



Willy Elliott-McCrea

Empowering the Next Generation

I am so excited to share with you a brand new nutrition program that is aimed at empowering the next generation in our community towards healthy food and lifestyle choices.

Passion For Produce -Youth INC (Implementing Nutritional Care)

is a free nutrition education program that empowers teens to make smart food choices for themselves and promote healthy dietary habits for others at home, among their peers, and within our community.

Made possible in part by a grant from the Watsonville Rotary, this new Second Harvest program is engaging south Santa Cruz County youth to be peer ambassadors in food access and distribution while educating them about diet and prediabetes. Teens will work with Second Harvest nutrition staff to learn about food distribution in their community, how to prepare healthy foods, and gain the confidence to disseminate nutrition education all while developing their leadership skills for a lifetime of civic participation.



Watsonville High School students Alondra Ortiz and Kyanna Lucas piloted Youth INC as their Senior Community Action Project. "Alondra and Kyanna's enthusiasm, creativity and compassion was off the charts" according to Second Harvest Nutrition Program Manager and Youth INC developer, Julio

Neri Andrade. As part of the pilot, they taught nutrition classes and distributed fresh fruits and vegetables at Amesti Elementary School in Watsonville. They also distributed Second Harvest Food Hotline cards to assure that everyone, including staff, know where to call if they or someone they know is facing food insecurity.

Nutrition programs like Food For Children, Passion For Produce, and Passion For Produce-Youth INC are a war chest of prevention in the battle against food insecurity and the toll that poor nutrition takes on a community. Through programs like these, Second Harvest continues to be committed to making sure everyone has an opportunity for a productive, healthy, happy life.



Live Oak Branch Library and Second Harvest hosts first health fair.



Nancy Garcia (Live Oak Library) and Delia Bernal (Second Harvest Program Manager) organize produce distribution at the Health Fair.

On June 1, the Live Oak branch of the Santa Cruz Public Library system in collaboration with Second Harvest Food Bank hosted its first of four Feria de Salud (health fairs) including Zumba lessons, a fresh produce distribution and nutrition education.

These events, funded through a grant and designed by Programming/Outreach Library Assistant and San Jose State Library student Nancy Garcia, will offer four sessions – every other Saturday morning for two months.

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Letter Carriers Stamp Out Hunger in Santa Cruz County

On Saturday, May 11, all around Santa Cruz County, our letter carriers were picking up extra mail in the form of bags of food for people in need. The food was brought back to each post office and loaded into Second Harvest trucks to eventually be distributed to people in need in Santa Cruz County. Overall Stamp Out Hunger raised enough food to provide 104,230 healthy meals. Thank you Santa Cruz County letter carriers!!



Willy Elliott-McCrea (Second Harvest) and René and Laurie Schlaepfer (Twin Lakes Church) Twin Lakes raised 148,800 healthy meals at the World's Biggest Garage Sale.

Garage Sale Raises Hundreds of Thousands of Meals

Twin Lakes Church has done it again!! Every other year the church hosts the World's Biggest Garage Sale at their Aptos campus next to Cabrillo College. In the weeks prior this year's event, volunteers received, sorted, and organized massive amounts of donations. All proceeds from the sale benefitted Second Harvest and will provide healthy food and nutrition education to our community. Thank you Twin Lakes for your compassion in action!

Special thanks to the Rotary Club of Watsonville for their grant to make possible the new Second Harvest Passion For Produce - Youth INC Program aimed at educating and involving local youth in healthy food and lifestyle choices.

Rotary
Club of Watsonville



CalFresh Forum 2019 - CalFresh For All



Pictured: Alicia Fernandez and Alicia Zenteno from First 5 Santa Cruz participate in a healthy recipe activity at the Annual CalFresh Forum.

Like other parts of the country, the Central Coast has poverty and social challenges, especially when the cost of living and slow wage growth are taken into the equation. The CalFresh program is expanding and beginning June 1, 2019, individuals on SSI (Supplemental Security Income) became eligible to apply for the program. Read all about his event and the new CalFresh expansion at www.thefoodbank.org/blog.

That was the backdrop for the May CalFresh Forum in Watsonville, organized by Second Harvest and Santa Cruz County Human Services Department. A hard-hitting lineup of advocates, program administrators, elected officials, and more lauded the program's success in fighting hunger, explained the economic benefits it brings to the community, honored hard-working CalFresh Champions, and educated the audience of close to 200 on strategies for enrolling more people in need, including those on SSI, and ensuring its continued success.

For more information on the CalFresh Program visit www.thefoodbank.org/calfresh



In Memory/In Honor Gifts

Please take a moment to view the list of donations made In Memory and In Honor:
www.thefoodbank.org/memory

Library *continued from page 1*

The Live Oak Library branch is a community hub attracting visitors from all corners of the neighborhood. With beautiful views of the Corcoran Lagoon, the Live Oak Library branch was designed to address the “greatest single need for [the area] – children’s services”.

With that in mind, Garcia designed the grant for the health fair to include healthy eating/active living principles. After a 45 minute Zumba lesson, participants were able to enjoy a healthy snack and take home a 35 pound produce bag.



Several of the participants were familiar with Second Harvest programs, attending nutrition education/distribution sites at Live Oak Elementary School or East Cliff Village. Others were new to Second Harvest's offerings. All enjoyed the active dance of the Zumba session, taught by Catalina Vargas, who can also be found at two other Passion For Produce distributions in the county each month.

Thank you Nancy and the Live Oak Public Library for being such an amazing force for a healthy community.

September Hunger Action Month

September 12:
Santa Cruz Chefs' Dinner 2019
www.thefoodbank.org/chefs2019

September 28:
Taste of Soquel
www.tasteofsoquel.org

November 7:
**Holiday Food & Fund Drive
Kick-Off Lunch**

Upcoming Events

Second Harvest Food Bank
800 Ohlone Parkway
Watsonville, CA 95076-7005
PH: 831.722.7110

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
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FeedHope

Summer 2019



Paint & Sip Night Creates Community & Avocados

The Painted Cork and Second Harvest hosted Paint & Sip Night on June 21st. A big thank you to everyone who attended. We had fun and met new friends. In total you raised over 2800 meals AND now have an amazing avocado painting to show for your efforts! Thank You!!! Check out all the photos on the Second Harvest Facebook page.

Triple Gift Opportunity - Maximize your impact through monthly support.

Second Harvest's supporters believe in our efficiency and the essential role we play in feeding our communities. Donors can maximize their contributions by signing up as a **Sustaining Partner** during our summer Food For Children match campaign. Become a monthly, quarterly, or annual donor by August 31st and **matching funds donated by two local families will triple your first gift. That means every \$1 dollar donated will provide 12 healthy meals.** You may update or cancel your gifts at any time. Visit www.thefoodbank.org/mg today and set up your recurring gift. Maximize your impact through monthly support. This triple gift opportunity also applies to one time gifts.

Introducing Lisa Krigsmann as Director of Fund Development



Lisa Krigsmann, Director of Fund Development

We want to welcome Lisa Krigsmann to the Second Harvest staff. Lisa grew up in the San Fernando Valley but has called the Monterey Bay area home for almost 25 years. After earning her BS in Marine Biology from the University

of California Santa Cruz, Lisa worked for the Monterey Bay Aquarium and the Monterey Bay National Marine Sanctuary. She returned to graduate school to earn her MS in Marine Science from San Francisco State University, and after graduation worked for the National Marine Fisheries Services for almost a decade. In 2015, Lisa embarked on a new chapter in Development, working for organizations including Limitless Horizons Ixil, supporting educational work in the Highlands of Guatemala, the Santa Cruz SPCA, and Kirby School. She is now excited to be a part of the dynamic Second Harvest Development Team.



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