



Ventura County's Food Bank

MEMBER OF
FEEDING
AMERICA

January 2017 Volunteer Newsletter

Valued Volunteers!

The New Year has begun! And we begin the New Year with the same sentiment as we ended last year, and that is to say, Thank you for supporting FOOD Share, for your desire and commitment to help the less fortunate among us.

Everyone is fully aware that you can choose to stay or walk away at any time, should you choose to do so. And, to your everlasting credit, most of you choose to stay and volunteer, sometimes for an incredibly long period of time. You know how critically important your commitment is and how the FOOD Share mission continues to do what it has been doing for over 38 years: providing food to hungry people in every part of the county. During all this time volunteers have been, and continue to be, critical to the success of FOOD Share.

We wish you the best of New Years, and that wish includes a very healthy, happy and magical New Year for all of us. Thank you so very much.

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

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Thanks

A Shout-Out of 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: Bureau of Jewish Education, Christian Bookstores & Book Dealers, City of Oxnard, Custom Awards & Engraving, Disney, Dole Packaged Foods, Farmers Insurance, Good Sam, Lions Club Camarillo, Northrop Grumman, People Creating Success, Patagonia, Pepperdine University, Revive Health, The Church of Jesus Christ of Latter-day Saints, The Tamura Family, United States Navy, Ventura County Credit Union, Villa Esperanza Services, Westlake High School Action Team, and Westview Vocational Services.



Bread Sorters

Tuesday bread sorters Doris, Pam, Chris, Mary Lou, and Barbara, pictured above, help us sort through the bread 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 564 volunteers contributed 3,312 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.

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.

SENIOR Share

Dole Packaged Food employees, Steven & Tom, and CSUCI student, Bayani, helped pack 27 bags of food for our SENIOR Share program. Well done, gentlemen!



Nutrition TIP!

Courtesy Stephanie Armstrong,
Nutritionist

Learning about Leeks: Leeks are a great way to give your body loads of nutrients with few calories. As a green vegetable, leeks are naturally low in sodium and cholesterol – which is good news for those with hypertension or kidney issues. They are also a good source of fiber, which helps maintain your sugar level because your body absorbs the carbohydrates slowly. But this vegetable is not just a healthy choice for people with hypertension and diabetes! Everyone can benefit from the fiber and large amounts of vitamin B₆, vitamin A, vitamin C, vitamin K, iron and magnesium.¹ The greens are good to eat, and don't skip the stalks! The white stalks have other trace minerals too, like calcium and potassium.¹

So you know that leeks are nutritious, but how do you eat them? As members of the onion family, leeks make great additions to soups or stir fries. Chop them up to cook with your eggs, or grill them in long sections to serve as a side dish. Need some inspiration? Check out the recipes below to get cooking!

Creamy Carrot and Leek Soup

Makes 4 servings | Preparation time 1 hour

Ingredients

- 1 pound carrots, chopped
- 2 large leeks
- ½ teaspoon garlic powder
- 2 tablespoons unsalted butter
- 1 teaspoon dried thyme
- 1 teaspoon lemon zest
- 4 cups low-sodium vegetable stock
- ¼ cup plain Greek yogurt
- Salt and pepper

Preparation

1. Trim the root end off leeks. Cut leeks into quarters, then slice into ½-inch pieces. Place chopped leeks in colander and rinse well to remove any residual sand.
2. Place large pot over medium heat. Add butter, carrots, leeks and garlic and sauté for 10 minutes, stirring often.
3. Add thyme, lemon zest, stock, 1 teaspoon salt and pepper to taste. Cover and bring to a boil. Stir and cover again. Reduce heat and simmer for 20 minutes, until carrots are soft
4. Add yogurt and stir until well mixed.

Sautéed Leek Mashed Potatoes

Makes 8 servings | Preparation time 40 minutes

Ingredients

- 12 gold potatoes
- 1 tablespoon salt
- 2 tablespoons unsalted butter
- 4 cups halved and thinly sliced leeks
- 1 cup plain Greek yogurt
- Black pepper to taste



Preparation

1. Cut potatoes into 2-inch chunks. Place potatoes and salt in large saucepan, add water to cover by 2 inches. Bring to a boil. Reduce to simmer, cover and cook until potatoes are tender (about 10-15 minutes), then drain.
2. Melt butter in skillet over medium heat. Add leeks and cook, stirring until soft and beginning to brown (about 4-8 minutes). Transfer potatoes to large bowl and mash.
3. Stir leeks, yogurt and pepper into mashed potatoes. Serve warm.

SOURCES

"Leeks, (bulb and lower leaf-portion), raw Nutrition Facts & Calories." Leeks, (bulb and lower leaf-portion), raw Nutrition Facts & Calories. SELF Nutrition Data, n.d. Web. 10 Jan. 2017.



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: www.foodshare.com/picks



FOOD SHARE

Ventura County's Food Bank

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Volunteers -----➔ ***IN ACTION***



**Disney sorted 1,685 pounds
of food or 1,330 meals!**



**The Church of Jesus
Christ of Latter-day
Saints Simi Valley
sorted 2,025 pounds of
food or 1,598 meals!**





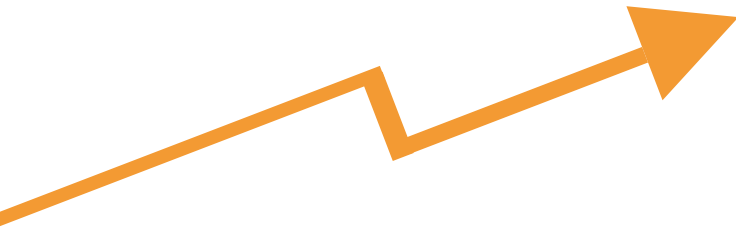
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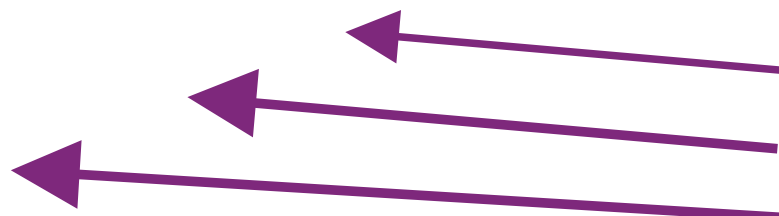
**United States Navy sorted
1,795 pounds of food or
1,417 meals!**



**Patagonia sorted 2,145
pounds of food or
1,693 meals!**



**Students from various high
schools sorted 1,775 pounds
of food or 1,401 meals!**





MEMBER OF
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**Bureau of Jewish Education
sorted 1,685 pounds of food
or 1,330 meals!**



**Another group of students
from various high schools
sorted 1,310 pounds of food
or 1,034 meals!**



**Northrop Grumman
sorted 3,620 pounds of
food or 2,857 meals!**





**Various high school students
sorted 1,490 pounds of food
or 1,176 meals!**



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