

NURISH

Placer Food Bank's Quarterly Newsletter
Providing Hunger Relief in El Dorado, Nevada, and Placer Counties

Summer 2018

THANK YOU FOR FEEDING MY FAMILY WHEN TIMES WERE TOUGH

Hello. My name is Sophia, and I'm here to get food with my daughter, Zoe, because our family has been going through a tough time.

A couple of years ago, my husband was in a really bad car accident. He's self-employed and I've been a stay-at-home mom. During that time, I also tore my ACL and was on bed rest for two months. It was such a hard time for us between his accident and my injury. That's when I first went to a food bank to get help.

Since that time, he's had to sell all the trucks he used for his business in order to sustain us. It was hard to recover from. We're getting things back together now, but it's not easy. If he's sick and can't go to work, then we don't have any income coming in.

I LOVE GETTING PRODUCE

Coming to the food bank meant a lot to us back then, and it's helping us out when we're short on food now. I love getting the produce because that's so expensive in the store. We've also appreciated getting the lactose-free items that we need. We cook all our meals, and Zoe and I like to bake our own breads.

Things are looking up for us, and I think we'll be back on our feet soon. We have a home we're renting to own, and I'm in school so I can go back to work when Zoe goes to kindergarten.

I'm just so grateful to Placer Food Bank and the people who support it. You've made such a difference in our lives, that it makes me emotional to talk about it. It's such a scary thing to be totally fine financially one minute and then suddenly have to worry about paying the rent and the car payment and, scariest of all, provide enough to eat. You've saved us a lot of times when we just didn't have, and I'm very grateful.



Sophia and her daughter like to bake bread together. They especially appreciate the fresh produce.

"YOU'VE SAVED US A LOT OF TIMES WHEN WE JUST DIDN'T HAVE, AND I'M VERY GRATEFUL." – Sophia



Kambree volunteers with her husband and children at the partner agency where they once received food.

VOLUNTEER SPOTLIGHT

GRATEFUL TO RECEIVE AND TO GIVE BACK

When Kambree Smith first came to the Bridgeway Church Food Closet, one of our partner agencies, it was because her family needed food. A change in her husband’s job put the family in a difficult situation, and for three years, Kambree came to get food assistance. “It helped relieve some of the stress because of our extra costs,” remembers Kambree.

Today Kambree and her husband, as well as their children, give back by volunteering during summer break. “They enjoyed being blessed by getting food, but I think they even enjoy serving more,” says Kambree. “It’s nice to be able to work together as a family and for them to learn how to give. You want your kids to learn what joy you get out of being part of something — that it’s just so wonderful to give.”

ENCOURAGING WORDS FROM OUR EXECUTIVE DIRECTOR

We have some wonderful news to share in this newsletter about the way your support is helping us to expand our ability to source and distribute fresh food, produce and other staples to families in El Dorado, Nevada, and Placer Counties. Expanding our warehouse by another 12,500 square feet may not sound exciting, but when that translates into providing a larger quantity of healthier, fresh food for our neighbors who are struggling, we couldn’t be more excited.

I just want to thank everyone who makes this food distribution possible. I’ve volunteered before, and I know what it takes to provide this help. I think people have a lot of community spirit here and want to help others. It’s appreciated by all of us. Without the Food Bank, we’d have pretty empty cupboards.



Gratefully,

Dave Martinez
Placer Food Bank,
Executive Director

UPCOMING EVENTS

SEPTEMBER IS HUNGER ACTION MONTH

Hunger Action Month, 09/01 - 09/30

Food is a basic human right. Yet programs and policies that work to end hunger are continually under attack. That’s why every September, Placer Food Bank and other Feeding America food banks across the nation stand together during Hunger Action Month to spread awareness about hunger and work toward solutions.

How can you get involved? So glad you asked! Whether by spreading awareness about hunger in your community, volunteering, or adding your voice to our advocacy efforts, any way you pitch in will help make this year’s #HungerActionMonth the most powerful yet.



DRIVE OUT HUNGER

Drive Out Hunger - 3rd Annual Turkey Drive, 11/09

This Thanksgiving the community is coming together to help families who are struggling and lack the resources to have a Thanksgiving dinner. From 7am to 2pm, you can drop off your frozen turkey or monetary donation at the Roseville Automall (700 Automall Drive). For Drive Out Hunger Sponsorship opportunities and for more information about how you can help, please contact Diana Yruegas, Community Engagement & Marketing Manager at diana@placerfoodbank.org.

AN OPPORTUNITY TO ENCOURAGE OTHERS

The approximately 80 to 90 families who come to the weekly distribution receive fresh produce and other fresh foods, meat, bread and other staples. Volunteers like Kambree help them take food to their cars. The atmosphere is friendly, and the client choice food closet is set up to make people feel welcome.

Kambree came back to volunteer because she says she missed the camaraderie of the people she met while receiving food. "I really enjoyed talking to people and the fellowship that's here. I enjoy hearing people, what their issues are in life and trying to encourage them," says Kambree.

Around 95 percent of the food they distribution comes through Placer Food Bank. To those who support the Food Bank, Kambree says, "I definitely see them as an instrumental part of this happening. People are very grateful and overwhelmed by the love — what they're getting and the service. I want them to know that people are really truly blessed by it."

**"PEOPLE ARE VERY GRATEFUL AND
OVERWHELMED BY THE LOVE – WHAT
THEY'RE GETTING AND THE SERVICE."**

– Kambree

WAREHOUSE UPDATES

**YOUR SUPPORT IS
HELPING US EXPAND
TO FEED MORE
HUNGRY FAMILIES**



The recent expansion of our warehouse space is changing the way we handle food distribution. Before the expansion, we were working in about 10,000 square feet, renting extra spaces around the complex to store additional food. With this expansion, we've brought all of that under one roof with 30,000 square feet of space.

Along with increasing the amount of food we're distributing, these are some of the other benefits:

- Our volunteers are able to check in and walk to an area that is organized specifically for volunteers to do their work.
- We have a separate agency loading dock, so partners can come to pick up their food orders without getting in the way of trucks that are also delivering food.
- With increased storage capacity, we don't have to decline any food donations because of lack of space.
- Our racking system is being updated to allow us to efficiently organize our warehouse for minimal moving of food products.
- We're streamlining the process to make the most of everyone's time and create a safe working environment.

Jorge Lupercio, Placer Food Bank Director of Operations, manages the new space. He recently came out of private industry to work in food banking. "The biggest thing that stands out to me is how great the need is in El Dorado, Nevada and Placer Counties. Placer Food Bank is feeding about 77,000 people a month," says Jorge. "Moving forward we have to ask: how can we make everything more efficient in order to serve more people? Not only the people that we serve now but extending the food distributions to reach others who also need our help."

Your support is helping us expand our space and fill our warehouse so can meet the hunger needs in this community. Thank you!



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YOUR SUPPORT TODAY HELPS FAMILIES GOING THROUGH TOUGH TIMES

Many working families live on tight budgets. Although they're providing for themselves, there just isn't any margin for a financial hit like a high medical bill, the utility cost of a long winter, loss of work or increasing rent. When these kinds of events hit, purchasing healthy food or enough food feels like a luxury.

Robin is one of those working parents who comes to our partner agency in her community to receive food only when she needs the help. That's particularly hard in the winter, when there's less landscaping work. Trying to make her house payments and feed her family has been a struggle. "My biggest challenge is not being stressed out — making sure there's enough food and that the kids are happy," says Robin. "I like to come and see the people here. They're always so nice, and the fresh produce is good. It makes me feel better."

Over the years, Robin fed a lot of teenagers — not just her own children, but their friends as well. "Everyone who came through my house left a better person," says Robin. Now that most of her kids are grown and doing well, the food Robin receives helps provide for her last child at home and any other family who come by to eat when they're in need.

"I don't even know how to say thank you," says Robin. "I couldn't have done it without the Food Bank."

For over 45 years, Placer Food Bank has been there to provide nourishing food for families like Robin's, and your support is at the heart of our ability to help nearly 80,000 people every month. Will you take a moment today to bring food and hope to a family who is struggling through tough times? You can return the enclosed donation envelope or give online at placerfoodbank.org. (<https://secure.qgiv.com/for/pfbn>) Remember, every \$1 you give provides 3 meals. Thank you!



"I COULDN'T HAVE DONE IT WITHOUT THE FOOD BANK." – Robin