



Food Bytes

A Publication for the Member Agencies of
Second Harvest Food Bank Santa Cruz County

December 2011

Volume 2, Issue 4

Holiday Food Drive Heating Up

The Holiday Food Drive is in full swing with food drive events happening all over the Santa Cruz County. Our supporters are busier than ever, and we are excited to share some of the highlights from the Holiday Food Drive. Bard on the Run Players and Christ Lutheran Church raised 1,992 meals with their production of Shakespeare Meets Law & Order. Hilary Bryant, City of Santa Cruz Council member and Santa Cruz Sunrise Rotary member, raised 2,468 meals with donations from her birthday party. Windy Oaks Estate Winery & Vineyards in Corralitos raised 4,000 meals with funds donated at their Barrell Tasting event. Lastly, nine students from New Brighton Middle School raised 544 meals by collecting donations from the Hilltop neighborhood of Soquel on Halloween. This year's Holiday Food Drive goal is 2.5 million pounds, and we're about halfway there. Thanks to all contributors of their hard work and dedication toward the Holiday Food Drive!

Serve It and Kids Will Eat It

A new UCLA study has found a significant way to increase the consumption of fruits and vegetables for low-income elementary school students: by providing a lunch salad bar. The UCLA pilot study was conducted at three Los Angeles Unified School District Elementary schools in the U.S. Department of Agriculture reimbursable lunch program. The study showed a significant vegetable consumption increase from 2.97 to 4.09 servings daily. "The salad bar program showed us that children will indeed eat more fruits and vegetables if offered in an appetizing and accessible manner," Slusser said. "The results are clear— if we provide fresh fruits and vegetables in kid-friendly ways, we will increase consumption," said school board member Marlene Cantar. Salad bar programs can significantly help reduce obesity, weight gain, and the risk of certain cancers, heart disease, stroke, and Type 2 diabetes. Interested in bringing a salad bar to your school? Contact Kevin@thefoodbank.org for information on grant opportunities.



Record Breaking News: Twin Lakes Church raises 1,229,916 for Holiday Food Drive

Pastor Rene Schlaepfer of Twin Lakes Church recently announced record-breaking news for the Holiday Food Drive. Over 10 weeks, the congregation raised 1,229,916 pounds of food for Second Harvest. Pastor Rene Schlaepfer issued a challenge to his congregation: Do-



notate one million pounds of food to Second Harvest Holiday Food Drive by Thanksgiving. He challenged every person in the church to set aside \$1.40 a day for ten weeks. Pastor Rene told everyone he was praying for 100% participation from the congregation even asking little kids and parents to help out. The kids came up with some creative ideas to raise money for the Food Drive. One six-year old boy raised \$680 by selling hand-made paper kites door-to-door for two dollars each. Two



martial art students held a "Break-A-Thon" and raised 6,500+ pounds of food. And four little boys raised \$300 by selling toy caterpillars they made themselves. Adults, who were equally inspired, sold furniture and books online, held garage sales, and more. The owners of Yogurtland of Capitola donated a portion of one day's proceeds to

the cause, raising over \$1,500. The need for food aid in Santa Cruz County is up 38% since 2008. Community leaders, like Pastor Rene, are committed to assuring that our families are able to obtain healthy, nourishing foods through these hard times. Again, congratulations to Pastor Rene and the Twin Lakes Church congregation for their amazing group achievement.

Our Outreach Work is Paying Off

CalFresh participation in Santa Cruz has increased 88% in the last 5 years. Here's a link to follow different counties participation rates from 2006-2011, and see how we have increased dramatically. <http://cfpa.net/CalFresh/CFPAPublications/CalFreshIncreasesByCountyFrom2006-2011.pdf>

Community Resources

Together for Youth/ Unidos Para Nuestros Jovenes (TFY/UPNJ)

TFY/UPNJ, United Way, 1220 41st Ave., Suite C., Capitola, 95010

This is a community-wide collaborative of local organizations, meeting under the auspices of the United Way and working to create a positive, diverse, and healthy environment for youth in order to increase youth skills, confidence and abilities, and reduce the factors that may place them at risk for harmful behaviors.

YouthSERVE Program of the Volunteer Centers of Santa Cruz County and Youth Coalition Santa Cruz (YCSC)

1010 Emeline Ave, Bldg C., Santa Cruz, CA 95060

YouthSERVE empowers young people to take an active role in their community through volunteering, community internships, mentoring and Youth Coalition Santa Cruz (all proven effective strategies for violence prevention). YCSC is a youth-led group that provides an opportunity for youth voice and leadership in the community.

Upcoming Holiday Events:

Fri, Sat & Sun December 2,3, & 4— Alladin Nursery Open House

Bring a bag of non-perishable food and receive 10% off any item. Bring 2 bags and get 20% off any item in the gift shop.

Saturday, December 4th-P.V. Historical Association Holiday Tea and Open House

Held at the Historic Bockius-Orr home (332 E. Beach St. in Watsonville). Bring a child story book for a local school and canned food for Second Harvest!

Saturday, December 3rd, 10-noon— S.C. Holiday Parade in Downtown S.C.

Saturday, December 3rd—Capitola Mall & Clear Channel Present “Can Creation”

Tuesday, December 6th, 4pm—Aptos Tree Lighting at Aptos Village Park

USDA Distribution Serves 1,746 Households

Every second Monday of the month, Second Harvest holds a USDA distribution at our warehouse to serve residents of the Pajaro Valley. On November 14th, Second Harvest served 1,746 households during the Watsonville USDA distribution. Each household received a bag of fresh fruit and vegetables in addition to a bag of USDA commodities containing beans, rice, macaroni, peaches, corn, and applesauce. According to Grace Galvan, Operations Director for Second Harvest, there were 300 more families this month than last month. “The need will continue to grow during the winter months,” she explains. “February is typically our busiest month.”



Vegetable of the Month: Collard Greens

Collard greens are an excellent source of Vitamin C, beta-carotene, and manganese, and a good source of vitamin E and zinc. Collard greens provide us with five core conventional antioxidants, and are excellent source of vitamin K and omega-3 fatty acids. Collard greens should be rinsed under cold water. Chop leaf portion into 1/2-inch slices and stems into 1/4-inch pieces for quick and even cooking. Look for firm, unwilted leaves that are vividly deep green in color with no sign of yellowing or browning. Leaves that are smaller in size will be more tender and have a milder flavor.



Tips from Ted’s Desk:

Please make sure to sign your invoices before you leave the warehouse. For your and our records, we only want authorized shoppers to sign invoices. Please let Rebecca Henderson know if there are any changes to your assigned authorized shoppers.

Smokey Collard Greens w/ Shiitake Bacon

Ingredients:

- Collard greens:
- 2 tablespoons garlic infused olive oil
- 3/4 pound onions, minced (about 2 medium onions)
- 2 garlic cloves, minced
- 2 pounds (about 4 bunches) collard greens, stemmed and cut into 2” squares
- 3 cups vegetable stock
- 4 chipotle peppers, seeded (cut single slit down side to open)
- 1/4 teaspoon sea salt
- 1/2 cup shiitake bacon, finely chopped (recipe below)

“Bacon”:

- 3/4 pounds shiitake mushrooms, cut into thin strips
- 1 tablespoon olive oil
- 1/2 teaspoon sea salt

Directions

Greens:

In large skillet, sweat onions in olive oil until translucent, about 5 minutes.

1. Add garlic, saute for about a minute.
2. Add collard greens and saute until wilted, 1-2 minutes.
3. Add vegetable stock, chipotle peppers and salt. Stir to infuse with chipotle flavor, about 1 minute.
4. Cover and simmer on medium heat for 7-10 minutes or until greens are tender. Toss occasionally.
5. Remove chipotle peppers. Continue simmering uncovered until liquid has evaporated.
6. Add shiitake bacon and toss to incorporate; serve immediately.

Bacon:

1. Preheat oven to 350°F.
2. Pour olive oil and salt over mushrooms and stir to incorporate.
3. Spread in single layer on a baking sheet lined with parchment paper. Bake 25-30 minutes until dehydrated, but still pliable.