



SAN FRANCISCO FOOD BANK

For Immediate Release

BAY AREA FOOD BLOGGERS SURVIVE ON JUST \$21 FOR AN ENTIRE WEEK'S FOOD

San Francisco Food Bank's Hunger Challenge yields insights and recipes to help the hungry; leads to major donation by Tyson

SAN FRANCISCO, Calif., Oct. 29, 2008 - What's it like for low-income people struggling to feed their families as food prices skyrocket? Area food bloggers recently found out first-hand, when they agreed to spend just \$21 per person for their entire week's food budget.

The San Francisco Food Bank created the Hunger Challenge, which invited participants to live on the same food budget as an average food stamp recipient - \$1 per meal per person. Six Bay Area food bloggers and recipe developers took the Challenge, which ran from Sept. 21-27, sharing their trials, tribulations and recipes with readers.

In more than 100 pages of posts, the bloggers chronicled the anxiety of shopping with just \$21 in their pockets; told how it felt to give up healthy – but expensive – fresh produce; tried to make tasty, filling meals with limited resources; attempted to explain to hungry kids that some children go to bed hungry every night; and were surrounded by tempting food they couldn't begin to afford.

One blogger, Amy Sherman, of Cooking with Amy (www.cookingwithamy.com), also sent out Twitter messages about her experiences. One of her “tweets” was picked up by Ed Nicholson, Director of Community and Public Relations for Tyson Foods, Inc. As a result, Tyson offered to donate 200,000 pounds of high-protein foods to Bay Area food banks. San Francisco Food Bank's share of the donation – 35,000 pounds of chicken – arrives today.

Fifteen budget recipes with photos, links to the participating bloggers and more information about the Hunger Challenge are available at www.HungerChallenge.com.

Participating bloggers were:

Amy Sherman, of Cooking with Amy (www.CookingWithAmy.com)

Genie Gratto, of The Inadvertent Gardener (www.theinadvertentgardener.com)

Faith Kramer, of Blog Appetit (www.clickblogappetit.blogspot.com)

Vanessa Barrington (<http://vanessabarrington.typepad.com/>)

Lisa Barnes, who contributes to Organic To Be (www.OrganicToBe.org)

Gayle Keck, of BeenThereAteThat (www.BeenThereAteThat.com/blog)

About the San Francisco Food Bank

900 PENNSYLVANIA AVENUE, SAN FRANCISCO, CA 94107

Telephone: (415) 282 1900 Facsimile: (415) 282 1909 www.sffoodbank.org

Member, America's Second Harvest—The Nation's Food Bank Network

Hunger is a serious problem in San Francisco – with 1 in 4 children and 1 in 5 adults at risk of hunger. Every day, the San Francisco Food Bank sources, collects, sorts, inspects and repackages thousands of pounds of food, then distributes it to soup kitchens, neighborhood grocery centers, school programs and seniors in need.

The San Francisco Food Bank serves 125,000 people, and in the past year distributed 31 million pounds of food to the community – enough for 66,000 meals every day. For more information, visit www.SFFB.org.

Contact: Gayle Keck, San Francisco Food Bank
Cell: 415-846-7356