



Ventura County's Food Bank

FEEDING
AMERICA

February 2017 Volunteer Newsletter

Valued Volunteers,

A poem befitting your Dedicated Hearts:

*Dedicated hearts like yours
Are not so easy to find.
It takes a special person to be
So generous and kind.*

*To care so much for your fellow man
Is a quality all too rare.
Yet you give of your time and talents,
For all in need to share.*

*So thank you for being a volunteer,
We're privileged to work with you.
We want you to know how appreciated you are,
Not just today, but the whole year through.*

http://charity.lovetoknow.com/Volunteer_Appreciation_Poem

Meg Horton & Christina Forino
FOOD Share Volunteer Coordinators
volunteer@foodshare.com
(805) 983-7100
FOOD Share, Inc.
www.foodshare.com

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Pepperdine student helps with mobile pantry distribution

Pictured right, Nicole Jones, Pepperdine University graduate dietetics program student. She helped set up, check-in, and distribute food to clients at Blackstock Middle School on a Saturday morning during our mobile pantry health fair distribution.

FOOD Share & Friends “brings hope to the hungry one neighborhood at a time.” It visits local neighborhoods bringing nutrition education and free produce. Collaborators bring health screenings, financial literacy and other services, CalFresh and MediCal outreach, and much more to underserved neighborhoods throughout Ventura County.



Nicole

Volunteers help pack food for new senior program



Bob & Kathy



Left: Amy & Bob;
Bottom: Lynn,
Gary & George,
Jim, Tony, & Rob



Gary, Chris, & Bob



David





Disney packed 152 CSFP boxes!



United States Navy packed 185 CSFP boxes!



First distribution of CSFP boxes at Camarillo Healthcare District

Commodity Supplemental Food Program (CSFP)

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 seniors a month. 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 box onto metal conveyor belt, weigh, tape, and palletize boxes, and breakdown boxes.

Volunteers sorting and packing bread for distribution

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

Carol, Gino, Larry, Fred, Leonard, and Raciye



FOOD Share Academy

National Charity League group of seventh grade girls, pictured above, is the third class participating in our FOOD Share Academy! They started with a hunger banquet activity and donated 110 pounds worth of food to FOOD Share!

They came back to FOOD Share to plant their donation of red cabbage, broccoli, cauliflower, celery, tree collard, and butter lettuce into the FS Teaching Garden boxes. Over the next four months they will be conducting a food drive, sorting food, participating in gleaning, and helping at a FOOD Share pantry partner location before their graduation.



Chloe, Shella, Chloe, Ava, and Malia

Our 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

Taylor, Shella, Malia, Ava, Kathleen the garden angel, Chole, and Chole



What keeps you coming back to *volunteer* at FOOD Share?

“ I volunteer at many places and this is the *best* volunteer site.”

- **Chris**

“ The *people*. ” - **Jean**

“ Whenever I feel stuck in life or things get hard with my business, I come to volunteer at FOOD Share because it is one of the places I call *home* and giving back to the community always makes me feel better. Interacting with FOOD Share staff and volunteers always brightens up my day and spirit with their friendly smiles and great conversations. ”

- **Joseph**

“ It feels good to be part of the effort to feed the more than 74,500 hungry people in Ventura County each month and our little bread sorting group have become friends, so it's a *social event* each week. Good for those of us who live alone. ”

- **Barb**

“ Knowing that I am helping feed those that need a little help with their nutritional requirements (seniors, children, and others in need). The wonderful *friendships* I continue outside of our volunteer duties. ”

- **Doris**

“ I like to come and visit to *say hello* to everyone here. ”

- **Molly**

“ It keeps me busy and *energized* and it is *good karma*. It is healthy for me. ”

- **Ida**

“ I get my weight lifting *exercise* in! ”

- **Marla**

“ I feel that it is *important* to help those who need us and I have really enjoyed getting together with our group each week. ”

- **bread sorter**

“ I enjoy volunteering because it makes me *feel better*. ”

- **Ted**

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 485 volunteers contributed 2,347 hours of excellent service to help FOOD Share achieve our 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.

Gleaning

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 Gleaning Coordinator, Kyle Jorgensen, at 805-983-7100 ext. 138, or click on this link: <http://www.foodshare.com/picks/>

Thursday Produce Sorters

Spencer and Pam showed Edgar, our latest CSUCI Capstone student, how we get pears and oranges ready for distribution through our network members.



Spencer, Pam,
and Edgar




Kathleen
and Judy

Catholic Charities OASIS senior fresh produce program


Kathleen and Judy come out every other Wednesday to pack bags of produce for our pantry partner, Catholic Charities OASIS Ventura/Oxnard and Camarillo program. They pack 29 bags and then pantry volunteers come out to pick up and deliver the bags to the program clients.

Senior Nutrition Garden

If you like helping in the garden then 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.



Yudith and Maria, Pacifica High School students, harvested peas.



Villa Esperanza helps Gray, the Senior Nutrition Program Manager, every month. Shaun, Stephanie, Galina, Amber, Justin, and Jacob harvested beets.



Nutrition TIP!

Courtesy of an article from the Parade magazine
insert to the Star, A Beautiful Diet

Carrots.

Grab some of these beauties for an afternoon snack that's chock-full of the anti-oxidant beta-carotene, which has been shown to repair aging skin and protect it from UV damage.

Mushrooms.

This stir-fry staple provides a healthy dose of zinc, a mineral that prevents your skin from producing too much oil. Don't peel off the outer layer, though--that's where many of the nutrients are concentrated.

Radishes.

Add some spice to your salad with this peppery root that boasts a number of beneficial vitamins including vitamin C, which helps create collagen and restore radiance to your skin.

Avocado.

Is there anything this toast-topper and chip dip star can't do? Its combo of healthy fats and antioxidants make for a meal or snack that promotes supple and luminous skin.

Walnuts.

Incorporate some crunch in your oatmeal with a palmful of these nuts rich in omega-3s, a healthy fat that's key for soft, glowing skin.



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, C&S Landscape, Inc., California State University Channel Islands, Chili's Bar & Grill, Church of the Foothills, Church of Thousand Oaks, Church of Ventura, Citrix, City of Oxnard, Community Memorial Hospital, CONDOR High School, Custom Awards & Engraving, Disney, Document Systems, Dole Packaged Foods, Family Christian Bookstores & Book Dealers, Good Sam, GP Real Estate Co., Lions Club Camarillo, National Charity League, Inc., Pacifica High School, Patagonia, People Creating Success, Pepperdine University, Revive Health, The-A-Team, The Church of Jesus Christ of Latter-day Saints, United States Navy, Ventura College, Ventura County Credit Union, Ventura Missionary School, Villa Esperanza Services, Westlake High School Action Team, and Westview Vocational Services.

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



**Various volunteers sorted
2,615 pounds of food or
2,064 meals!**

**The Church of Jesus
Christ of Latter-day
Saints Simi Valley
sorted 785 pounds of
food or 620 meals!**



**Church of the Foothills
sorted 1,910 pounds of food
or 1,507 meals!**



**Lions Club Camarillo
sorted 1,080 pounds of
food or 852 meals!**



**City Church Ventura
sorted 900 pounds of
food or 710 meals!**



**United States Navy sorted
2,235 pounds of food or
1,764 meals!**





**The Church of Jesus Christ of
Latter-day Saints Camarillo
sorted 1,575 pounds of food
or 1,243 meals!**



**Westlake High School Action
Team sorted 1,365 pounds of
food or 1,077 meals!**



**Ventura County Credit
Union sorted 5,885
pounds of food or
4,649 meals!**





**Anthem sorted 1,635 pounds
of food or 1,290 meals!**

**Another Anthem team sorted
2,460 pounds of food or
2,084 meals!**



**The Church of Jesus Christ of
Latter-day Saints Ventura
sorted 2,290 pounds of food
or 1,807 meals!**



**The Church of Jesus Christ of
Latter-day Saints Ventura
sorted 1,755 pounds of food
or 1,385 meals!**



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MEMBER OF
**FEEDING
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