

# KNOW HUNGER

Our Mission is to Alleviate Hunger in the Inland Empire • SUMMER 2017 • VOL 4 ISSUE 2

## SUMMER HUNGER IN THE IE

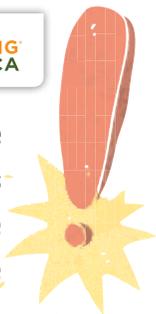
**LEARN  
THE SIGNS  
OF FOOD  
INSECURITY**



Summer hunger is something that we try to prepare for and work on continuously year-round. We know children dependent on the nutrition provided from free or low-cost meals may find themselves hungry if they live outside of a community where the program extends throughout the summer. Food drives are an important way members of the community can help to fight hunger. Continue on to page 4 to read about past food drive success stories.

**HUNGER ACTION MONTH** | **FEEDING AMERICA**

September is Hunger Action Month (HAM), the Feeding America network's nationwide awareness campaign designed to mobilize the public to take action on the issue of hunger. Wear your orange with pride! Use #hungeractionmonthie



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# CEO Corner



Dear Friends,

Happy Summer. While most of us probably view summer as a time to relax, enjoy the wonderful beaches that Southern California has to offer, or to catch a baseball game, summer has a different meaning for those who live in poverty and/or are food insecure.

For our children, summer means losing access to 1-2 critical meals that provide much needed sources of nutrition. For our seniors, higher temperatures lead to the inability to access necessary and critical food. For our families, summer means having to choose between childcare or putting food on the table. For our food bank, summer means less donations and less funding, which leads to less food

being distributed to the people who need it most.

I am an optimist at heart. While I know there is much that needs to be done throughout the Inland Empire, I also know that together we can make an impact. I am asking each of you to make a commitment this summer. A commitment to remember those less fortunate.

Please consider donating one latte a week or one dinner out this summer. Or if you prefer, come spend a day with us at the food bank as a volunteer. Every \$1 donated makes a difference in someone's summer right here in the Inland Empire. Let's give our neighbors something to smile about this summer.

As always, we appreciate you and your continued support.

With Joy,  
Stephanie Otero  
President & CEO

## Hunger Walk



## Food Bank Recap *Feed SoCal*

In June FARSB once again partnered with ABC 7, Albertsons, Vons, and Pavilions for the 6th Annual Feed SoCal, a food drive supporting southland food banks in ending hunger. The month long campaign culminated in the, "Stuff a Truck" event on Friday June 16th, at Mathis Brother Furniture in Ontario and is the biggest televised food drive of the year. The "Stuff -A-Truck" event alone collected over 18,000 lbs. of food and \$39,000 in donations.

Overall, the campaign collected over 5.4 million pounds throughout the Southland, enough to provide 4.5 million meals!



Thank you to all of our generous sponsors including: Target, Bank of America, Ashley Furniture, Enterprise, CarMax, Grocery Outlet, and Majestic Realty, volunteers, and walkers for helping make our 2nd Annual Hunger Walk on Saturday June 24th such an overwhelming success. With 241 participants, we more than doubled our turnout from last year and raised more than \$17,000, enough for over 153,000 meals! We could not have done it without you.

# An Act of Love



Volunteering is a labor of love. If you have spent time in your community volunteering, then you know firsthand the importance of donating your time. I get the unique opportunity to meet and greet companies and individuals looking to give back by giving their time and skills. From my point-of-view as the Development Coordinator, I could not be prouder of the volunteers who walk through our doors ready to weigh, count, box, and perform quality checks on donated food items. When I say food banking is for the STRONG, it's because it is true, and our volunteers take on that challenge each day. I hope when each participant is finished and returns to their regular activities, they leave understanding that they just helped a neighbor in need. Whether that neighbor finds themselves at an emergency shelter, after school program, or food pantry.

# #fooddrivefriday

You heard the call and you gave BIG. The Caliber Collision Annual "Rhythm of Restoration" Food Drive raised nearly 3000 lbs. of food and collected close to \$10,000!



Stamp out Hunger raised over 68,000 lbs.

In addition, our 6th annual Feed SoCal Food Drive and "Stuff a Truck" event raised over 5 million pounds collectively from local Vons, Albertsons, and Subaru dealers in both Riverside and San Bernardino Counties.

You can host your own food drive this summer at family events, neighborhood BBQ, or your office.

Take the pantry challenge: Clean out your pantry today and donate any items to a local food drive.



**\$1 = 9 meals**



To learn more about volunteering, food drives, or how to make a donation contact: Sharon Rodriguez [srodriguez@feedingamericaie.org](mailto:srodriguez@feedingamericaie.org)

# The Signs of Hunger

One way to combat hunger is to understand the signs of food insecurity and know where to find help. Food insecurity could happen to anyone, even you. Someone struggling with hunger is missing 1 - 3 meals a day. We know how important breakfast is to set the tone for the rest of the day, and though many of us choose to skip that meal that may not be the case for a neighbor in need. Another sign of hunger is having to make the decision whether today you will eat, pay a bill, or attend your much needed doctor's appointment- those are what we call, "tough choices." The third sign is the cycle of food insecurity. Is it happening once a month or more frequently?



The gateways to food insecurity can be numerous but know help is out there. Through the use of a smartphone one can access the very resourceful Got Food? app. Or a quick call to #211 can help you find resources close to you. Additionally, access to the internet can be used to research hunger-relief programs such as CalFresh and SNAP.



FeedingAmericaIE.org | 951-359-4757

Feeding America Riverside | San Bernardino Counties  
2950-B Jefferson Street,  
Riverside, CA 92504

At Feeding America Riverside | San Bernardino:

- 98¢ of every \$1 raised goes directly to food and programs
- Every \$1 donated allows us to distribute 9 meals

MARK YOUR CALENDAR:

- NOW - AUG 15 Farmer Boys Food Drive
- NOW - SEPT 4 Make Caring the NORM  
Norm's Diner in Riverside, donate \$1 and receive a special bounce-back coupon to return and receive special savings.
- SEPTEMBER HUNGER ACTION MONTH**
- Saturday Volunteer Days
- SEPT 14 Hunger Action Day
- OCTOBER Gallo Winery Text-to-Donate
- OCT 2 - NOV 3 Raise the Bar: Exclusive fundraiser for the IE Legal Community
- NOVEMBER 37th Annual Gala in Temecula  
Gallo Winery Text-to-Donate
- ON-GOING Box Lunch (Riverside & Ontario)  
Every \$10 purchase = 1 meal donated



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# Exclusive Event



Are you in the legal profession or know someone who is? Join us for "Open the Bar" on September 6th, 6-7pm at the food bank.

This event will kick-off a competitive fundraising opportunity for the legal communities in Riverside and San Bernardino Counties. Enjoy light refreshments and mingle with other law professionals dedicated to helping feed the Inland Empire.



Attend the kick-off or learn more about Raise the Bar by contacting: Sharon Rodriguez  
srodriguez@feedingamericaie.org

## OCTOBER 2 - NOVEMBER 3

### EXCLUSIVE FUNDRAISER FOR THE IE LEGAL COMMUNITY