop-up distributions at locations across Humboldt County on a monthly schedule. This program is made possible by a contract with Humboldt County Department of Health & Human Services, which regularly sends its mobile outreach team to distributions, to provide clients with CalFresh application assistance and additional resources. Our Outreach staff helps with the intake process, providing assistance, education, and referrals onsite. The Mobile Produce Pantry is a vital resource to residents in remote areas, who contend with high prices for gas and transportation while also lacking equitable access to affordable foods. It is a program with a big impact, and participation has been growing.

When the Mobile Produce Pantry started in 2012, one staff member would bring bulk crates of produce and set up the distribution. In the beginning, we had relatively low numbers of people at each site, and clients could take their time searching through and bagging up their produce. Now, more than a decade after the Mobile Produce Pantry began, the demand has outgrown our original model. In order to help all the people who come to our sites, the food must be pre-bagged, to ensure all who attend are served in a reasonable amount of time. For the last four years, all of the pre-bagging was done in the field by staff, typically by our Mobile Produce Pantry Specialist and our Outreach Team of three. With the increased numbers of the past year, this became so work intensive that we began to stretch the limits of what staff could do in the field. In 2023 the Mobile Produce Pantry served 11,538 households, or an average of 962 monthly — an increase of 31% from the prior year. Distributions that used to take two or three team members required four to five to run effectively. Simply put, our team was burning out.

While we do not have control over the need for food assistance we are seeing in the community, we can adjust our approach — which is exactly what we have done with the help of our incredibly dedicated volunteers, who have stepped up to help us pre-bag hundreds of bags each week for the Mobile Produce Pantry. Now, all hearty produce is pre-bagged by volunteers every Monday, and staff adds the more perishable or crushable items in the field. While this might seem like a small shift, it has made a tremendous impact on our operations. Now we can run our Mobile Produce Pantry distributions with a much



Carly Robbins with Redwood News reporter Ross Rowley and Eric Kendall from the Letter Carriers union.

smaller team of two to three people, freeing up our Outreach team to spend more time focusing on their goals — providing CalFresh application and retention assistance. And our Nutrition Education Coordinator has been able to focus more on providing taste tests, food demos, and recipes in the field (read more on her work on page 6). It's a small shift but has had a HUGE impact on our program and the clients we see each month.

I would like to send a heartfelt thank you to our team, who continually work to improve our operations; to our donors who allow us to keep our programs going, providing food to thousands across the county; and to our hardworking volunteers who give us their time and energy to help ensure everyone in Humboldt County has access to the foods they need to lead a healthy life. We know that everyone makes a conscious decision about where and how to spend their time and resources, and we are grateful to each and every person who chooses Food for People. Thank you!

With gratitude,

A handwritten signature in black ink that reads "Carly Robbins".

Carly Robbins,
Executive Director

New Distribution Point for South Fork Eel River Communities

by Robert Sataua, Emergency Food Response Coordinator

Thanks to a USDA Reach and Resiliency grant, we are able to serve communities along the Avenue of the Giants in Southern Humboldt.



Food for People continues to identify gaps in our current service area, with a focus on some of the most remote communities in Humboldt County. Thanks to a USDA Reach and Resiliency grant, we are able to act when we identify a pressing need for Food for People's services.

One such area is the stretch of communities along the South Fork of the Eel River near Avenue of the Giants, including the towns of Weott, Myers Flat, Miranda, and Phillippsville. While these towns are near Highway 101, they are about 20 miles drive from either Fortuna or Garberville and about 50 miles from Eureka. Typically, food deserts are defined as areas that are more than 10 miles from large food retailers providing fresh produce and healthy groceries for affordable prices. Food deserts also often feature households with low incomes and inadequate access to transportation.

With limited staff and resources, we rely on community support to create sustainable models for starting new distribution centers. In late 2022 and early 2023, we started to hear from advocates in these communities that there was a clear need for food security support. There were also people willing to take lead roles in any efforts to do so. With their help, and an ongoing partnership with the Southern Humboldt Family Resource Center, we finalized plans to use the Myers Flat Volunteer Fire Department as the central distribution point for these areas.



Our first distribution there was in December of 2023, which was just in time for the holiday season. The response from the community was immediate, with an abundance of volunteers ready to help and participants lined up in a rainy downpour at the start of the distribution. Now, after six distributions at this new site, the logistics have been established, and the volunteer team has a sense of ownership of the event. This site serves about 75 households a month, which is significant for the area with a population of about 1,000 people.

This location is a great working example for potential new sites to come. The support of the volunteers, the volunteer Fire Department, and the Southern Humboldt Family Resource Center have been instrumental in administering the program. We look forward to more opportunities to hear from our most rural communities and find creative solutions to meet food access needs.

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Expand the Child Tax Credit to Shrink Child Poverty

by Heidi McHugh, CalFresh Outreach Policy & Advocacy Coordinator

Fighting hunger is not only about providing emergency food to people in need – it also means taking action to address the root causes of hunger and poverty. The recent bipartisan tax bill that passed out of the House of Representatives remains stalled in the Senate. This is frustrating given what’s at stake in the bill: the opportunity to lift 400,000 children out of poverty through the extension of the Child Tax Credit (CTC). The CTC is a federal tax credit that helps working families offset the cost of raising children.

The American Rescue Plan expanded the CTC for 2021. Families could claim a credit of up to \$3,600 per child under age 6 and up to \$3,000 per child ages 6 to 17. There was no cap on the total credit amount that a filer with multiple children could claim. The credit was fully refundable, meaning low-income families qualified for the maximum credit regardless of how much they earned. If the credit exceeded taxes owed, families could receive the excess amount as a tax refund. Prior law provided a CTC of up to \$2,000 per child ages 16 and younger, with refunds limited to \$1,400 per child.

Bipartisan Child Tax Credit Proposal Would Lift Some Half a Million or More Children Above the Poverty Line When Fully in Effect

In its first year



As many as 400,000 children lifted above poverty line

When fully in effect



Some 500,000 or more children lifted above poverty line

Note: We project an indexed maximum credit and refundability cap of \$2,100 in 2025
Source: CBPP analysis of March 2019 and March 2023 Current Population Survey data; lookback provision in 2025 uses Survey of Income and Program Participation for 2014-2016

CENTER ON BUDGET AND POLICY PRIORITIES | CBPP.ORG

When the CTC expansion expired in 2022, the poverty rate for children more than doubled from a historic low of 5.2 percent in 2021 to 12.4 percent in 2022. Analysis from the Center for Budget and Policy Priorities (CBPP) shows that if Congress had continued the American Rescue Plan’s CTC increase in 2022, about 3 million additional children would have been kept out of poverty, preventing more than half of the 5.2 million increase in the number of children in poverty last year; the child poverty rate would have been about 8.4% rather than the 12.4% it is now.

The CTC expansion in the current tax bill is not as robust as in 2021, but it would help more than 16 million children in families with low incomes, including 5.8 million children under age six who would see an increased CTC that is closer to the full \$2,000-per-child amount that children in higher-income families currently receive. CBPP analyses estimate:

“More than 400,000 cashiers and their families would benefit in the first year of the bipartisan expansion. Among the many other people who would benefit: the families of some 340,000 maids and housekeeping cleaners, 340,000 personal care and home health aides, 280,000 janitors and building cleaners, 250,000 nursing assistants, and 240,000 waiters and waitresses. Hundreds of thousands of retail salespeople, child care workers, teaching assistants, food preparation workers, truck and delivery drivers, and others in low-paid occupations would receive a larger credit as well.”

The American Rescue Plan’s CTC expansion demonstrated the power of increasing tax relief for working families. Tell your Senator to expand the Child Tax Credit.



Help children facing hunger in your community!

Backpacks for Kids provides a bag full of nutritious food for local kids on the weekends for the school year.

BACKPACKS FOR KIDS Amount \$ _____

Check Credit Card _____

Ext. Date _____ Card CV2# _____

Name of Donor _____

Billing Address _____ City _____

State _____ Zip _____ Phone _____

Permission to Print Name
Name or Company to be used for recognition: _____

Make checks payable to **Food for People**
(Please specify "Backpacks newspaper ad" in the memo line)

Mail to PO Box 4922 Eureka CA, 95502

Feed a child - sponsor a backpack today!
\$325 will sponsor a child for a full year.

Sponsored by:

Times Standard





The Kids Summer Food Program serves rural communities without access to school summer lunch programs.

When School's Out – Kids Summer Food Is In

by David Reed, Development Director and Jessy Preciado, Child and Senior Nutrition Programs Coordinator

June marks a shift for Food for People's Child Nutrition Programs. Our weekend hunger relief program, **Backpacks for Kids**, takes a break for the summer. In its place, the **Kids Summer Food Program** starts up, serving children and families in rural communities without school summer lunch programs.

Backpacks for Kids has been addressing childhood weekend hunger for 18 years with a straightforward approach: Give food directly to kids so they have food to eat over the weekend. This year, we are serving 616 kids at 37 different school sites located all over Humboldt County.

The program is entirely funded by local donations, and we enroll as many children as possible using the funds available and raised for each site. Sometimes schools have waiting lists of additional kids who could be helped, and fortunately this spring we secured extra funds to get kids off the waiting list and into the program.

We also have been switching up some of the foods that have traditionally been in the bags and adding in more variety, like rotating English muffins and tortillas with the bread and adding in cereal. We sent out surveys for participating kids and school staff this month to see what families and kids think of the changes.

What happens when school's out? Several school districts in the more populated areas of Humboldt County provide lunches to students during the summer months. Food for People works to identify the gaps for families in rural areas that do not have this same access. We started the Kids Summer Food program to help the most vulnerable children in these communities. Families receive weekly boxes that are similar to the Backpack food bags, but they are bigger to accommodate the food needs of families during the summer months when school is out and a lot of kids are home more—and hungry!

Families receive a weekly box of kid-friendly, easy to prepare food, packed with enough food to supplement their meals for a week. Fresh produce from local farms is added to the boxes, often directly from farms near those communities.

Esther Hutton from the Manila Community Resource Center, one of the seven sites we serve, says:

"It's been such a blessing to our low income families, especially those out at the end of the Samoa Peninsula who have a long drive (and no public transportation) to get to any food sources."

The Kids Summer Food Program will run for 10 weeks starting this June, serving Manila, Southern Humboldt, Hydesville, Bridgeville, Loleta, Hoopa, and Willow Creek.



Nutrition Education

Connecting the Dots, From Farm to Plate

by Magnolia Bowman, CalFresh Nutrition Education Coordinator



Recent visitors to Food for People’s Mobile Produce Pantry in Hoopa tried tastes of this Nettle and Wild Onion Soup.

Have you ever received a food that you had no idea how to prepare? Perhaps it was in a CSA farm box, at a produce pantry, or gifted from a friend’s garden. Hopefully, you learned how to cook it, but maybe you felt overwhelmed while that ingredient wilted away in the fridge. We’ve all been there.

Oftentimes, while distributing produce, we get questions about ingredients that are uncommon in the Standard American Diet: parsnips, rutabaga, daikon, kale, chard, and leeks. Those who are familiar with these foods are thrilled to receive them, while others are hesitant, saying something along the lines of:

“I don’t need that green thing, you can save it for someone who knows what to do with it.”

The benefit of having on-site nutrition education at our program distributions is that this moment does not get lost. Relating a leek to an onion, a rutabaga to a potato, and chard to spinach may be enough for someone to feel less intimidated by “that green thing.” More often than not, if we offer information about a food, people will feel drawn to try it for themselves. Nutrition education creates a safe setting for people to explore their curiosity and lean into the unique joy of novelty that many people eating on a tight budget rarely get to experience.

One of my most cherished experiences as the Nutrition Education Coordinator is observing people approach an ingredient with skepticism before courageously tasting a sample and quickly lighting up to express “This is actually pretty good!” My goal is to encourage people to explore foods they might otherwise turn away. If you already like potato soup, you’ll probably like it with flavorful rutabagas and parsnips added in. If you already enjoy pasta salad, you’ll likely think a quinoa

salad with fresh lemon vinaigrette is just as tasty and satisfying. If you already like banana bread, you’ll probably love it when it’s sweetened with dates instead of cane sugar. These are all examples of recipes I’ve shared with our community with great receptivity.

Our Nutrition Education program is a critical element of Food for People’s mission. This program empowers people to explore various foods in ways that are familiar and approachable. More diversity in our diet translates to more diversity in our gut microbiome, which ultimately leads to improved overall health.



How to Cook Winter Squash

Food for People Inc.
43 subscribers

Check out our cooking videos on YouTube at youtube.com/@foodforpeopleinc

One ingredient at a time, we inspire people to branch out, just a little bit, and foster a deeper appreciation for the incredible array of foods available to us.

Become a Full Plate Partner

by David Reed, Development Director

The hunger-fighting work that Food for People does couldn't happen without the support of our community. Hundreds of volunteers lend their hands each month, and even more individuals and organizations support us through charitable giving. **One-third of Food for People's budget comes from local donations.**

In that group of community-minded donors are our 526 **Full Plate Partners** — people who give a set amount every month or every quarter. When I asked a sample of Full Plate Partners why they give monthly, their responses were heartfelt and personal. Here's some of what they shared:

"I give because there's such a need, and I see it every day."

"I taught at College of the Redwoods for 20 years. I saw so many students, including many who were parents, who needed help with food. They were all trying to get an education, trying to better themselves or make a better life for their kids. I give for them."

"Food for People helped me when I needed it. Now, I give to help others. There's nothing more important."

"We support other local groups, but the need for Food for People is very real to us. At home, we eat every single time we are hungry. We give for those who can't."

Why people donate to Food for People is as personal as a fingerprint, but there are also some practical reasons to become a Full Plate Partner:

- The simplicity of having a donation come out of your bank account or credit card and not having to remember "Did I give already?"
- The ability to donate a larger amount, spread over time, than you could all at once
- Helping Food for People to budget, knowing your gift will be there
- Dedication to making a lasting impact over the long haul
- Keeping connected to Food for People's mission as a regular participant.

Full Plate Partners select a donation amount that works for their budget — \$5, \$10, \$25, \$100, or more — and give us a credit or debit card number or their bank information (for electronic bank-to-bank payments). Their donation is made monthly or quarterly until they ask to stop or change the amount. Each January, they receive a summary of all their giving for the year.

To become a Full Plate Partner visit
<http://weblink.donorperfect.com/FullPlatePartners>

Give in the name of a loved one

You can honor a friend or family member by making a donation to Food for People. Simply add a notation to your gift. If you include an address, we'll send a card to let that person know about the donation. It is a great way to celebrate and/or honor the memory of someone you love.

In Memory Of

Anita Goldwasser
April Conant
Bob Achenbach
Brian Hunt
Charlie and Graciela Sears
Cheryl Beers Ash
Dale Callihan
Dex Freeman
Dorina Espinoza
Duane Heinhold
Edward "Buzz" Webb
Edward Webb
Frank Weber
In memory of Bethany
In memory of Celeste
In memory of Jim and Pobble
In memory of my Grandpa
Louis Lucarotti
In memory of my uncle Jon Slaughter
Jean Moody Nemyio Maninger
John and Mina Turley
Joyce Miranda
Kristine Brenneman
Lenny Escarda
Lois Turner
Magdalen Weyhmiller
Marcia Mills
Mark Shaffer
Michael Gompertz
N. Jack Hemmert
Nicholas Motto
Orr Marshall
Patsy Walker
Sue Quast
Tim Cochrane
Vernon Whitney

In Honor Of

Anne Hartline
Babette Bach,
Mateel Community Center
Drew Petersen
In honor of my 73rd birthday
Lisa Bethune
Margaret Lewis
Pam Martin, Food for People
Volunteer on her Birthday
Paula Lacy
Shirley Butler
Sophia Heckman Demant

"In honor of Lewis Litzky. For a man who wants no presents on his 90th birthday but I'm sure would be happy to give to others!"

"In memory of my sister, Helen Laguna. My sister lived in poverty her whole life. Today is her one year deathaversary. This donation is in her honor."



Food for People staff Britt, Matthew and Magnolia at a Mobile Produce Pantry distribution in Rio Dell.

Letter Carriers Food Drive

by David Reed, Development Director

The National Association of Letter Carriers hosts an annual nationwide food drive to “Stamp Out Hunger” in partnership with local pantries and food banks. Saturday, May 11th marked the 32nd annual Letter Carriers Food Drive, the largest single-day food drive in Humboldt County. Residents were asked to participate by leaving donations of nonperishable food items by their mailboxes. Our local Letter Carriers Union worked closely with Food for People and our network of pantries to coordinate the pick-up and delivery of nonperishable food donations throughout the county.

This year, our generous community and hardworking Letter Carriers joined forces to collect **19,877 pounds of food** in Eureka! Donations will continue to come in over the next weekend and pantries around the county are still reporting their donation totals.



Food for People staff Eric and Corey unloading bags of donated food.

The timing of the Letter Carriers Food Drive is critical for many reasons.

- By this point in the year, pantry sites have distributed all of the donations collected during holiday food drives,
- Summer break begins soon when school meal programs are reduced or unavailable, stretching low income families' budgets,
- Overall, the number of people needing food assistance has grown as families and seniors face higher costs for food, fuel, housing, and energy.

Thank you for taking part in Stamp Out Hunger. If you didn't get your blue bag out on May 11th, Food for People takes donations Mon-Fri from 9am-4pm in the donation bin accessed via the alley behind our facility at 307 W.14th Street in Eureka. Pantries across the county also accept donations - a list can be found on our website at foodforpeople.org/pantry-network. Cash donations go even further! Give online at foodforpeople.org/donate.



Volunteers from the California Conservation Corps helped sort through the donations.

Thank you to the sponsors of this year's donation bags: Coast Central Credit Union, Ming Tree Realtors, Ray's Food Place, and LPL Financial. We also want to thank Murphy's Market Cuten, John's Cigars, and Country Club Market for hosting remote drop sites for Letter Carriers. We would also like to extend a heartfelt thank you to Los Bagels and Frankie's NY Bagels for donating food to feed our hardworking volunteers, letter carriers, and staff. Thank you to the Eureka Mall, Rainbow Mini Storage, Ming Tree Realtors, Redwood News, Mad River Radio, KMUD, Eureka Broadcasting, and KHUM for their help in promoting the event. Finally, thanks to National Association of Letter Carriers members, rural carriers, other postal employees, and numerous volunteers for making this food drive possible.



Big thanks to our Letter Carriers - we appreciate you!

Student Volunteers & Interns

College Corps Works to Address Food Insecurity

by Julie Ryan, Volunteer & Direct Services Manager



College Corps fellow Petrita is featured in our new video about the Choice Pantry on our YouTube channel: youtube.com/@foodforpeopleinc

0:57 / 1:15



Each semester, students from Cal Poly Humboldt, College of the Redwoods, and local high schools are tasked by their instructors to seek practical experience at local non-profits. Many sign up for hands-on learning at Food for People. Students work with staff and community volunteers to sort donations, stock food, assist clients at the Choice Pantry, and more.

This year Food for People became a community partner for the College Corps program, a statewide initiative creating paid service-learning internships for student fellows. We were pleased when two College of the Redwoods students, Alfredo Chiñas and Petrita Rodriguez, were matched with Food for People. Alfredo is studying construction technology and working towards getting a contractor's license. His dream is to run a program similar to Habitat for Humanity so that people in impoverished areas can have safe, comfortable homes. Petrita Rodriguez is studying computer information systems and will be transferring to Cal Poly Humboldt in the fall of 2024.

Alfredo and Petrita have worked with staff from different programs, helping with gleaning, mobile produce distributions, and client intake in the Eureka Choice Pantry. As bilingual Spanish speakers, they have made a tremendous impact, doing community outreach and translation so that our services are equitable and accessible for all community members. It has been wonderful having two hard-working, dedicated College Corps members at Food for People. We look forward to participating in the program again.

Food for People has been a stepping stone on the educational path of Cal Poly and College of the Redwoods students for many years. Aspiring social workers in the undergraduate program bring fresh insights from their studies, making for spirited exchanges of ideas and two-way learning. Discussions on food access, food sovereignty, and broader policies instigate conversations and reflections on the role of food banks and other

human services in our society — and remind me of why we do what we do. Nursing program students put core skills into practice such as client confidentiality and respecting individual wants and needs.

High School students also find a spot at Food for People to grow and learn — and get to cite us as one of their first work experiences. Minors are welcome and must have signed consent forms from parents or guardians.

All students learn that a broad cross-section of their community uses Food for People's services and appreciate how we put theory into practice by removing barriers to make it as easy for people to access food.

Most students volunteer for a semester or year, and it is an honor to be a supportive part of their journey. I am always delighted when former interns reach out to let us know they've graduated college and landed their first professional job. We are glad that they had some of their first hands-on experiences with us and that they cultivated a passion for service here.

To learn more about the College Corps program, check out:

- <https://ccbl.humboldt.edu/college-corps>
- <https://www.californiavolunteers.ca.gov/californians-for-all-college-corps/>

To become a student intern or get a student you know involved in volunteering, contact Julie Ryan at volunteer@foodforpeople.org.



Locally-grown kiwis and apples are some of the many fruits that are donated to us through the Gleaning program.



Summer Bounty Means Gleaning – You Can Help!

by Allison Kenney, Local Food Resources Coordinator

As the weather turns from rain and cold to summer sun and longer days, we are preparing for another busy gleaning season here at Food for People. **And we need YOU to help.**

Every year we partner with many local farmers, ranchers, and backyard gardeners to continue to offer our clients the freshest local produce possible. Gleaning is a practice that has been around for centuries and refers to recovering excess crops to divert from the waste stream or compost pile and give to our neighbors in need.

An estimated 52.4 million tons of food go to waste in the United States each year, while an additional 10.1 million tons of crops are left unharvested in fields.

The unpredictability of crop success or failure is a common challenge in agriculture. This uncertainty often results in farmers over planting to account for the unknown and ensure they meet the demands of their business. But, the result can be excess produce left in their fields at the end of a harvest. In a nation where millions struggle with food insecurity, our Gleaning Program offers a solution. We bridge the gap by rescuing perfectly edible local food and delivering it to those in need.

Our gleaning initiative brought in over 48,000 pounds of fresh produce from Humboldt County farms last year! This produce is

collected in a few different ways. In many cases, our dedicated team of volunteers and Food for People's gleaning coordinator head out to farms to harvest leftover produce that would otherwise be tilled in. We also collect unsold produce from farmers' markets and CSA pickups, bringing it back to our warehouse for distribution through our various programs. Some farmers even plant extra crops specifically to donate to our food bank, demonstrating their commitment to nourishing our community.

Here in Humboldt, many people enjoy vegetable gardening or growing fruit trees at home. A unique way to support the food bank that many folks don't know about is by planting a little extra to share with Food for People when harvest time comes around. You can also share some of your fruit tree abundance! We call this project **Plant a Row for the Hungry**, and it's a great way to ensure that people who come to Food for People for assistance are receiving fresh, nutrient-dense, local produce. You can bring your donation of local produce to us at 307 W. 14th St. in Eureka, Monday through Friday from 9am-4pm.

If you need help harvesting from your garden or picking your fruit trees, Food for People may be able to help! Visit foodforpeople.org/gleaning for more information.

Building Connections Across the Community

by Britt Gutierrez, Bilingual CalFresh Outreach Specialist

One of the rewarding parts of my position as the Bilingual CalFresh Outreach Specialist is making connections with people and groups whose primary language is not English and making them feel welcome at Food for People. One example is English Express, which provides free English classes to a varied group of English-as-a-second language learners in Humboldt County. So far we have organized two field trips with English Express to our main facility in Eureka, and we plan to continue offering these visits twice a year.

About 30 families attended the most recent field trip to our building. We gave them a tour of the facility and shared information about our programs. Every family was able to take fresh produce home at the end of their visit and was welcomed to return as needed. The tours are conducted in both English and Spanish, not only so that Spanish-speakers can exercise their English skills, but also so the students who speak other languages can still be included. At this most recent tour, there were students in the group who spoke Hmong, Korean, and Arabic as their first language.

Mary Ann Hytken, the program leader and teacher of English Express talked about the importance of connecting everyone in the community with Food for People,

“There are currently over 3,000 local Spanish speakers who make up a big part of our economy. They work as landscapers, cleaners, fishers, dairy farmers...and still struggle to fulfill their basic needs. They asked for these resources and we responded. I feel honored to be part of the safety net.”

We also hosted a similar-style visit from the organization Paso a Paso, which supports Spanish-speaking families and expecting mothers. Twenty families in the Paso a Paso program visited our Choice Pantry in March. They took a tour of our building, got signed up for services via intake interviews, and did their shopping all in a single visit. A lot of the families are working and still struggle to make ends meet or are ineligible for other government programs.

The goal of these trips is for community members to learn about our resources and to foster a welcoming environment for all. Visitors are always excited and full of questions. It feels great to be able to share our space and show that our doors are open.

Bilingual CalFresh Outreach Specialist Britt Gutierrez leads a tour of Food for People’s main facility for families from the English Express program.



On April 27th, we partnered with the Redwood Regional Center and NorCal Lao Foundation for a food distribution that provided culturally appropriate food to Asian American community members.

Food for People secured culturally important food staples thanks to funding from the Humboldt Health Foundation, and volunteers from NorCal Lao Foundation and Humboldt Lao Community handed out a mix of nonperishable food including locally grown mushrooms and green onions.



Thank you to our Sponsors!



Mission. Food for People is working to eliminate hunger and improve the health and well-being of our community through access to healthy and nutritious foods, community education, and advocacy.

Vision. We envision a community where everyone has access to good quality, nutritious food, understands the consequences of hunger and poor nutrition, and is committed to creating a stronger, healthier Humboldt County.

More. For more information on Food for People and our countywide hunger relief programs or ways you can get involved visit foodforpeople.org.