



Alameda Food Bank

A note from our Executive Director

Everyone wants to know, “How’s it going at the Food Bank? Are you able to cope with the current demand?”

The short answers are ‘busy’ and ‘yes’.

Everyone understands that jobs are scarce and real incomes are down, forcing more families to ask for help at the Food Bank in order to make ends meet. For many families, it is the first time they have had to ask for assistance, and we are often the first responder to families in need. Working with the City of Alameda we provide--along with good, nutritious food-- information to new clients about housing and other programs they can access to remain in the community.

We will distribute over one million pounds of food this year, more of which has had to be purchased than ever before to keep up with the growing need. We wouldn’t be able to keep up with our double digit growth if it weren’t for the support we receive from all facets of the community. Additional CBDG grant money from the City of Alameda will help cover our operating expenses and a grant from Thomas J. Long Foundation will help replenish our food inventory, but it is the support of Alameda residents that has kept our doors open for over 30 years.

We realize that this recession is affecting everyone and our donors have become more creative in how they support us with increasingly limited resources. Examples include a food drive at a children’s

birthday party in lieu of the traditional gift exchange, the donor who gave up soda for Lent and sent the Food Bank a check equal to the money not spent on soda, and the family that negotiated a bulk produce purchase at the Farmers’ Market for the Food Bank to distribute. All these seemingly small efforts combine in a powerful way to ensure the Food Bank has the resources necessary to meet our mission.

The Food Bank staff and volunteers have become more determined in their efforts to ensure we can continue to provide food assistance at the same levels as we have been doing during the ‘good’ years. With the contributions you give us, food donations we receive, and the countless volunteer hours, we are able to leverage our “buying” power and can deliver groceries with a retail value of \$105 for a cost of \$11.00.

The Food Bank clients and volunteers wish to offer you a sincere thank you for all of your past support and ask for your continued support during this time of extraordinary need.



Freeze-A-Gator Success

The Alameda Ala-Gators swim team held its annual fundraiser, Freeze-A-Gator, on February 21, 2009 at the Emma Hood Swim Center. The team swam 4,206 laps and raised \$2,900. The Alameda Ala-Gators are donating \$1,500 to the Alameda Food Bank to help the community during these difficult times. The team offered thanks to everyone who helped make the event a success.

Our mission is to provide nutritious food at no cost to low-income residents of the City of Alameda on a non-discriminatory basis.

A view from the Board...

When Hugh Cavanaugh first started volunteering with the AFB it was a totally volunteer-only agency. Then, as now, there was an active, dedicated core of volunteers that never failed to secure the necessary food and distribute it to our clients with the same efficiency and good spirits that we still benefit from today. "In late 2000, I thought I could make more productive use of my recent retirement by assisting a local non-profit agency with some of the knowledge I had acquired over my many years in marketing management both with large packaged goods companies and marketing agencies. The Alameda Food Bank seemed like the logical place to do this."

"After I became board president, the board quickly realized we needed not only at least a part-time paid person to manage the ever growing demand, but also a long term strategic plan for what we anticipated would become an even larger and more complex agency." Through his foresight, the Alameda Food Bank positioned itself for the growth that was to come.

After a brief respite, Hugh was once again asked to serve on the board. "I'm not only pleased to be back working with both a new group of dedicated board members, but also with a skilled and committed staff that has allowed the Food Bank to not only fulfill our long standing mission, but also to be recognized as one of the better managed non-profit agencies in Alameda."

The board also wishes to welcome new board members Sally Simpson, William Woolverton, and Diane Richmond and thank retiring board members Aisha Blade, Bob Cote, Marie Spark, and Cindy Yee for their outstanding contribution.

Donate Time: Help sort, store or distribute food, or serve on one of our committees.

Our Thanks to Our Community

A food bank is a community effort and nothing demonstrates that more than the support we receive from Alameda's fraternal, charitable, and civic organizations that have supported us since the AFB started in 1977. We would like to dedicate this newsletter to all of their members who have given so generously of their time and talent to give back to the community through their fundraising efforts. For all the spaghetti feeds, chili cook-offs, pancake breakfasts, luncheons, lasagna dinners, dances, food drives, frozen turkeys, cash collections, and galas held on our behalf, we thank you. May every event continue to be a sell-out.

AARP # 20

Ala-Gator Swim Team

Alameda Association of Realtors

Alameda City Employees Association

Alameda Fire Chiefs Association

Alameda Kiwanis Foundation

Alameda Hospitality Club

Alameda Rotary Endowment Foundation

Alameda Welfare Council

Alameda Yacht Club

Ameri-Corps

Bayfarm PTA

Bayview Women's Club

The Boy Scouts and Cub Scouts

Catholic Daughters of America, Court 743

Catholic Ladies Aid Branch 3

Chapter UN of the PEO Sisterhood

Encinal High School Associated Students

Encinal Parlor Native Daughters Of The Golden West

Fraternal Order Of Eagles

The Girl Scouts

Harbor Bay Intercultural Committee

Heritage Of Alameda

Independence Plaza Residents Council

Indian Princesses

Immanuel Lutheran Ladies' Aid Society

Inner Wheel Club of Alameda

International Association Of Firefighters Local 689

Italian American League

Kiwanis

P.E.O. Chapter MU Of Alameda

Soroptimist International of Alameda

66th MOB

Susie Tompkins Buell Foundation

Temple Israel Third Grade

TOPS #CA 96

Retired Public Employees Association

United Methodist Women

University of Pacific Alumni

Woman's Life Insurance Society Review #59

Women of the ELCA

A day in the life.....

What should I wear? I know that's a funny question, but what should I wear? Samantha tells me that I need closed toed shoes, just in case I drop things. Okay, that's my feet, covered. I'll wear jeans or pants so that I can bend and climb, then layers so that when I get warm I can take something off. Whew, that's better.

Where am I going? I'm off to the Alameda Food Bank to help out. Why the concern? It's my first day and I don't know what to expect as an "on-call" volunteer.

I walk into the food bank and there is a "greeter". How nice. She asks me if I want to sign the client list— "No thanks, I'm a volunteer too." Will I be working with Tommie as she fills out client intake forms for new clients? She is so adept at making people feel comfortable. "Don't worry," she says to a new family, "we are here to help". I might be sitting at the front desk with Roger checking in existing clients and making sure we have all their information, or at Sharron's desk where she will ask people if they want their USDA canned food today, and if they prefer oatmeal to cereal (oatmeal is WAY better for you).

Maybe it will be helping in the back with Janet, Kathy and Sally, who conscientiously pack the bags with just the right amount of food based on family size. Of course, without Alex and Matt to restock cases of canned goods as these ladies pack the bags, where would we be? Ubaldo is busy meticulously dividing large bags of produce into smaller ones so that everyone can get those grapes or strawberries, and not just the first few people in line. James and Maya, our van drivers, have just returned from Trader Joe's with a tremendous array of produce and fresh food. David and Elizabeth will return later with more produce from the Farmers' Market. Someone else is cutting down cardboard cartons to be recycled. Nothing is wasted.

Perhaps it will be helping Dave assemble each family's food allotment. He is so fast, he never keeps people waiting for their food for very long. He puts the bags of groceries on a cart for people and then adds their frozen meat selection while they help themselves to bread. "Okay, young lady" (or young man) he shouts, regardless of the age of the client. Today he will help over 60 families get enough food for the week. They are so appreciative.

Maybe it will be helping on the produce table with Dale or Diane. This is a treasure trove of items donated daily (yes daily) by Trader Joe's and several times a week by the local Farmers' Markets. After seeing Dave, the clients wheel the cart by the produce table to 'shop' for fresh fruit and greens. Perhaps I will be at the end of this table where I will ask "what would you like for dessert today?" and hand out one of the delicious pies or cakes.

As it turns out, today I am needed to help unpack deliveries and make them ready for our clients. Every time I come to the Alameda Food Bank, I leave satisfied. There is an amazing army of 65+ volunteers - feeding 800 families a month - whose sole intent is the comfort of those families who need a little more help than usual in these economic times. I am proud to be part of this corps.

In Memoriam Sandra Chapman Gerdik Prewitt (July 1942 - April 2009)

Sandra Prewitt passed away in April of this year. Sandra began volunteering with the Alameda Food Bank over 25 years ago. It became a priority in her life every Thursday morning. If Sandra heard of a friend (or even a friend of a friend) down on their luck, hurting financially, or just plain hungry, Sandra made sure they had food. She would bring them to the Alameda Food Bank, show them how it worked, and they would never be hungry again. Sandra was presented posthumously with the Presidential Award for Community Services.

Pledge your support—check with your employer for matching contributions.

The Boy Scouts will be conducting their annual food drive in November.

Please support them by giving non-perishable food items. Most needed food items for the holidays include: instant mashed potatoes, canned yams, stuffing, gravy, canned green beans, olives, cranberry sauce, Jell-O, canned pumpkin, condensed milk, and cake mix.



NON-PROFIT ORG.
U.S. POSTAGE
PAID
ALAMEDA, CA
PERMIT NO. 46

P O Box 2167
Alameda, CA 94501
www.alamedafoodbank.org

Donation Calendar—what to give when.....

1900 Than Way
Alameda, CA 94501
Phone: 510-523-5850



<i>January</i>	<i>February</i>	<i>March</i>
<u>Canned Peas</u>	<u>Canned Carrots</u>	<u>Baked Beans</u>
<i>April</i>	<i>May</i>	<i>June</i>
<u>Cooking Oil/Spices</u>	<u>Disposable Diapers</u>	<u>Spaghetti Sauce</u>
<i>July</i>	<i>August</i>	<i>September</i>
<u>Noodles</u>	<u>Cereal</u>	<u>Canned Pumpkin</u>
<i>October</i>	<i>November</i>	<i>December</i>
<u>Rice</u>	<u>Instant Mashed Potatoes</u>	<u>Canned Cranberry</u>

The Alameda Food Bank is a registered 501c3 non-profit organization. All donations are tax deductible.

How Can I Help?

Easy—At the grocery store, take the kids and give them some \$\$\$ and see what things they think might be a good Alameda Food Bank donation. Pick up an extra can or two – always take the 2 for 1 specials. Buy those 10 for \$10 items – we love bulk donations.

Easier—Throw change in a bottle and bring it in at the end of the month/year.

Easiest—Write a check or donate cash (\$11 of your cash buys \$105 of our groceries - that feeds a family of 3 for a week)