In this Issue

Offering a Hand  Pg. 5
Our Hunger Fighter Heroes  Pg. 6
Nutrition for All  Pg. 9

We feel it’s important to keep you updated on our programs, policy work, and the progress we are making at the food bank.

If you do not wish to receive a newsletter, please don’t hesitate to contact us and have your name removed from our newsletter mailing list.
Notes From the Director

The Impacts of a Shutdown

By Anne Holcomb

I’m hoping that by the time you read this the government shutdown will have ended and hundreds of thousands of government workers, some of whom have continued to work and others who have been shut out of their offices, will have received their paychecks and back pay. Our hearts go out to all those who are dealing with the enormous stress of not knowing how they are going to pay their rent or mortgage, put gas in the car (or make a car payment), cover medical and/or childcare costs and put food on the table. And in addition to the immediate impacts, we know all too well that there are ripple effects when one or more branches of the government or business community are not functioning as expected. That’s what “business as usual” looks like for the food bank, because we are often the first place people turn to when a financial crisis turns a household upside down. As always, we want to do everything we can to help individuals and families impacted by the shutdown, because that’s what we do, but this time around, we’re also concerned about disruptions in the flow of food to our food bank.

As the shutdown has stretched over several weeks, Food for People has focused on how we can respond and what resources will be available to us. This sort of crisis raises particular concerns because 18% of the food we distribute annually comes from USDA through the commodities program, and we know that many of the people we serve also rely on other government food assistance programs such as CalFresh/SNAP, WIC, CSFP, school meals, etc. Let me share a few of the details from the update we received through USDA. Please note that I have summarized the details for the sake of brevity:

**Nutrition Assistance Programs under a Lapse in Appropriations**
Notes from the Director Continued

**Child Nutrition Programs**

The school meal programs and the Child and Adult Care Food Program (CACFP), which provides funding for after-school snacks and supper programs, have funding to cover program operations for the month of January. USDA will provide an additional two months’ worth of funding, consistent with the standard practice of funding these programs on a quarterly basis.

**Supplemental Nutrition and Safety Programs**

WIC has the resources to cover projected State expenditures for March. USDA/FNS (Food and Nutrition Services) has identified an additional $350 million in unspent prior year funds to allocate at a later date.

Food deliveries planned for February for the Commodity Supplemental Food Program (CSFP), which serves seniors age 60+ (Food for People has a caseload of approximately 350 here in Humboldt County) will continue. But due to the lapse, States have not received their 2019 caseload assignments, so CSFP-participating States must operate at 2018 caseload levels. Similarly, states have received no additional administrative funds since the lapse, and none can be made available until the lapse ends. In short, that means the quarterly reimbursement payments Food for People receives for administering the program are suspended.

Food deliveries planned for February for The Emergency Food Assistance Program (TEFAP), the USDA commodity food allocations, including the bonus and trade mitigation foods provided through the price supports program, will continue. Quarterly reimbursements for TEFAP (approximately $15,000/quarter for Food for People) are also on hold until the shutdown ends.

FNS does not anticipate significant operational impacts for the **WIC Farmers’ Market (FMNP) and Senior Farmers’ Market Nutrition Programs (SFMNP)**, as they are seasonal benefit programs with annual grant funds.

For the Food Distribution Program on Indian Reservations (FDPIR), food deliveries planned for February will continue. FDPIR programs have administrative funding through January 31 and are expected to operate the program.

The following statement was issued by Secretary of Agriculture Sonny Purdue regarding CalFresh/SNAP benefits:

To protect SNAP participants’ access for February, USDA is working with states to issue February benefits earlier than usual. USDA will rely on a provision of the just-expired Continuing Resolution (CR), which provides an appropriation for programs like SNAP and Child Nutrition to incur obligations for program operations within 30 days of the CR’s expiration. USDA will be reaching out to states to instruct them to request early issuance of SNAP benefits for February. States will have until January 20th to request and implement the early issuance. Once the early issuances are made, the February benefits will be made available to SNAP participants at that time.

And Humboldt County DHHS issued this statement re: CalFresh benefits for Humboldt County recipients:

Although we remain hopeful that Congress and the Trump Administration will come to an agreement to end the government shutdown quickly, there is a chance it could continue past the end of January. Should the federal shutdown continue into February, we have grown increasingly worried that Californians who utilize CalFresh food assistance benefits (known as SNAP at the federal level) could see their benefits impacted. SNAP is a federally funded program that is subject to federal appropriation and the state does not share in the cost of these benefits. At this time we have been notified that February benefits will be issued 1/16/2019 in order to pull as much regular Federal funding as possible. This helps us retain reserve funding in case the shutdown continues through February. No notices will be sent out due to the tight turnaround on implementing this large scale change to our systems.

One of the important things to keep in mind when it comes to CalFresh is the ripple effect it would have on local businesses if the shutdown continues. DHHS data shows that $2.9 million in CalFresh benefits are spent at local stores across Humboldt County every month. The loss of that income would be a big hit to a store’s bottom line and could lead to a reduction in the labor force if a resolution is not reached soon.

Humboldt County businesses are already feeling the economic impacts of changes in the cannabis industry post-legalization. That may well level out over time, but it still has many local businesses concerned. Now we have the added challenge of reduced spending by local government employees who work for the Coast Guard, the National Parks, Fish and Wildlife and so many more government offices. We know our community will rally and do everything in its power to help our friends and neighbors, but it’s also a reminder that life is filled with uncertainties that require community commitment and a resilient social safety net to help us weather the storm. Food for People stands ready to do our part and we want to extend our warmest thanks to all those who stand with us.

With Gratitude,

Anne Holcomb,
Executive Director
aholcomb@foodforpeople.org

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Donate Today!
You Have a Choice
A Pantry that Gives Food & Dignity
By Adam Hayes

Think about your shopping list for your next grocery store trip. In your head you probably plan on picking up your favorite pasta, some of your go-to snacks, and maybe even a guilty pleasure from the ice cream aisle. Imagine that while you walk through the entrance of the grocery store someone stops you and hands you a generic bag of food. This is your food for the month. You don’t get to decide what type of vegetables you want or get to keep out the jar of peanut butter that you are allergic to. Many food banks and pantries operate with this model, but at Food for People, we handle food distribution a little differently.

In 2009, we adopted an innovative way to distribute food called a Choice Pantry. You can think of a Choice Pantry like a grocery store. Participants use a grocery cart and get to pick items from each shelf. The variety ranges from fresh local produce, grains, proteins, dairy, baking ingredients, and even sometimes treats like Cypress Grove Cheese. Whenever available, the Choice Pantry offers gluten-free and dairy alternatives. Most of the year, fruits and vegetables fresh from local farms, vendors, and gardens fill the shelves. Our non-food section may have hygiene products, clothes, shampoo, lip balms, pet items, and even hand warmers.

On a typical distribution day we will see between 70 to 100 households. When a household arrives, we begin with a brief intake interview to get to know their situation and needs. We will typically help them sign up for CalFresh and help connect them to any resources they might need. This is where we begin or continue to form a real relationship. The Choice Pantry allows us to help support the progress people make, which for some is getting a job, and for others is finding housing. We are a community where we get to know the people we serve.

The Choice Pantry brings dignity into the process of receiving food assistance. To be in control of one’s own diet is power. It also cuts down on waste when people no longer receive food they inevitably will not eat. Many of the pantries in our countywide network have adopted a form of the choice model which fits their space and resources. The choice model encourages healthy food choices from each food group. We provide quality produce and nutritious food that helps foster lifelong health. The Choice Pantry not only allows people to get the food they want, it also gives them a feeling of dignity. For more information on our Choice Pantry visit us at foodforpeople.org or give us a call at (707) 445-3166.
Well folks, it’s officially the New Year! 2019 is upon us, and with it comes the hope of a fresh start through the process of reflection. When taking stock of 2018, it’s clear that our volunteers truly showed up for their Humboldt community. From the spring time, with our Annual Letter Carrier’s Food Drive, to the winter, which brought our Holiday Spirit Food & Fund Drive, community members like YOU - donating their time, money, and food - demonstrated the generous spirit of Humboldt. The holidays especially brought out the best in folks who wanted to make sure that no North Coast neighbor went hungry this season.

This season was particularly busy for Werner, one of our dedicated volunteers, who has consistently donated his time for the last four years! Werner is a recognizable face out and about in Eureka, and he has made himself known in the community as someone willing to lend a helping hand wherever and whenever possible. Werner shared, it’s the satisfaction of fulfilling his purpose that keeps him coming back to volunteer at Food for People again and again!

We sat down with Werner to talk a little bit about the help he has given Food for People in the last year, and what he is excited about in the new year. Werner works in the Eureka Choice Pantry as a Shopper’s Helper, assisting community members as they shop around the pantry. As he claims, the best part of that job is the fact that he is serving community members by making sure that the people who come into the pantry have the best foods available for their bodies. And he’s right – Food for People strives to serve fresh produce and food items with a high nutritional content so our neighbors vulnerable to hunger can live their healthiest life. Those aren’t all the benefits, though – having been a Eureka local for several decades, Werner loves being able to see familiar faces and meet new ones in the pantry. The way Werner sees it, there’s always an opportunity to strengthen our sense of community – one great way he likes to do that is by building relationships with the people we serve. The payoff of a strong community is deeply felt by all who enter the food bank.

Is 2019 your year to volunteer with Food for People? Are you a Humboldt local looking for some volunteering opportunities on the weekends in the New Year? Look no further – Food for People has a 2nd Saturday of the month volunteer event for folks who have limited time during the week. It is the perfect event to bond with family and friends while helping your community. To learn more about volunteering opportunities, please send us an email at volunteer@foodforpeople.org or visit us at https://www.foodforpeople.org/volunteering
THANK YOU
To our Golden Circle Hunger Fighter Teams

This year’s Hunger Fighter Challenge, which spans the months of November and December, consisted of 48 participating teams that helped collect 6,776 pounds of food and $3,760 for Food for People’s 26th Annual Holiday Spirit Food & Fund Drive! We want to thank all of the individuals, organizations, and businesses who helped make the 2018 Hunger Fighter Challenge a success!
Thank you to everyone who helped make our 26th Annual Holiday Spirit Food & Fund Drive successful!

And all the individuals in our community who gave food, funds, or time to help others during the holiday season

Hunger Fighter Champions
Academy of the Redwoods
American Ag Credit
Area 1 Agency on Aging
Backcountry Horsemen of California, Redwood Unit
Beneficial Living Center
Changing Tides Family Services
City of Arcata
Coast Central Credit Union
Compass Community Credit Union
Dell’Arte International
Department of Rehabilitation
DHHS - Community Wellness Center
DHHS - Social Services
DHHS - Public Health
Environmental Technology, Inc.
Gartfield Elementary
Glen Paul School
House of Nice
Humboldt Community Access & Resource Center
E Street Center
Sequoia Center
Humboldt County Planning & Building Department
Humboldt Independent Practice Association (IPA)
Humboldt IPA - Priority Care
Hunter, Hunter & Hunt
LACO Associates
LIFTED - Arcata
Mad River Community Hospital
Northcoast Horticulture Supply
Northtown Coffee
Outer Space Arcata
Redwood Curtain Brewing Company
Satori Wellness
Six Rivers Brewery
Social Security
State Compensation Insurance Fund
Stephanie’s Home Cooking
US Department of Fish & Wildlife
NCAA Fisheries
National Park Service
US Geological Survey

Holiday Funding Partnership
Humboldt Health Foundation
Humboldt Area Foundation
Mel & Grace McLean Foundation
Patricia D. & William B. Smullin Foundation
St. Joseph Health Foundation
Christine & Jalmor Berg Foundation

Food Drop-Off Barrel Hosts
Bridgeville Community Center
Bridgeville Elementary School
C C Market & Deli
Community Credit Union
Eureka Natural Foods
Ferndale Community Church
Grocery Outlet
Hupa Family Resource Center
K’ima:w Medical Center
Les Schwab Tire Center
McKinleyville Family Resource Center
McKinleyville New Heart Church
Murphy’s Markets
North Coast Co-op
Ray’s Food Place
Redway Family Resource Center
Redwood Capital Bank
Root 101 Nursery
Safeway
Swain’s Flat Outpost
Tri Counties Bank
US Postal Service Offices:
- Blue Lake - Bridgeville - Ferndale
- Hoopa - Rio - Dell - Scotia
- Willow Creek

Umpqua Bank
Wildberries Marketplace

Additional Community Donors
Bayside Makers Fair
Boys & Girls Club Eureka
- Wes Vega Concert
Eureka Women’s Club
Humboldt Interfaith Fellowship United
Congregational Christian Church
KHUM 104.7FM - Radio without the rules
North Coast Emergency Physicians
The Shop Arcata
Umpqua Bank Club Carefree
Women in Timber

Thank you Senator McGuire

Senator Mike McGuire’s Third Annual Humboldt Holiday Food Drive was a grand success. Thanks to Senator McGuire’s dedicated team and the energetic and inspiring high schools, we were able to more than triple what was brought in last year. Thank you to the participating high schools: Arcata, Eureka, Ferndale, Fortuna, McKinleyville, and St. Bernard’s; and thank you to Senator McGuire and his team; KHUM Radio, for covering the event live; Safeway for graciously hosting; Mendes Supply for sponsoring; and all the community members who contributed to make the event a success! Let’s see if we can top that in 2019!
Delicious & Nutritious
A Healthy Fry you have to try
By Matt Drummond

The next time you’re in the grocery store or choice pantry keep an eye out for parsnips. This odd shaped relative of the carrot can be added to roasted vegetables, soups, and mashed vegetables. Parsnips are packed with vitamin C, folate, manganese, and fiber and add more flavor and complexity to dishes than potatoes and carrots alone. Pick up some parsnips and try this parsnip fry recipe.

Ingredients
1-2 large parsnips
1 tbsp. olive or coconut oil
4 cloves of garlic - chopped (use more if you’re a garlic lover)
1 tsp. rosemary - chopped
Salt and pepper to taste

The Recipe

Step One - Preheat your oven to 400 degrees.

Step Two - Line a baking sheet with foil or parchment paper.

Step Three - Cut your parsnips into small shoestring pieces and place in a mixing bowl.

Step Four - Drizzle the fries with oil and toss until they are coated.

Step Five - Add salt and pepper to taste.

Step Six - Spread the fries out on your baking sheet in an even layer.

Step Seven - Bake for 15-20 minutes and then take them out to toss the fries around a bit. Add garlic and herbs.

Step Eight - Place them back in the oven and bake for another 15-20 minutes, until they reach your desired crispiness.

Step Nine - Enjoy! If you liked the recipe share the food with friends, and on your social media tag us at @Foodforpeopleinc
Because of your help, we have fresh vegetables.
MPP Recipient

Nutrition for All
Fresh Vegetables on the Move
By Adam Hayes

It was 10:00 AM on a cold Thursday morning. I was waiting outside of Food for People’s Eureka location to go on my first Mobile Produce Pantry (MPP) trip. The MPP is a 27 foot refrigerated truck that delivers fresh fruits and vegetables in a free farm stand style across Humboldt County. I had never stopped in Orick before. In fact, in my five years in Humboldt I had not been to most of Food for People’s 11 MPP sites. Mike Seeber, the Mobile Produce Pantry Coordinator, walked up to me with a smile on his face and asked, "You ready?"

As we drove up the 101, the rain didn’t pick up until we hit Trinidad. The Mobile Produce Pantry truck towered over other vehicles as we traveled through the increasingly wooded highway. The trucks name is Izzy the Isuzu, and on her dashboard sat a Chewbacca bobble head that danced with the contours of the highway. As we began to talk about the MPP, Mike told me he believes he has the best job at Food for People. He explained how the combination of getting to drive around our beautiful county, handle spectacular produce, and connect with people who are genuinely grateful is something that makes for very fulfilling work. I laughed at the thought of someone having the best job, but I tucked the idea into the back of my mind.

When we arrived at the site in Orick, we were greeted by an eager volunteer named Laura and George the temporary coordinator of the pantry site. George’s good humor, spirit, and quick wit led me to believe that there is room for great joy in this line of work. While beginning to unload the truck, Lisa from the Humboldt County Department of Health & Human Services (DHHS) arrived with their Mobile Engagement Vehicle. Having the DHHS staff at every MPP distribution makes it easy for people to connect with other county services. We quickly set up the produce under cover from the rain. It was now 11:50 AM, 10 minutes before we were going to start distribution. There were several people waiting in line who were talking about the meals they were excited to cook for the holidays. One man talked about a green bean casserole he couldn’t wait to make for his five children. They planned on doing all of the cooking on the 24th so they could enjoy their Christmas without any worries.

As the distribution began, I overheard people talking about the produce. One woman looked hesitantly at the crate of brussel sprouts. The person in line next to her said that if you add a little bit of butter, brussel sprouts are to die for. The woman was hesitant for one more moment, and then proceeded to excitedly fill her bag. There was a unanimous fascination with the bin of Romanesco. Most people had never seen or tried one before. The beautiful symmetry and geometric swirls left most people confused. “This is food?” I tried to explain that the taste is a mix between broccoli and cauliflower. A woman looked at me and said, “I’ll try one. If I don’t like it, I will just use it to decorate my Christmas tree.” We both chuckled at the thought of a Romanesco ornament. A son and daughter were helping their mother pick up food. The daughter passed by the parsnips, and in the pile there was one that was bigger than her head. I picked it up and told her it was a special parsnip with magical nutrient powers. The daughter looked at me with eyes wide in astonishment; the brother grabbed it from me with an unwavering smile on his face. We know what an important resource the MPP is for low income people living in the outlying areas. When you are in a tight spot financially, you cannot afford vegetables like brussel sprouts, so for many families, this is their only chance at high-quality produce.

Right as it was time to leave, the wind picked up and the rain gave us an incentive to head home. While driving back to our Eureka headquarters, I got to reflect on whether Mike does in fact have the best job at Food for People. People were very appreciative of us being there. We saw families, seniors, and children collect wonderful produce and have important conversations about nutrition. I felt 12 feet tall after all of the smiles, appreciation, and even having a woman hug me out of pure gratitude, after which we were both close to tears. Today we were at the front line of hunger, and it was clear that hunger does not come in one shape or size. We made a real difference today, one giant parsnip at a time. As I looked over the coast with raindrops gently falling onto the wind shield, the heat from the truck putting me to sleep, I closed my eyes and thought, Mike definitely has the best job.
Taking a Stand
Our Advocacy Work
By Heidi McHugh

In 2018 Food for People sent nearly 40 letters to our elected representatives in the State and Federal government. Why? Because we cannot fulfill our mission to eliminate hunger with food alone. One of our guiding principles states that we believe the root causes of food insecurity must be addressed to realize our long-term goal of eliminating hunger. Poverty and hunger are inextricably linked. Anything that can reduce or exacerbate poverty will have the same effect on food insecurity. Policies proposed in Washington D.C. and Sacramento can create or reduce the need for our services and directly impact the amount of service we can provide. Food for People engages in policy advocacy as a means to fulfill our mission, educate our community, and to empower our program participants.

The scope and scale of our advocacy efforts is varied. We send letters to support or oppose legislation that might affect the amount of food and funding charitable food organizations receive in State and Federal budgets or how the tax code is written to incentivize charitable giving. We are active in the Californians for SSI (Supplemental Security Income) coalition that strives to increase SSI grant amounts and is celebrating a major victory that will allow SSI recipients to access CalFresh. Nearly half of the households Food for People serve have at least one member who receives SSI. We monitor the reauthorization of the Farm Bill every five years with intense scrutiny, because the funding levels and regulations for programs like SNAP (CalFresh) and The Emergency Food Assistance Program (TEFAP) are established in this process. Last year we joined tens of thousands of state and local organizations to oppose proposed cuts to SNAP. We were successful, and the Farm Bill did not include any cuts in SNAP funding. Farm Bill advocacy led to funding of the popular Market Match program that encourages using SNAP benefits at local farmers’ markets.

Food for People hosted free community film screenings of documentaries that focus on hunger. The screenings were followed by panel discussions to explore the ways we can work locally to reduce hunger and poverty. We have sent staff, volunteers, and program participants to Sacramento for Hunger Action Day to speak with our State legislators about the experience of facing hunger in Humboldt County. With the support of the California Association of Food Banks, we send staff to the National Anti-Hunger Policy Conference in Washington D.C. to speak directly with our members of Congress about poverty and policy. These face-to-face interactions serve as an important reminder of the unique vulnerabilities rural communities can experience with policy changes, and make certain we are not forgotten behind the “Redwood Curtain.”

As I write this article, Food for People is closely monitoring the potential impacts of the government shutdown. Households that access our programs are often also accessing CalFresh, WIC, School Nutrition Programs, and Tribal Commodities. Most of these programs are funded through February; some through March. Should the shutdown continue into and past March, there is no certainty of their operations. Food banks like ours are bracing for the impact of a continued shutdown as we understand that people will need our services to fill the gap. The problem is, the gap is a chasm. For every bag of groceries provided through charity, these federal programs provide twenty (Bread for the World). On a normal day we advocate for these programs for the same reason; food banks are not equipped with the resources and funding to tackle the entirety of hunger in America. By the time this is printed, I hope we have moved past this current advocacy emergency and have returned to the path of advocating for the elimination of hunger and poverty.
In Honor Of

Aaron Binnie
Anne Fenimore
Ann & Todd Petty
Ben & Charlie Narwold
Berget Jelane
Beverly Ann
-Happy 83rd Birthday!
Bob, Shannon, & Jim
Bruce & Shirley Miner
Bud & Missy Talbot
Case Managers at Open Door
County Democratic Central Committee
Dallas Rhodes
Don Plato
Douglas R. Knott
Ed & Sage
Erika Makino
Food for People’s volunteers & donors
Glenda Hesseltine
Hugh Scanlon & Sharon Levy
Jacque Kesenger
Jannetje Vrieze
Jason S. Hood
Jim & Mary Jo Renner
Joan & Frank Marino
Joan Steeves
John Gordon MacKinney
John & Laura
Katy & Mike Yanke
Ken & Troy Dean
Kyliah Rush
Laurel Skye
Liz Kilian
-Happy Birthday!
Margaret Lang & Steve Railsback
Mary Wramer
Maureen Saunders
Megan Montgomery
Rebecca Simone
Rev. & Mrs. Paul Chaffee
Room #19, Arcata Elementary School
Roberta Nebergall
Stillwater Sciences - Arcata
Sue Buckley & Dianne Deckler
Taz Hirano
The Gray Family
Vicki Hartman

Tribute & Memorial Contributions

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

April Conant
Betsy Boozer
Deanne Ramsey
Dennis P. Murray
Errol Comma
GeorgeAnn Wence
Harvey Jossun
Helen Person
Ivanka Velinova
Jacque Kesinger
Jane Chambers
Janice Gray
Joan Harper
Joe Myers
John & Rose Losa
Julius & Sydney Schwartz
Justin Keele
Karen Dunwrit
Kelly Kyle
Laurey & Jay Sullivan
Laurie Wainwrightville
Loretta Speziale
Lynn Robbins
Mario & Jane
Mark Morgan
Marlene Laidlaw
Pete Pettersen
Richard C. Day
Ruth Farmer
Russell Green
Ruth & Salvatore Mylie
Shelly Miller & Marilyn June
Sons John, Jason, & Granddaughter Wendi
The Camp Fire Victims

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 18 countywide hunger relief programs or for ways you can get involved please visit us at www.foodforpeople.org
Thank You to our 2018 Holiday Spirit Food & Fund Drive Sponsors