



give & take

Fall 2006

Volume 18, No. 5



150th Pantry Opening a Grand Celebration

Fresh fruit, vegetables available for families
in Bayview/Hunters Point

BY JEFF GILLENKIRK

Chicken with mushroom over rice, salad with arugula, lettuce, summer squash and cucumbers, fresh fruit salad, banana bread squares and raisin bread aren't your normal after-school snack. But Tuesdays aren't just any old days at Bret Harte Elementary School in Bayview/Hunters Point: they're Healthy Children Pantry day at the Food Bank's 150th neighborhood pantry.

On the second Tuesday of September, children, families, volunteers, school officials and Food Bank representatives celebrated the opening of its 150th neighborhood pantry with a spirited celebration at Bret Harte Elementary. The special snacks prepared by school volunteers featured food donated by the Food Bank. Other volunteers handed out apples, cabbages, onions, potatoes and other healthy foods in the foyer of the well-scrubbed school, under the watchful eye of news crews from Channels 2, 5, 7 and 48.

Meeting a Growing Need for Food

"Tell the Food Bank's donors it definitely helps," said Vidrale Franklin, principal of Bret Harte Elementary School. "We started with about 65 families and had 120 here last week. Next week we'll probably have more. Word is getting out. People who come here obviously need it."

The "farmers market"-style food pantry at Bret Harte brings wholesome, healthy food to a neighborhood that until recently has had a serious shortage of markets selling fresh fruits and vegetables. In addition to arranging the available food in baskets on attrac-



Bret Harte student samples snacks at the Food Bank's 150th pantry opening.

JENNIFER LORING

tive table cloths, each week volunteers prepare dishes for the pantry using foods from that week's delivery from the Food Bank.

"We got some bananas this week that came in really ripe, so we used them to make banana bread for the kids," explained "Grandma" Duty, a daily volunteer at the school who gives out as many hugs as apples. "Nothing gets wasted."

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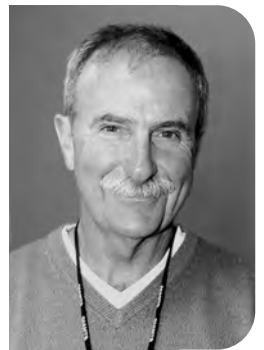
FIRST PERSON SINGULAR

WORKING TOGETHER TO FEED PEOPLE IN NEED

BY TOM NOLAN, PROJECT OPEN HAND

**Every week more
than 1,200 Project
Open Hand clients**

living with HIV/AIDS come to our grocery center at 730 Polk Street to pick up a week's worth of groceries. One of my favorite aspects



of working at Project Open Hand is the opportunity to connect with clients when they come through our doors. When I think about how many people living with HIV/AIDS visit 730 Polk Street every day, I'm thankful that many of our clients are living healthier, more mobile lives thanks to the food they receive. It also reminds me how essential the San Francisco Food Bank is to our work.

Project Open Hand's relationship with the Food Bank began when we opened a grocery center in 1991 for people living with HIV/AIDS, which had previously been operated by the San Francisco AIDS Foundation. Since then, the Food Bank has been a vital resource—just last year, they supplied us with over *one million pounds* of food. Food Bank representatives understand us so well, they are able to anticipate the types of food that work well in our grocery bags, and

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The Year of the Individual Donor

Dear Friends,

Many of our supporters are surprised to learn that more than half of our funding comes not from foundations or corporations, but from people like you. We rely on the contributions of more than 18,000 individual financial donors—in addition to the thousands of people who donate food, advocate for better government policies and volunteer their time.

To a degree unheard of in any other country, charitable giving is part of the fabric of our society. Our culture of giving knows few boundaries when people know their money is going to good purpose. We see gifts from people who are wealthy, poor and everywhere in between. People of every political persuasion. People of all ages, races, faiths and ethnic backgrounds.

During special events like Food From The Bar, we're fortunate to receive generous donations from law firm partners as well as their support staff. And every once in a while, I'll get a holiday card with a note of thanks and a modest contribution from someone who received food assistance during the year. Although we are always moved by the generosity of our biggest donors, these small gifts are just as meaningful.

Over the years, I've learned that the reasons for

giving are just as diverse as our donors themselves. Some of us give because we feel a moral obligation to help others. Some of us view our donation as an investment: we give to help low-income children enjoy a brighter future. Some of us give because we don't have time to volunteer. Others of us give as an expression of our belief that poverty has no place in America.

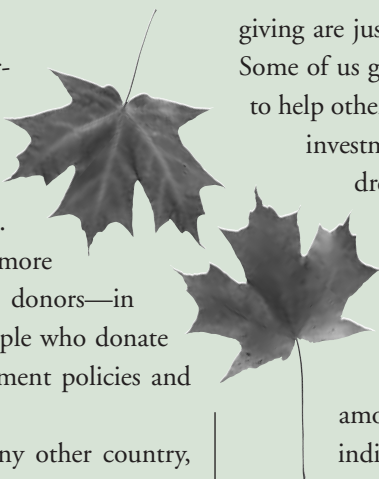
Regardless of your reasons or the amount of your gift, all of the Food Bank's individual donors share one thing—you are active participants in the fight against hunger. We rely on your partnership for each and every meal we provide to 118,000 of San Francisco's most vulnerable residents.

The Food Bank takes your philanthropy seriously. We know that along with your monetary gift comes the expectation that we use your contribution efficiently and effectively. I believe we have done that. The need, however, is still there, so during this year of the individual donor, we will be asking you once again for your help. And once again, your donation will make an enormous difference.

Sincerely,



Paul Ash, Executive Director



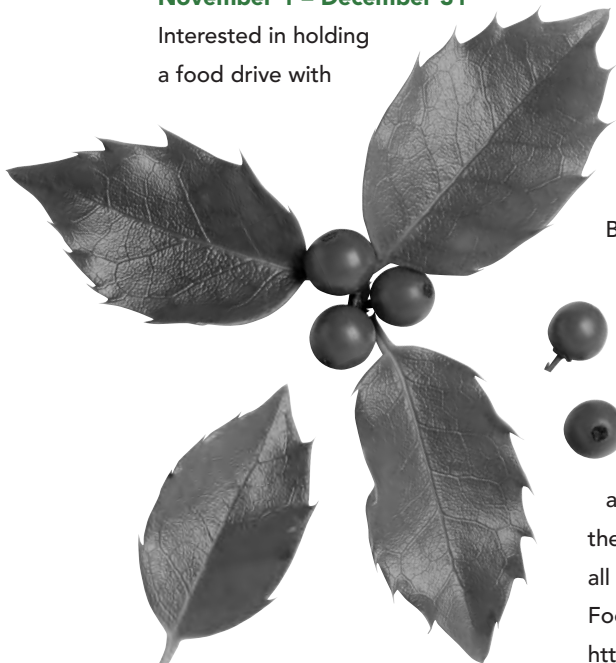
HOLIDAY FOOD DRIVES & EVENTS

**Golden Gate Hunger Walk
Sunday, October 22**

Join this community event to raise awareness and funds to fight hunger! Fifteen percent of the funds raised will go to the San Francisco Food Bank. Register online at www.cropwalksf.org.

**Bring Hope to the Table
November 1 – December 31**

Interested in holding a food drive with



your family, company, school or community group? Call the Food Bank at (415) 282-1900 or visit www.sffoodbank.org for how to help.

SF Schools: November 1-22

Send a child to school with a can of food during the month of November; over 100 schools in San Francisco will be collecting non-perishable food for the Food Bank.

**SF 49ers Tackle Hunger
Sunday, November 19**

Tackle hunger with the SF 49ers. Bring non-perishable food to the game on November 19.

**San Francisco Thanksgiving
Run & Walk for the Hungry
Thursday, November 23**

Runners and walkers race against hunger. Five dollars of the entry fee and 100 percent of all pledges are donated to the Food Bank. Register online at <http://www.peopleevents.org/>.

Coming Soon:

- Macy's Thanks for Sharing
- KGO Turkey Tally
- Feed a Family Day
- ABC7/Safeway Holiday



Visit www.sffoodbank.org for more information about these food drives and events!

Holiday Gift Idea

Need a holiday gift idea?

Be a "Chef for a Day" with Kuleto's master chef Robert Helstrom, plus a gourmet lunch for two and a Kuleto's cookbook! Go to www.sffoodbank.org for more information.

FIRST PERSON

(continued from page 1)

what our clients will like. That commitment means a lot, as we distribute over 11,000 bags of groceries a month—and almost 130,000 bags a year.

Food for Strength

Every bag of groceries at Project Open Hand includes foods necessary for a healthy diet: proteins, fresh fruits and vegetables, grains and dairy products. They contain the ingredients that clients can use to put together or enhance nutritious meals. Each meal gives our clients the strength they need to build up their immune systems, withstand grueling drug treatments, feel better and stay healthy.

Much of what fills our grocery bags comes from the San Francisco



Make Mine Electronic!

Please take a moment and sign up to receive your *Give & Take* newsletter via e-mail. You will get up-to-date information about Food Bank activities and developments, volunteer opportunities, interactive hunger quizzes and more, delivered directly to your Inbox every two months in the colorful electronic version of *Give & Take*. You can also forward it easily to family, friends and others who want to help. Going electronic means we can spend less money on paper, printing and postage and more on providing food for people in need. It's also the most convenient way to keep you informed on how your support is helping us fight hunger in San Francisco. Sign up for *Give & Take Online* by going to www.sffoodbank.org/subscribe.html



Food Bank at costs that maximize our budget. Each bag costs Project Open Hand just \$6.80—and has a retail value of over \$70!

Meals with Love

I've been the Executive Director at Project Open Hand for twelve years, and I've witnessed the positive impact of nutrition in the lives of those we serve and the profound meaning of giving food to someone who needs

it. Our mission is simple—we provide meals and groceries to people in need, and we do so with love. We thank the San Francisco Food Bank for its essential role in making the fulfillment of our mission possible.

Tom Nolan is executive director of Project Open Hand, which provides nutrition services to people living with HIV/AIDS and other critical illnesses, and to seniors. To learn more, visit www.openhand.org. ♥

Follow the Money

How the San Francisco Food Bank Turns Every \$1 Donated into \$9 of Food

When you give to the San Francisco Food Bank, your money has a powerful impact. Thanks to our close relationships with produce growers, grocery stores, food processors and the America's Second Harvest Food Bank network, we're able to leverage the value of each dollar you donate by collecting food in bulk and at low cost. Our volunteers provide the work of 30 full-time staff members, receiving, sorting, packing and shipping more than 25 million pounds of food and holding down costs.

The food leaves our warehouse and moves through 11 direct service sites and nearly 500 human service organizations—schools, shelters, churches, synagogues, soup kitchens—feeding

\$\$\$

Your Donations

Over 97% of each dollar donated goes directly to food distribution.



Donated Foods

Food donations and bulk-buying turn every \$1 you donate into \$9 of food.



San Francisco Food Bank



Food Distribution

SFFB works with nearly 500 human service organizations across the City to deliver food to children, seniors, working families and the homeless.



SFFB directly distributes approximately 180,000 pounds of USDA-provided food at 11 sites each month.

programs such as Healthy Children Pantries, our After-School Snack Program, seniors' Brown Bag lunches, Emergency Food Boxes and much more.

Last year, the San Francisco Food Bank helped serve nearly 118,000 people in need. And none of this would happen without you. Thank you. ♥



150th Pantry

(continued from page 1)

The Food Bank began its “farmers market” neighborhood pantry network in 1998, and has opened 18 new sites just in the past year. Twenty-three of these pantries are Healthy Children Pantries like the one at Bret Harte, providing food weekly to families with children at schools and programs offering childcare, parenting classes or other family-oriented services. The other 127 are spread throughout the city serving seniors, families, children and homeless individuals from the Sunset to North

Beach, the Richmond District to Hunters Point. With the continued help of its supporters, the Food Bank plans to eventually operate 190 food pantries in the fight to end hunger in San Francisco. ♥



JENNIFER LORING



JENNIFER LORING

Volunteers put out a welcoming spread for the opening of the Food Bank's 150th pantry.

kid's corner

SNACK TIME!

SFFB Provides Thousands of Kids with Healthy Snacks

BY CHRISTINA SUNLEY

What's the favorite snack of children today?

An informal poll conducted at a Tenderloin after-school snack program revealed no clear trends. Answers ranged widely—and wildly.

“Crackers!” shouted one nine-year-old girl with a bright pink knapsack.

“No, cherries!” countered another.

“Crackers—”

“—cherries!”

Oranges, bananas, yogurt and juice were other popular choices. But when one boy offered up “hot chips,” he was quickly voted down.

“We have to ‘X’ that off the list,” a little girl informed the group. “NO HOT CHIPS!”

Indeed, a sign on the wall behind her clearly stated the rules: *No hot chips. No soda. No candy.*

These low-income children, mostly from Vietnamese, Cambodian and Chinese families, attend the Indochinese Housing Development Corporation's after-school snack program, featuring healthy snacks provided by the San Francisco Food Bank. Each day, about 50 kids arrive from nearby elementary and middle schools. Outside is the harsh world of San Francisco's Tenderloin. Inside, these children find a haven where they can romp in a safe playground, do homework, play computer games—and eat a free, healthy afternoon snack.



Through the After-School Snack Program, the San Francisco Food Bank supplies nearly 100,000 healthy snacks to low-income children across the city.

Today's snack consists of juice, cheddar cheese crackers and the ever-popular string cheese, which the kids peel into tantalizing spaghetti-like strands. This site is one of 40 across San Francisco, part of the new federally-funded After-School Snack Program coordinated by the City's Department of Children, Youth & Their Families. The San Francisco Food Bank was selected to be the program's sole food vendor. Last year, we supplied more than 95,000 snack servings to low-income children throughout San Francisco.

“Snacks give kids energy to get through the afternoon, helping them to concentrate on homework, and keeping them from getting tired and cranky, which can lead to behavior problems.”

San Francisco's After-School Snack Program expands the school-lunch program for low-income students by providing healthy after-school snacks. According to Libby Albert, the City's Child Nutrition Coordinator, afternoon snacks are critical for young children. “Snacks give kids energy to get through the afternoon, helping them to concentrate on homework, and keeping them from getting tired and cranky, which can lead to behavior problems.”

Of course, the content of the snacks needs to be healthy in order to positively impact children's performance—and that's no easy feat in today's junk-food-riddled environment. The After-School Snack Program is a step in the right direction. “One result of this program,” says Libby, “is that kids are starting to replace junk food with healthier choices.”

In other words: *No hot chips. No soda. No candy.* ♥

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Corporate Sponsors partner with the San Francisco Food Bank in ending hunger by making a special donation to the Food Bank's distribution programs. Additionally, corporate sponsors commit to fundraising, contributions and volunteer programs year-round. For more information on corporate sponsorships, please contact Catherine Homsey at chomsey@sffb.org.

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Breadwinners is a list of donors who have made gifts of \$1,000 or more to the San Francisco Food Bank from May 1 through August 31, 2006. Their generosity enables us to distribute millions of pounds of nutritious food annually. Many thanks to all those listed here and to everyone whose support helps us to provide food to people in need.

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Meal-a-Month

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Meal-a-Month

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With only a few months left in 2006, the San Francisco Food Bank offers donors the perfect opportunity to provide food to needy individuals and families while possibly reducing their taxes. This holiday season, when you think about making a charitable gift to the San Francisco Food Bank, consider donating some appreciated shares of securities or stock.

If you have owned the stock for more than a year, you may deduct its full fair market value as a charitable contribution and bypass all capital gains taxes. Please consult your financial advisor to determine if a donation of appreciated stock or securities is the best strategy for your charitable giving plan.

For instructions on how to donate stocks or securities, please call our Development Department at (415) 282-1900 or complete the online donation form at www.sffoodbank.org. Just click on the "other donation option" button to go directly to the security donation form.

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