

# Hunger to Hope

Good news from the Los Angeles Regional Food Bank

Fall 2017

## Now my family won't go hungry—thank you!

My name is Maria and I came to this food pantry because it helps my family have enough to eat. My neighbor told me about it and it's been a big help to us.

My husband works in construction and we have two elementary school-aged children. During the winter, the weather can affect how much work my husband gets. When that happens, it's really hard to make ends meet. It becomes incredibly difficult to pay our rent and feed our children.

Our biggest challenge has been paying the rent. Every year it goes up a bit more and takes more of our income. I also try to work occasional jobs that still allow me to care for our kids.

Coming here has been a huge help for us, and means that I don't have to worry about our family going hungry. Once a month we receive a complete grocery basket of food. Every week I can come and get fruits and vegetables, which are just about the best thing a person can get. We also like getting the meat and milk when they have it. The kids like to eat salad and it's a treat for them if we get some juice. We're able to get by with what they give us and it helps us to eat healthy meals.

**"Every week I can come and get fruits and vegetables, which are just about the best thing a person can get." —MARIA**



*The food pantry has been a lifeline for Maria's family when her husband doesn't get enough work to pay rent and feed their kids.*

us with all the items for a Thanksgiving dinner, including a turkey. That's a big help to us financially and means I can make a special meal for the family.

I'm very grateful that we can come to this food pantry. It's a big support to this whole community. Thank you for everything you give to support the Food Bank. You're helping all of us who don't have enough to feed our families.

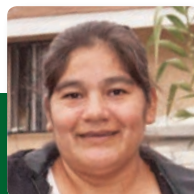
### Making a Thanksgiving meal possible

There are also some special events here that help our family. When school starts up they provide a backpack of school supplies for my children. In November, they provide



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MEMBER OF  
**FEEDING  
AMERICA**

## A message from Michael



**Michael Flood**  
President and CEO

**“Realizing our vision that no one goes hungry in Los Angeles depends on the compassion and generosity of friends like you.”**

The California climate provides a rich variety of fruits and vegetables to our state. For the families we serve, having access to those fresh foods is so important for providing a healthy diet for their children and themselves. One program that’s helping us access more produce and reduce food waste is the Field to Families program that helps put surplus produce from farms onto the tables of the families we serve.

Increasing the amount of fresh produce we distribute has been one of our top priorities. Ten years ago, fruits and vegetables made up less than 1 percent of our overall food distribution. Now they represent 20 percent of our overall food volume, the largest single category for the Food Bank.

One of the real challenges of distributing fresh produce is the cost of storing and transporting perishable, time-sensitive foods. We are so grateful for the commitment of friends like you who care about the health of people like Maria, Georgina and Lupe, who tell us what a gift it is to receive fresh fruits and vegetables for their families. Your support has enabled us to build the infrastructure required to harvest, store and distribute this nourishing food.

At the Food Bank we are deeply aware that realizing our vision that no one goes hungry in Los Angeles County depends on the compassion and generosity of friends like you. Robby’s story is a great example of someone who caught that vision by participating in our Food from the Bar Campaign. Whatever path has led you to the Los Angeles Regional Food Bank as a way of caring for your neighbors in need, thank you for being one of our valuable supporters.

Gratefully,

Michael Flood, President and CEO

## Feeding families at our Mobile Pantry



*This multi-generational family receives produce and fresh foods at one of our Mobile Pantries.*

Every month when the Food Bank’s refrigerated Mobile Pantry truck pulls into the parking lot of a low-income apartment complex, a long line of families from the community are already waiting. Volunteers quickly get to work setting up tables with fruits, vegetables, meat and other fresh, non-perishable food items.

Georgina and Arely, a mother and daughter whose families currently share one apartment, are one of the families who rely on this distribution to have enough to eat. “We appreciate getting the fruits, vegetables, bread and yogurt for the kids—it’s all delicious!” says Georgina.

**“We’ve never had to go hungry because of the Food Bank.”**

—GEORGINA

Georgina worked 25 years making clothes in the Los Angeles garment district. When her back gave out, Georgina was put on disability. Although her husband still has work sewing for the clothing industry, his hours have been cut drastically. “Our biggest challenge is my health and our finances. The last two years my husband’s work has really slowed down. We always have to pay the rent and every year it goes up,” explains Georgina.

### Helping their family stay healthy

Georgina’s daughter, Arely, and her family recently had to leave the home where they were living and move in with Georgina. Although Arely’s husband works, it’s a temporary, part-time job. Trying to feed their big family on a low income led them to the Mobile Pantry. “We’ve never had to go hungry because of the Food Bank,” says Georgina. “And what they give us also helps vary our diet.”

“Thank you for all your donations,” she adds. “Because of you, our family has enough to eat. You’re helping us not just survive, but also be more content in our lives.”



## I appreciate all the fresh fruits and vegetables!

My name is Lupe and I've been at the Food Bank since early this morning waiting for the distribution. It's worth it to me because they give us vegetables and meat—and that makes me really happy!

I was born and raised in Los Angeles and I've worked in the fields and factories all my life. I always had a disability that made it difficult for me to learn, so I wasn't able to get my high school diploma. That's made it hard for me to earn a consistent income to provide for my family.

While raising two kids on my own, I had to rely on food pantries to help us get by. I have always worked hard, but it was a struggle. Now I'm living on disability, and my biggest issue is finding a stable place to live. I've lost two housing situations when they sold the properties.

### Learning to cook healthy food

At this distribution they don't just give you a lot of vegetables, they also teach you how to cook them. They hand out recipes for cooking vegetables I haven't tried before. I haven't been able to buy fruits and vegetables at the store because they're so expensive. Since I've been coming here I use more vegetables, and it's helping me eat healthy meals.



During the holidays they'll give us a turkey or a whole chicken and other items for a special meal. I look forward to coming here at the holidays and I appreciate all the things they give us.

If it wasn't for the Food Bank, I don't know what I would do. When I get stressed out over my housing situation or can't afford things I need, at least I know I'll have food to eat. So thank you! I know it's a lot of work to provide food for us, and you don't have to do it. But you're helping hundreds of people have enough to eat, and I just want to say thank you.

### THANK YOU

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Fighting Hunger. Giving Hope.

The mission of the Los Angeles Regional Food Bank is to mobilize resources to fight hunger in our community.

*Hunger to Hope* is a quarterly publication. If you are receiving multiple copies, please call us at (323) 234-3030, ext.147.

We welcome questions, comments and ideas. Please address all correspondence to:

**LOS ANGELES REGIONAL  
FOOD BANK**

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Los Angeles, CA 90058  
(323) 234-3030, ext. 196  
pr@lafoodbank.org

### VOLUNTEER SPOTLIGHT

## Working to end hunger in Los Angeles

Robby Mockler got involved with the Food Bank ten years ago when his law firm participated in Food From The Bar, the legal community's annual campaign to fight hunger in Los Angeles County. Since then, Robby has been volunteering. "Feeding hungry people is as basic as its gets, and it's the right thing to do," he says.

This year, Robby brought his daughter, Willa, to volunteer with him. "The experience) was fabulous. It is hard for a kid to believe there are people that don't have food," says Robby. "It's one thing to talk about it, but it's another thing to see that there are people working hard to make sure people get fed."

Robby also gives financially to the Food Bank. "I contribute to end hunger in Los Angeles," says Robby. "The impact of a contribution is incredible. You can feed a family for a small amount of money."

During this year's Food From The Bar Campaign, 75 legal organizations raised more than \$475,000, collected over 9,000 pounds of food and worked a total of 774 volunteer shifts. Thank you to Robby and all those in the legal community who have given generously to fight hunger in Los Angeles!

**"Feeding hungry people is as basic as its gets, and it's the right thing to do."**

—ROBBY



## Your support puts fresh produce on the dinner tables of families in need

At our monthly Mobile Pantry distributions and from the 600 partner agencies where we distribute over 12 million pounds of fresh produce every year, we hear comments like this over and over again:

*"Thank you for the fresh vegetables."*

*"You're helping my family eat healthier meals."*

*"It's so expensive to buy fruit at the store."*

As you read the stories in this newsletter you'll hear that same gratitude from Georgina, Lupe and Maria. For families and individuals struggling with hunger, fresh fruits and vegetables often don't fit into their budget and may not even be accessible in their local community.

In the last ten years we've increased our fresh produce to 20 percent of our total food distribution. Getting to this level has required a real investment in infrastructure—like refrigerated trucks and cold storage. We've also helped many partner agencies secure equipment to expand their cold storage ability. All of this is part of our Rapid Distribution initiative, which has increased our capacity to distribute healthy foods safely and efficiently to families in need.

### Straight from the farmer's field

Not only do we have to handle the produce safely, we also have to acquire it. One important program we've partnered with is the Field to Families program, which procures unused farm produce at a greatly reduced rate to help low-income families.

Your support makes it possible for us to source, transport, store and distribute this nutritious food to families in need. Please take a moment today to give online at [lafoodbank.org/donate](http://lafoodbank.org/donate) or return the enclosed form with your gift. Next time you bite into a fresh apple, remember that your generosity helps provide healthy food to neighbors who can't always afford fresh produce. Thank you!



*Getting perishable fresh produce to those we serve requires a rapid and efficient distribution system.*

## Kick hunger with the Rams

Join us on October 9 to meet your favorite Rams players, including the Taste of the Rams honorary chair, Pro Bowl running back Todd Gurley, and taste the best food in Los Angeles from the city's top-rated chefs. Proceeds from the sponsorship opportunities, ticket sales and live and silent auctions will help the Los Angeles Regional Food Bank provide meals to families struggling with food insecurity in our community.

Last year, the Los Angeles Rams teamed up with the top chefs at the inaugural Taste of the Rams event that raised nearly \$200,000 for the Food Bank, whose mission is to feed those who are hungry in our community.



Monday, October 9, 2017

6:00 p.m. to 9:00 p.m.

Globe Theater

Universal Studios Hollywood<sup>SM</sup>

To purchase tickets please visit [lafoodbank.org/taste-of-the-rams](http://lafoodbank.org/taste-of-the-rams)



Stay connected to the work you support!



### MY FALL DONATION

**YES, Michael, I want to help ensure those who struggle with hunger have access to fresh produce.**

\$150  \$100  \$50  \$25  Other \$ \_\_\_\_\_

**I'll join the Meal A Day Monthly Giving Program.**

My first gift of \$ \_\_\_\_\_ is enclosed.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

To charge your gift by phone, please call (323) 234-3030, ext. 140.

**It's easy! Give online at [lafoodbank.org/donate](http://lafoodbank.org/donate)**

Please make your check payable to: **Los Angeles Regional Food Bank**  
1734 East 41st Street | Los Angeles, CA 90058-1502 | (323) 234-3030

USE CHECK OR CREDIT CARD ONLY PLEASE.  
THANK YOU.

Please charge my gift on my credit card:  VISA  MC  AMEX  DISC

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Your donation is tax deductible as permitted by law. Los Angeles Regional Food Bank will send you a receipt in gratitude for your kindness to the individuals and families in Los Angeles County who rely on us for food.

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**FOOD BANK**

Fighting Hunger. Giving Hope.

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