



FOOD for thought

Food Bank of Yolo County

SERVING THE PROGRAMS THAT FEED THE HUNGRY

September 2010
Volume 1, Issue

Focus on Nutrition

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Kitchen Update

In our work to encourage everyone to eat more fruits and vegetables, we often hear



Mixed Salad

that people have difficulty incorporating these healthy habits into their diet. Perhaps they are unfamiliar with kale, or don't know how to safely

cut a butternut squash. Some we talk to know how to cook with produce but the recipes aren't exactly healthy due to added unhealthy ingredients or methods like frying. Many don't feel they have the time, knowledge, or skills to prepare healthy meals for their family on a budget.

It was with these challenges in mind that we began work on our new demonstration kitchen, which we are pleased to announce is now complete!

Chef Arturo Vargas (spotlighted on page 3) will host cooking classes for clients, partner agencies, and the

community. His background



Grilled Salmon on Veggie Bed

and training in Mexican cuisine inspires classes on tamales, tortillas, salsas, and more.

Classes will also explore other international cuisines including healthy stir fry recipes and ideas for adding flavor and nutrition to standard pasta fare. In addition to healthy alternatives, classes will vary by season to highlight the delicious, fresh, local options available year-round from local farmers.

Participants will learn hands-on skills, new recipes, and tasty, nutritious tricks for updating old favorites.

Visit www.foodbankyc.org and click on "Cooking Classes" in the Programs section for a list of classes. Hope to see you here!

Food Bank Statistics:

- Cooking Classes now offered
- Nutrition and budget wise are key components of cooking classes
- Variety of classes offered



Chef Arturo in Food Bank Kitchen

We know health issues can arise from the food we consume, therefore, to the extent it is feasible, we have focused on the types of food we distribute to our clients.

We are excited about our focus to distribute fresh produce. We know we are making a positive contribution to the community's good health.

The Food Bank's garden is new and improved this summer, and we're reaping the



delicious rewards. Working with two volunteer Master Gardeners from the University of California Cooperative Extension in Yolo County, we designed and planted a demonstration garden on site at the Food Bank. The garden is integrated with our cooking classes, with some sessions beginning in the garden and proceeding to the kitchen to

in cooking classes will be distributed to our neighbors in need through other Food Bank programs.

The garden is set up to show community members how easy it is to start a small backyard garden. Our traditional beds include tomatoes, peppers, cucumbers, corn, zucchini, watermelons, cantaloupe, beans, and more. We are also trying out the Square Foot Gardening technique, which focuses on maximizing a small amount of space. These four boxes, holding 16 plants each, are set up as:

- a salad box- with 16 different veggies & herbs to show how one 4-foot square box can provide enough veggies and enough variety for any family!
- an herb box- with 10 different herbs to add extra flavor to Chef Arturo's creations
- a deep planter- holding some carrots this summer but

Even as we reach the peak of the summer season, we're already making plans for winter planting.

Check out the Garden photo album on our Facebook page (Yolo Foodbank) to see our progress!

produce distributions, we distributed about 50,000 pounds of produce. That fifty thousand was within the annual range of 40,000 to 60,000 pounds. However, in 2007, tapping into Farm to Families program, and setting aside



money in our budget to purchase produce, we distributed a little of 200,000 pounds of fresh produce. In 2008 those pounds of fresh produce distributed grew to 500,000. That is a whopping 900% increase in just two years. We are on track to distribute another half a million pounds of fresh produce in 2009.

Tailgate Distributions Focus

We continue to expand our efforts to reach more individuals with what we refer to as "tailgate distributions".

We started our first tailgate distribution in 2004 in Woodland at the Food Bank warehouse. Until 2007, we mostly distributed processed packaged foods. Beginning In 2007 we primarily distribute fresh produce. In 2008 we started another site in Woodland and one in West Sacramento. In 2009 we started a site in Davis. In 2010



cook with the freshest ingredients possible. We are also hosting the Master Gardeners for classes on preparing and tending a garden, composting and harvesting tips, and strategies for combating pests and other challenges that may arise. Any produce not used

will come in quite handy for planting root vegetables for the winter growing season a tomato/pepper/eggplant box- because we can't get enough of those sun-ripened tomatoes, sweet and spicy peppers, and tasty eggplant creations! Yum!

A big Thank you to all of our volunteers who dedicate their time to help feed the hungry in their community.

For information on opportunities for individual, corporate, or service group volunteers contact Teryl Warren at teryl@foodbankkyc.org or 530/668-0690

VIP Profile

VIP Profile

Arturo Vargas began working as the Food Bank's Moveable Market Coordinator in While his primary role is to provide nutrition education and health outreach, his experience as a trained chef is a timely addition to our team as we expand our cooking classes with the completion of the new demonstration kitchen.

A native of Acapulco, Mexico, Arturo received formal culinary training at the Universidad Autonoma de Guer-

rero. He worked at several top restaurants in San Francisco including Fog City Diner, BIX, and the Marriott and Hyatt Hotels. In Sacramento he is a locally renowned chef and instructor, having provided ethnic cooking classes for the Learning Exchange and Whole Foods Market. His culinary expertise has been featured in the Sacramento magazine, Luxe Life magazine and SimplyRecipes.com. He previously served for nine years as a Community Health Program Representative for the University of California,

Davis Sacramento Area Latino Study on Aging (SALSA). In collaboration with the Consulate of Mexico last year he was chair for Celebrando Nuestra Salud -- Celebrating Our Health, an annual multigenerational event which serves over 2,500 Sacramento residents with free health screenings and access to a multitude of community resources.

Arturo is happily married to Martha Geraty who works for Health Net in Sacramento. They have two children, Cassandra Lynn and Christopher



Arturo Vargas
Nutrition Education

Arturo. In his free time he enjoys cooking, traveling, and spending time with family and friends.

Welcome, Arturo!

Nutrition Cont'd:

we started another site in West Sacramento.

Because we lack of adequate cold storage capacity these tailgate distributions allows us to distribute fresh produce within 2-3 days of the time we receive the produce. Shelf life, in this manner of distribution, becomes less of an issue for us.

WIC Store Focus

In 2009 the Food Bank applied for and was authorized to become a WIC (Women, Infants, and Children nutrition program) vendor, and we secured authorization to participate in the food stamp program.

With these two additional conveniences to our clientele, through our WIC store we will be able to provide our customers not only with nutritional food products, but also

blend the customers into our larger nutrition education efforts.

We see this as a unique opportunity to widen our safety net for people in need.

Women and children served under the WIC program are also eligible for our own food relief programs. By operating



WIC Store Improvements Underway

our own WIC Store we will be able to provide the nutritious foods these women and children receive through WIC

plus make sure they take advantage of other programs such as our Moveable Market and our regular food assistance distributions.

WIC helps low-income families by providing vouchers for buying healthy supplemental foods, such as milk, juice, cereal, baby formula, eggs, produce, beans and other staples from WIC-authorized vendors.

Over 9,000 women and children receive WIC assistance in Yolo County. Statewide, the program serves 1.4 million people.

Our Goal:

Not just feed people, but feed them well

In 2010, we will continue our ongoing efforts to focus on nutrition education and the distribution of nutritional food. The MM market continues to grow and reach a larger audience; our tailgate distributions will continue to grow and possibly expand to other sites as that becomes feasible to do; our WIC store will allow us to get closer to our goal to be a full service food program to our clients and customers.

Food Bank of Yolo County

Office & Warehouse Information

1244 Fortna Avenue
Woodland, CA 95776

Phone: 530-668-0690

Fax: 530-668-8530

Web www.foodbankkyc.org

Food Bank Hours

Office

Monday—Friday
8:00 am—5:00 pm

Warehouse

Monday: (receiving only)
9:00 am—2:00 pm
Tuesday—Thursday
8:30 am—2:30 pm
Friday
9:30 am—2:30 pm
Saturday & Sunday closed

Board of Directors

President

Tom Richardson

Vice-President

Terri LaBriola

Treasurer

Jim Durst

Secretary

Jewel Trottier

Tom Muller

Key Contacts

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Teryl Warren, Social Media & Volunteers Coordinator
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Arturo Vargas, Moveable Market & Nutrition Coordinator
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Upcoming Events

September
National Hunger Action Month

October & November
Kids Can Food Drive

November
Thanksgiving Turkey Drive

December
Christmas Food-Drive

National Hunger Action Month

This month food banks across the country encourage efforts by their local community to address the issue of hunger in America.

Kids Can (KCRA 3)

It is time again for the annual KCRA 3 Kids Can Food Drive.

This great effort continues to grow in popularity and success every year. KCRA does an awesome job of promoting it in the media. This an easy way to teach the value of charitable giving

to young children. Watch for details from your school. Volunteer opportunities are available.

Thanksgiving Turkey Drive

Annually we undertake a turkey drive to provide needy families with a turkey and the traditional Thanksgiving meal fixings. We gather turkey and other food products from individuals and institutional donors.

Hundreds of families are provided with a box of many of the Thanksgiving meal food items so that they too can celebrate in prosperity. If you can help please

contact the Food Bank for details.

Christmas Food Drive

Similar to the Thanksgiving Turkey Drive, we continue our efforts to provide families with all the trimmings for a generous Christmas meal. If you can help please contact the Food Bank for details.

