

# NURISH

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

| Winter 2018

## YOU HELP ME PROVIDE HEALTHY FOOD FOR MY FAMILY

I'm Heather. We have four boys — from age 2 to 18. My husband works two jobs, so we don't qualify for any assistance. But the truth is, we're barely getting by. We can pay our bills, but not much else. Trying to get everything paid and purchase healthy food is a constant juggling act for us.

A few years ago, we lost some income, and we were struggling to buy groceries. I put a request out on the Good Neighbors social media page asking if anyone had food that was going bad saying I'd pick it up that day. I had such an overwhelming response from people. We got a lot of fresh produce because people had extra from their gardens.

Then I learned about the Placer Food Bank Farmers Market distribution. I started coming down here and it's been great! My husband gets paid once a month, so that last week of the month is always hardest. That's when this distribution happens—just when I'm wondering how we're going to put dinner together for another week. The food we get here helps us get through.

### I LOVE THE LOCAL, FRESH PRODUCE

When we run out of money, healthy food is the thing we give up first because it's so much more expensive. I love being able to get such fresh, healthy food here. Usually, I take it home and make a big stew in the crockpot.

Our boys play sports and so they eat a lot. During the school year, they get reduced price meals. But during the summer and holidays, it can be tough to provide breakfast, lunch and dinner for four boys every single day!

I just want to say a huge thank you to the people who support Placer Food Bank. You're helping our family so much. I know some of the produce is grown locally. Being able to get these fresh fruits and vegetables is wonderful, and I'm so thankful!



Steve and Heather get bags of free fresh produce at our monthly Farmer's Market.

**"When I'm wondering how we're going to put dinner together, the food we get here helps us get through." - Heather**





Lizette says she sees the impact fresh produce makes on the families who come to the Farmers Market.

## VOLUNTEER SPOTLIGHT

### I WAS HELPED AS A CHILD. THIS IS MY OPPORTUNITY TO GIVE BACK.

Early in the morning, Lizette and other volunteers arrive with the Placer Food Bank truck at a local park to set up for the monthly Farmers Market. They unload and prepare bins of fresh vegetables and fruit, as well as a few staples, like peanut butter and canned chicken.

"It's so rewarding, like a different kind of paycheck—you get to see what kind of an impact you're making in people's lives," says Lizette. She began volunteering when she moved to the area and wasn't working and shares "I love helping at the Farmers Market and getting to talk to the people we're helping."

Lizette knows from personal experience the impact food assistance can make on a family who is struggling. She was 8 years old, when her family emigrated from the Philippines. Her mother was pregnant and only her father had work. "Getting food assistance was a big helping hand to our

## ENCOURAGING WORDS FROM OUR EXECUTIVE DIRECTOR

With school back in session, we've started up the Backpack Program again. This program, along with our School Pantry Program, is helping ensure at-risk children have enough to eat on days they don't have access to the free and reduced-price school breakfast and lunch.

I want to take a moment and say a special thank you to the hundreds of volunteers like Lizette who support us in so many ways by giving of their time, talent and energy. Programs like our Farmers Markets and Backpacks wouldn't be possible without so many of you showing up week in and week out to pack bags of kid-friendly food or hand out fresh produce.

Whether you donate food, funds or time, as you read the stories in this newsletter, I hope you get a glimpse of the impact your gifts are making for families who are struggling in our community. We are so grateful for your faithful and generous commitment; you're helping bring the freshest food possible to the families we serve.



Gratefully,

Dave Martinez  
Placer Food Bank,  
Executive Director

## UPCOMING EVENTS

### Recap on Drive Out Hunger

We had our most successful Drive Out Hunger Turkey Drive yet!! That's thanks to support from our volunteers, partner agencies, corporate partners and community members. For families who struggle to put food on the table, the holidays can bring more sadness than joy. We set out with a goal of being able to give 6,000 turkeys to families in need. You helped us bring more meals and hope to hungry families in our community. To date we have collected 5,773 turkeys' and we are still receiving more donations every day. From the Placer Food Bank family, we want to send a very grateful Thank-You to all of our Drive Out Hunger Sponsors: Roseville Automall, MOD Pizza and Jack's Urban Eats, Nugget Market, First Tech Credit Union, CBS13/KOVR/GoodDay, Consolidated Communications, Inc., The Club Veterans, Ashton & Price, LLP, Enterprise, Kaiser Permanente, Roseville Grocery Outlet, FoodJets, BigGreen IT, Bayside Church, Blast Analytical & Marketing, and Flores & Associates.

*Wishing you a Happy Thanksgiving...*

### Roseville Holiday Food Basket Program

We are currently accepting applications from Roseville residents who are in need. In partnership with the Roseville Lions Club, many other community groups and volunteers, groceries will be delivered to the homes of 500 families on Saturday, 12/22/18. If you know of someone in Roseville who could use a little extra help this holiday season, please share information about this program with them. Applications are available on our website at [www.PlacerFoodBank.org](http://www.PlacerFoodBank.org) or at our office which is located at 8284 Industrial Avenue, Roseville 95678 (open Monday – Friday, 8am to 4pm).

For any additional questions, please contact us at [info@PlacerFoodBank.org](mailto:info@PlacerFoodBank.org) or 916-783-0481 x100.





family," says Lizette. "When my mother was able to go to work, things got better. But it was engraved in my mind that giving back was important. I've been very blessed in my life, and now it's my time to give back."

## THE VOLUNTEERS ARE LIKE FAMILY

Along with getting to meet the families and seniors who come out to receive fresh produce, Lizette says she also appreciates the camaraderie among the volunteers. "My first day here, all the volunteers were very welcoming. It's like a family," says Lizette.

She also has a message for those who provide the financial contributions. "I'm just really grateful that they're willing and able to do this. If you could see what we see, the people you help with your generous contributions, it would continue for a long time," says Lizette. "This is something that is beyond politics, beyond anything. It's giving back to others."

*We rely on the hard work and friendly spirit of so many faithful volunteers like Lizette. They help us distribute as much fresh food as possible to neighbors in need like John, who shares his story below. If you'd like to join our family of volunteers, visit us online at [PlacerFoodBank.org](http://PlacerFoodBank.org) or email us at [Volunteer@PlacerFoodBank.org](mailto:Volunteer@PlacerFoodBank.org)*

*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."*

**"I'VE BEEN VERY BLESSED IN MY LIFE AND NOW IT'S MY TIME TO GIVE BACK." – Lizette**

## CLIENT STORY

### THANK YOU FOR PROVIDING FOOD FOR MY FAMILY WHILE I GET BACK TO WORK

My name is James. I worked as an industrial plant technician and a laser technician for many years. But I had an accident that left me disabled. Since that time, I've gone back to school and I'm trying to get back to work to provide for my family. Being able to come to this food distribution means I don't have to worry about my family going hungry while we're in this transition.

My son is in high school, and my wife is dealing with a medical condition that may be serious. Because money is so tight, I'm very concerned about making sure my family has access to healthcare and a safe place to live. When we need gas for the car, I'll pick up recycling.

We wouldn't be able to make it without the food we get here. It's a huge help. My son used to be a picky eater, but he knows we can't only get the things he likes. He enjoys the snack items I get here, and my wife and I love the salads and vegetables. We've been able to get meat that we wouldn't be able to afford, and we've also had the chance to try new foods. Even my son has enjoyed some of those meals!

### THE FOOD HELPED US HAVE A SPECIAL HOLIDAY MEAL

During the holidays, getting a turkey was a big help. I have an older daughter and a cute little granddaughter too. The food we got meant we were able to have a holiday meal with them and provide enough to eat when they came to visit.

I want to say thank you for distributing this food in a way that meets the needs of people. I've spoken to many people here that wouldn't have food if it wasn't for Placer Food Bank. Thank you for everything you do to provide this.



The food James receives from our partner food pantry means he doesn't have to worry about his family going hungry.



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## GET CONNECTED!



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Want **NOURISH** delivered by email?

Contact us at [DonorRelations@placerfoodbank.org](mailto:DonorRelations@placerfoodbank.org)

or 916.783.0481 x 100

## YOUR GIFTS WILL HELP FAMILIES IN NEED HAVE HEALTHY FOOD

Imagine walking into a grocery store with \$50 to purchase food for your family for the week. You want your kids to have healthy meals, but you need to fill their bellies. If you purchase fresh fruits and vegetables, there just won't be enough for everyone to feel satisfied.

Families like Michelle's have to make these choices every week. When her daughter Bella lists the foods she likes she says, "I like lettuce and carrots. I like apples and oranges and 'nanas and purple cherries! It makes me feel better."

For Michelle, purchasing the fresh fruits and vegetables her daughter Bella enjoys is difficult when Bella's father only has intermittent work. Coming to the distribution at our partner agency helps them get the healthy food they need. "Here they give you healthier food than what you actually can afford at the store," says Michelle. "We're grateful because the food we receive helps us eat healthier, and we can make sure Bella stays healthy."



## EVERY \$1 YOU GIVE PROVIDES 3 MEALS

At Placer Food Bank, we're committed to providing the healthiest food we can to the families we serve. But for us, the healthy foods, which require refrigeration, can also be costlier to store and distribute. This year, we're committed to providing thousands of pounds of fresh produce to families like Michelle's and the more than 70,000 people we serve every month.

Plain and simple, we can't do this without your support. Will you take a moment today to help us provide fresh produce and other staples to families who are struggling? You've heard from so many grateful parents in this newsletter. We ensure every donation you give is used wisely — in fact for every \$1 you give can provide 3 meals. You can return the enclosed donation envelope or give online at [PlacerFoodBank.org \(https://secure.qgiv.com/for/pfbn\)](https://secure.qgiv.com/for/pfbn) Thank you for giving, and for caring!!

**"WE'RE GRATEFUL BECAUSE THE FOOD WE RECEIVE HELPS US EAT HEALTHIER." – Michelle**