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.

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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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.
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 this 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

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.

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
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 Krigsman as Director of Fund Development

We want to welcome Lisa Krigsman 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.