



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

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.

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.

FOOD Share Academy

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

Volunteer Stats

Last month 468 volunteers contributed 2,402 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.

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/>

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.

Community Leadership Field Studies

Community Leadership Field Studies students come out for a talk & tour with FOOD Share. Tracylee Clarke, Ph.D, Associate Professor of Communication at California State University Channel Islands, brought 16 students to FOOD Share for a "Talk & Tour" to learn how FOOD Share leads the fight in tackling hunger in Ventura County.



Community Leadership Field Studies Students

National Charity League

National Charity League group of seventh grade girls, pictured with their moms, is the third class participating in our FOOD Share Academy! So far they have experienced our Ventura County Hunger Banquet, worked in the FOOD Share Teaching Garden, conducted a food drive that yielded 234 pounds of food and helped sort and box up food. Over the next two months they will participate in a nutrition lesson and help at a FOOD Share pantry where they will receive their certificate of completion. We thank you for your generosity of time and curiosity in learning ways to help the hungry in Ventura County.



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



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Ventura County's Food Bank

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Nutrition Tip!

Artichokes

Courtesy Stephanie Armstrong, Nutritionist

As winter becomes spring, a new array of produce becomes available! Artichokes, for example, are ready for harvest in the late winter months. This is a great low-calorie, low-fat source of nutrients. Artichokes are high in fiber¹, which can keep your digestion regular, help lower cholesterol, and promote intestinal health. This relative of the thistle is packed with vitamins and minerals: vitamin C aids immunity; vitamin K helps with bone formation and blood clotting; and folate assists with brain function.¹ Many health benefits are provided by this nutrient-dense vegetable!

You can usually find these edible flower buds² at the store during March through June.³ Just look for artichokes that seem heavy for their size, are free of bruises, and have tightly packed leaves.¹ Artichokes are prepared two different ways. Some like to steam the entire artichoke until tender and eat the flesh at the base of each leaf and also the heart at its center. Another popular preparation involves removing all the leaves and the prickly fuzz to reveal the artichoke heart, which lends itself to a wide variety of uses. Try these delicious recipes to enjoy artichoke season!



Pasta with Artichoke Sauce⁴

Ingredients

Makes 4 servings

- 9 oz. artichoke hearts
- 1 cup half-and-half
- 1 clove garlic, smashed
- 1/8 teaspoon red pepper flakes
- Salt
- 1 cup peas
- 1 teaspoon lemon zest
- 2 teaspoons lemon juice
- 16 oz. pasta
- 1/4 cup finely grated parmesan cheese
- 1/4 cup torn basil leaves

Preparation

Takes 25 minutes

1. Prepare artichokes as noted above.
2. Combine artichokes, half-and-half, garlic, red pepper flakes, and 1/4 teaspoon salt in large skillet and simmer over medium heat. Cover and cook until the artichokes are tender (about 5 minutes). Add peas and continue cooking, covered, until tender (about 5 more minutes). Remove from heat and stir in lemon zest and juice. Discard garlic clove.
3. Boil large pot of salted water. Add pasta and cook according to instructions. Reserve 1/2 cup cooking water. Drain pasta and transfer to sauce skillet.
4. Add parmesan to skillet and gently stir until pasta is coated. Thin the sauce with some of the reserved cooking water. Stir in basil and serve.



Steamed Garlic Artichokes⁵

Ingredients

Makes 2 servings

- 2 whole artichokes
- 2 tablespoons butter
- 2 cloves garlic, sliced
- Salt and pepper to taste

Preparation

Takes 25 minutes

1. Fill pan with enough water to cover bottom and bring to a boil over high heat. Meanwhile, trim and toss stems and tough outer leaves of artichokes. Tuck slivers of butter and slices of garlic into artichoke leaves.
2. When water is boiling, place steamer in pot and set artichokes in steamer, stem-side down. Cover pot with lid and steam artichokes until tender (about 20 minutes).
3. Eat the leaves first, using your teeth to capture the flesh at the leaf's base. Using a spoon, gently remove the prickly fuzz off the heart, then cut it into pieces and enjoy.
4. Add parmesan to skillet and gently stir until pasta is coated. Thin the sauce with some of the reserved cooking water. Stir in basil and serve.

Sources:

1. "Artichokes, (globe or french), cooked, boiled, drained, without salt Nutrition Facts & Calories." Nutrition Data. Condé Nast, n.d. Web. 2 Mar. 2017.
2. "Artichoke nutrition facts and health benefits." Nutrition And You. Umesh Rudrappa, n.d. Web. 2 Mar. 2017.
3. "Seasonality Chart: Vegetables." CUESA. Center for Urban Education about Sustainable Agriculture, n.d. Web. 2 Mar. 2017.
4. "Agnolotti With Artichoke Sauce." Food Network Kitchen. Food Network, 20 Feb. 2014. Web. 2 Mar. 2017.
5. Shai. "Artichokes Recipe." Allrecipes. N.p., 25 Jan. 2008. Web. 2 Mar. 2017.

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



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Big Lots employees making a difference!



We thank you, Big Lots employees, for helping to sort, and for taking a tour of FOOD Share.

Big Lots sorted 1,335 pounds of food or 1,054 meals!



Six of the Big Lots group sorted through four bins of pears!



Kaiser and Zac harvest peas in the Senior Nutrition Garden



Diarra, Anna, Elliott, and Henry also helping harvest peas for the Senior Nutrition Program

Cate School selects FOOD Share for the Day of Service. Amy, Daniaal, Kevin, Matt and Amber sort through food



The Church of Latter-day Saints Thousand Oaks sorted 1,535 pounds of food or 1,212 meals!



A Cal State Channel Islands student
and Dole Packaged Foods sorted
7,430 pounds of food or 5,864 meals!



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The Church of Latter-day Saints
Ventura sorted 4,665 pounds of
food or 3,682 meals!

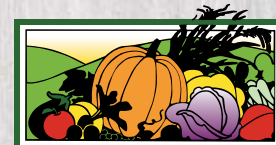


Boy Scouts of America Ventura County

Thanks to the hardworking Boy Scouts
of America Ventura County Council,
FOOD Share received 880 pounds
of food! Each year the Boy Scouts
conduct their Scouting for Food drive
where over 125,000 donated items of
food is collected and donated to us and
other charity organizations that give
assistance to those in need. We thank
you for your donation and support.

WELL DONE!





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The United States Navy sorted 1,920 pounds of food or 1,515 meals!



The United States Navy sorted 1,605 pounds of food or 1,227 meals!



And another United States Navy group sorted 1,760 pounds of food or 1,389 meals!



Pacific Compensation Insurance Company sorted 1,365 pounds of food or 1,077 meals!



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The Church of Latter-day Saints
Camarillo sorted 3,300 pounds
of food or 2,605 meals!

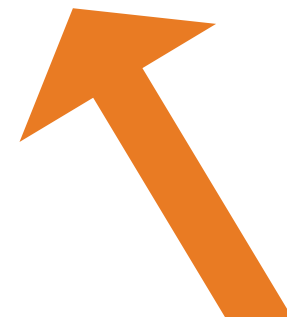
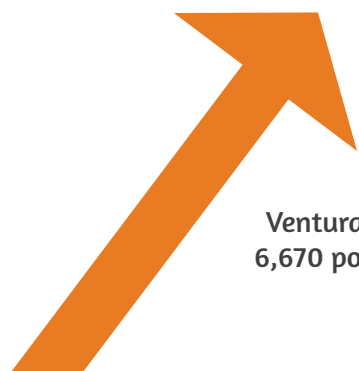


Westlake High School Action Team
sorted 795 pounds of food or 627 meals!



Monsanto sorted 3,175 pounds
of food or 2,506 meals!

Ventura County Credit Union sorted
6,670 pounds of food or 5,264 meals!



Patagonia sorted 3,500 pounds
of food or 2,762 meals!



Target sorted 1,995 pounds of
food or 1,575 meals!

Single Sort & Mingle!

FOOD Share kicked off its first singles event on Wednesday, March 1, 2017! What better way to meet someone than by volunteering!! FOOD Share receives thousands of pounds of donated food every month and we always need help sorting it. So, why not turn it into a date night!? Grab your friends and come sort and mingle with people who share your values! If you are interested in attending our next Single, Sort & Mingle event, contact Jennifer Caldwell (Jcaldwell@foodshare.com) or call Jen at (805) 983-7100 x 129.

