



April 2017
Volunteer Newsletter

AMAZING *Volunteers.*

Upon reflecting on our volunteers and volunteering in general: Volunteers are giving part of their precious time and it is the best, most valuable gift ever, because you are giving something that is of limited supply and that cannot be returned. How truly generous is that!



FOOD SHARE
Ventura County's Food Bank

MEMBER OF
**FEEDING
AMERICA**

Meg Horton & Christina Forino
FOOD Share Volunteer Coordinators
volunteer@foodshare.com



FOOD Share, Inc.
(805) 983-7100 • foodshare.com

47 volunteers pick 142 tangerine trees

A huge thank-you to Brentwood Church, Moorpark High School, Macy's, Saint Bonaventure, and individual volunteers for taking time out of your Saturday schedule to help harvest the fruit of 142 tangerine trees! If you or anyone you know would like to donate fruit from your backyard trees, we have volunteers willing and able to pick the fruit. If you like the outdoors, you will love this volunteer opportunity! For further information please call our Volunteer Department at 805-983-7100, or click on this link: <http://www.foodshare.com/picks/>



Volunteers sorting and packing bread for distribution

Monday volunteer bread sorters, pictured right, help us sort through the bread on a weekly basis. Chris, Maria, and Rick mentored Cori and Amanda during the Monday bread sort. Thank you for your dedication, hard work, and leadership skills!



United States Navy help pack pears for our SENIOR Share program

Volunteers help pack food for new senior program

FOOD Share was selected out of 18 applying counties to run the senior program called Commodity Supplemental Food Program (CSFP). This program works to improve the health of qualifying low income persons 60 years of age and older. A box of 16 high-quality food items will be packed at FOOD Share's warehouse and distributed to 3,500 Ventura County seniors on a monthly basis. This is a federally funded program run by the state and is part of the Farm Bill.

Volunteers will assemble boxes, pack food into boxes, place packed boxes onto a metal conveyor belt, weigh, tape, and palletize boxes.

If you know any eligible seniors, please direct them to one of our current distribution sites, which are listed on FOOD Share's website.

FOOD Share Academy

The National Charity League's group of seventh grade girls is the third class participating in our FOOD Share Academy! They are Chloe, Shella, Chloe, Ava, and Malia. They started with a hunger banquet activity, they donated starter produce plants and planted in the FOOD Share teaching garden, and they hosted a food drive that yielded 110 pounds of food. They returned to FOOD Share to harvest and participate in a nutrition lesson where they prepared a salad.

FOOD Share's goal is to engage youth in helping our community fight hunger. This program provides hands-on experience on how to innovatively and efficiently gather and distribute food, serving those in need. If your group wants to participate, contact the Volunteer Department at volunteer@foodshare.com



Ava and Malia harvest broccoli from the FOOD Share teaching garden boxes.



Malia picks cilantro from the FOOD Share teaching garden boxes.



Malia, Ave, and Chole take the harvested produce and herbs into the kitchen to prepare a zesty Asian salad and enjoy the fruits of their labor!



California State University Channel Islands Spring 2017 Service Learning Students

Yosduan and Emmanuel inspect pastries

Students attending Cal State Channel Islands will be experiencing the FOOD Share mission alongside all of us. We ask you, our volunteers, to continue to take them under your wing, teaching them how to successfully complete each volunteer job duty and why it is important to volunteer at the food bank. Part of the student service learning experience is to hone their communication skills as they enjoy interacting with our volunteers.



Maria



Senior Share

SENIOR Share is a biweekly program where volunteers pack bags of supplemental groceries including protein, bread, canned items, fresh fruits, and vegetables. The bags of food are provided to 1,700 low-income seniors aged 55 at some 30 sites throughout Ventura County. This program operates every other week of the year, Monday through Friday.

Norma and Ana

Volunteers sort through pastries

Monday pastry sorters, pictured right, help us sort through the pastries on a weekly basis. Thank you for your dedication and hard work!





Events

FOOD Share engages in a variety of events to help alleviate hunger, including festivals, food drives, farm dinners and more. To partner with FOOD Share on an event, please contact Jennifer at jcaldwell@foodshare.com or call 805-983-7100 ext. 129.

Volunteer Stats

Last month 546 volunteers contributed 2,746 hours of excellent service to help FOOD Share achieve its mission. We know there are many non-profits in our community that need help, and we are honored that you choose FOOD Share as your place to help.

Tours

If someone you know is interested in touring and learning more about FOOD Share, please contact the Volunteer Department to set up a date and time. We are flexible, and willing to accommodate your schedule. We encourage schools to come to visit and tour the facility. Please spread the word to any teachers or administrative staff you know in hopes of getting our youth more involved in helping to feed the hungry in our community.

Thanks

A great big thank-you goes out to all the wonderful volunteers who faithfully come in every week to help us with our mission, and to the following: ACE Charter School, Anthem, Barkley Insurance, Brentwood Church, C&S Landscape, Inc., California Lutheran University, California State University Channel Islands, Church of the Foothills, City of Oxnard, Community Memorial Hospital, Custom Awards & Engraving, Disney, Dole Packaged Food, Family Christian Bookstores & Book Dealers, Farmers Insurance, Good Sam, HD Supply, Moorpark High School, Patagonia, People Creating Success, Pepperdine University, Target, Unemployment Trust, United States Navy, Ventura County Credit Union, Ventura Missionary School, Villa Esperanza Services, Westlake High School Action Team, and Westview Vocational Services



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Senior Nutrition Garden

If you love to garden, we have a great opportunity for you! Help Program Manager, Gray Wilking, in the Ventura County Area Agency on Aging/FOOD Share garden. FOOD Share partners with Ventura County Area Agency on Aging and the Juvenile Justice Center by finding volunteer help as well as making sure seniors at congregate meals sites get the bounty our volunteers harvest.



Christy, Gray, and Don pulling weeds.

Christy and Don help Gray in the senior nutrition garden each week. Thank you for being great garden helpers!



Lourdes

Lourdes enjoys helping Gray, Senior Nutrition Garden Manager, every month. Lourdes lives on a sailboat, so volunteering at FOOD Share brings back memories of when she had a home garden.



Farmers Insurance volunteers took time to volunteer in the SENIOR Nutrition Garden harvesting carrots and pulling weeds.

Doug, Dennis, Wendy, Sue, Natalie, Chris, Stephen, Andrea, Toni, Greg, Janette, and Sara took time out of their day to help in the Senior Nutrition Garden. Thank you for being great garden helpers!



Stephen, Sara, Chris, and Toni harvest carrots.



Doug, Janette, Sue, Greg, Dennis, and Andrea on weed patrol.

Nutrition Tip!

Asparagus

Courtesy Stephanie Armstrong, Nutritionist

Spring has sprung – along with green, purple, and white asparagus! No matter which color you choose, these stalks will add a delicious pop to your diet. A versatile ingredient, asparagus can be prepared a la carte or with other foods. Use asparagus to add flavor and a crisp texture to pasta, stir fries, frittatas, salad, or risotto. Not only does this vegetable enhance several dishes, it also benefits our bodies in several ways: high fiber content promotes digestive health and satiety, while antioxidants can reduce the risk of certain cancers. Asparagus also acts as a natural diuretic, which enables the body to excrete excess water and sodium. Increased urination can especially assist people who suffer from edema (swelling from fluid buildup), high blood pressure or heart-related issues. Chromium, a mineral found in asparagus, helps insulin move glucose into your cells to be used for energy. Folate assists with brain development and function. The mix of minerals and variety of vitamins – including A, C, E, and K – make asparagus a nutritious choice¹. Grab a fresh bunch at your local store or farmers' market to create these savory dishes:



Pasta with Artichoke Sauce²

Ingredients

Makes 4 servings

- 1 bunch asparagus spears, trimmed
- 3 tablespoons olive oil
- 1 clove garlic, minced
- 1 teaspoon salt
- ½ teaspoon black pepper
- Option: 1 ½ tablespoons grated Parmesan
- Option: 1 tablespoon lemon juice

Preparation

Takes 25 minutes

1. Preheat oven to 425 F.
2. Place asparagus in mixing bowl and drizzle with oil. Toss to coat, and then sprinkle with garlic, salt, pepper, and Parmesan. Arrange asparagus on baking sheet in single layer.
3. Bake in oven until just tender (about 12-15 minutes). Sprinkle with lemon juice and serve.

Asian Asparagus and Mushrooms³

Ingredients

Makes 4 servings

- 1 bunch asparagus, cut into thirds
- 2 teaspoons sesame oil
- 1-inch piece of ginger, cut into thin slices
- 3 cups quartered shiitake mushrooms
- 1 clove garlic, sliced
- 1/3 cup water
- 1 tablespoon soy sauce
- 1 tablespoon butter

Preparation

Takes 20 minutes

1. Heat oil in skillet over medium heat. Add ginger and stir for 1 minute. Add mushrooms and garlic, and then stir for 2 additional minutes.
2. Add asparagus and water. Bring to a boil, cover and cook until crisp-tender (about 3 minutes).
3. Add soy sauce and butter, and then stir for 1 minute. Season with salt and pepper to taste.

1. Forberg, C., R.D. "5 Powerful Health Benefits of Asparagus You Probably Didn't Know." EatingWell. Eating Well Magazine, 23 Mar. 2016. Web. 06 Apr. 2017.
2. "Oven-Roasted Asparagus Recipe." Allrecipes. N.p., 16 July 2010. Web. 06 Apr. 2017. <<http://allrecipes.com/recipe/214931/oven-roasted-asparagus/>>.
3. Kitchen, Food Network. "Asian Asparagus and Mushrooms." Food Network. Food Network, 27 Dec. 2013. Web. 07 Apr. 2017.

Volunteers -----> ***IN ACTION***



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Volunteers sorting rescue food



The Church of Jesus Christ of Latter-day Saints Thousand Oaks sorted 2,375 pounds of food or 1,875 meals!

The United States Navy sorted 5,340 pounds of food or 4,215 meals!



3775 - LBS
2979 - MEALS

HD Supply sorted 3,775 pounds of food or 2,979 meals!



Santa Clara High School Interact Club sorted 1,315 pounds of food or 1,038 meals!



A second United States Navy group sorted 3,265 pounds of food or 2,577 meals!



The Church of Jesus Christ of Latter-day Saints Simi Valley sorted 1,320 pounds of food or 1,081 meals!



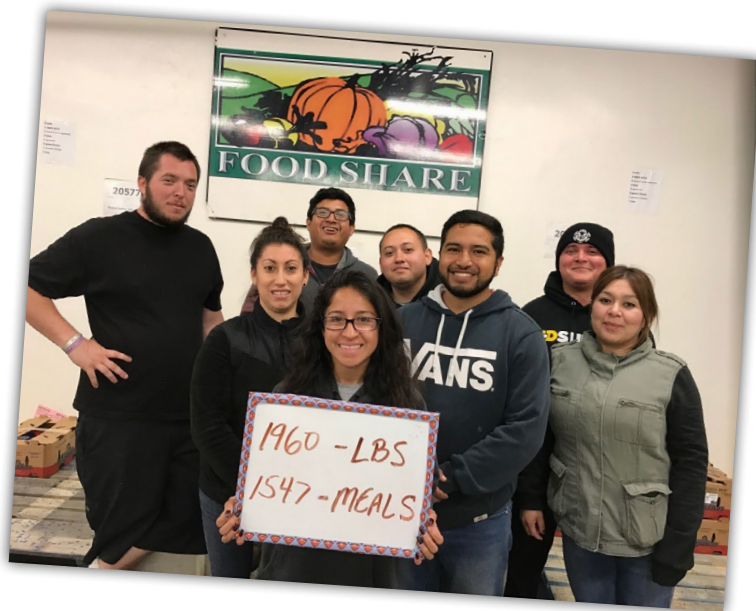
The Church of the Foothills sorted
4,080 pounds of food or 3,220 meals!



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Another group from HD Supply sorted
1,960 pounds of food or 1,547 meals!



A third United States Navy
group sorted 4,855 pounds of
food or 3,832 meals!



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The Church of Jesus Christ of Latter-day Saints Camarillo sorted 22,755 pounds of food or 1,796 meals!



Westlake High School and various volunteers sorted 16,900 pounds of food or 1,334 meals!



Volunteers packing food

California Lutheran University volunteers packed 29,600 pounds of food or 2,336 meals!



Barkley Insurance volunteers packed 8,816 pounds of food or 6,958 meals!



Tuesday sorting volunteers
packed 7,200 pounds of food or
5,683 meals!

Target volunteers packed 2,900
pounds of food or 2,289 meals!



Pacific Compensation Insurance Company
volunteers packed 1,505 pounds of food
or 1,188 meals!



Patagonia volunteers
packed 1,260 pounds of
food or 994 meals!



Anthem volunteers
packed 1,130 pounds of
food or 892 meals!



Another group of Anthem
volunteers packed 1,495 pounds
of food or 1,180 meals!

