

# NewsFeed

ENDING HUNGER THROUGH FOOD RESCUE



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# Help Feed San Diegans While Avoiding Capital Gains Taxes

The last day to file taxes is Monday, April 18. Don't miss the perfect opportunity to donate appreciated stocks to Feeding San Diego while avoiding capital gains tax and helping to end hunger through food rescue in San Diego County.



**DONATE IN MINUTES**

[freewill.com/stocks/feedingsandiego](https://freewill.com/stocks/feedingsandiego)

CELEBRATING  
**15 years** OF **FEEDING**  
OF **SAN DIEGO**



I founded Feeding San Diego because I believe that access to nutritious food is a basic human right. Looking back on 15 years of service to the community, it's humbling to be a part of this organization that provides what we now know to be an essential service and touches so many lives in the process. We have provided **over 300,000,000 meals** to people facing hunger in San Diego County since our first distribution in 2007. We are all so grateful to be working TOGETHER to better the lives of our friends and neighbors – to be **Feeding San Diego**.

With gratitude,  
GWENDOLYN SONTHEIM  
Founder & Board Chair



## A Message From Our CEO

Dear Friends,

The arrival of spring brings a sense of renewal. While the past two years have brought historic hardship, and despite inflation, ongoing disruptions to the supply chain, and global unrest, the generosity of Feeding San Diego's community of stakeholders brings hope and possibility to the people we serve.

Feeding San Diego has been providing people facing hunger with nutritious meals at no cost for nearly 15 years. We've done that in large part by rescuing surplus food from food donors like grocery stores and farms and getting it to people in need. We welcome a new California law that went into effect on January 1 that brings a new level of awareness to the problem of food waste. Senate Bill 1383 mandates that food generators Feed People, Not Landfills. No one should worry about where their next meal is going to come from, especially when there is enough food produced to feed everyone.

On May 22, 2022, we will celebrate our 15th Anniversary, marking 15 years of impact. This occasion is only a reality because of your generous support. We continue to meet people at our food distributions who need that support, telling us heart-breaking stories about how a job loss or health issue changed their financial situation and upended their lives. We are committed to providing free food to anyone who needs it.



HELPS  
PROVIDE



Thanks to you, we can provide meals to people like Dawnett, the grandma pictured on the cover of this newsletter, who is raising her grandson in a time of unimaginable need (turn to page five to read her story). She is an inspiration to keep going even on the hardest days.

As always, I thank you for being a part of our mission.



With gratitude,

DAN SHEA  
CEO

## KEEPING UP WITH OUR **GOOD NEIGHBORS**

Ending hunger through food rescue takes teamwork! Feeding San Diego's Good Neighbors program recognizes companies and community groups that make a special commitment to help end hunger in San Diego County. Here are some highlights:



Members of the SOLV Energy team bring good energy to their volunteer work at Feeding San Diego. SOLV Energy, a San Diego-based renewable energy company, is the presenting sponsor of our Feed People, Not Landfills campaign this April.



In addition to donating time through volunteering, USE Credit Union hosts a fund drive for employees, then matches it with a corporate gift. Funds raised and donated by the company provided over 100,000 meals since 2018!



Volunteers from GoMacro, the presenting sponsor of our Spread Love San Diego campaign this past February, helped sort and pack food at our Sorrento Valley headquarters.

**Become a Good Neighbor! Email Frances Burnett, Senior Manager of Corporate Partnerships at [fburnett@feedingsandiego.org](mailto:fburnett@feedingsandiego.org).**



**GIVE FUNDS.**



**GIVE TIME.**



**GIVE VOICE.**

Visit [feedingsandiego.org](https://feedingsandiego.org) to get involved.

## Local College Professor Rescues Food to Fight Student Hunger on Campus

DR. 'NIYI COKER IS AN ACCOMPLISHED SCHOLAR AND HUNGER RELIEF ADVOCATE.

Dr. 'Niyi Coker joined the School of Theatre, Television, and Film faculty at San Diego State University in early 2018 and was surprised to find that many of his students were going hungry. Sadly, this is a fact that we know is true. According to Feeding America, in the U.S., 39 percent of undergrads are low-income and in danger of experiencing food insecurity.

"I had just moved to California from Missouri and one of the first things that kind of shocked me being here was that there was a lot of food insecurity and I couldn't kind of reconcile it," he said. "Colleagues were telling us 'I don't think that person has had anything to eat in two or three days and doesn't have the money to buy food.' The closer you get to students, when they let their guard down, that's always on top of the list. How do you study when you're hungry?"

“

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”



For Dr. Coker, the solution to student food insecurity came from a partnership with Feeding San Diego. Through Feeding San Diego's Retail Rescue program, Dr. Coker now has connections with several local stores, including Target, Sprouts, and Ralphs, who put aside food that would otherwise go to waste. They provide everything from staples, such as milk, eggs, and bread, to canned items and microwavable items. The operation has grown from Dr. Coker shouldering the responsibility alone to including department staff and students. It's not lost on Dr. Coker that much of this food would become food waste if he and his students and colleagues didn't rescue it.

"There's fulfillment that we're able to bring it to a population that needs it. There's always that feeling that something isn't right about this [food waste.] You just get a sense that something is off-kilter or off-balance," he shared. "Feeding San Diego has really helped to do good things in people's lives and ensure that less fortunate people are richer for it."

## Kitchen Diaries: The Faces of Hunger Today

SIX SAN DIEGANS TELL THEIR STORIES IN THEIR OWN WORDS

Kitchen Diaries is an ongoing series of audio stories that gives the people we serve a platform to share their experience with hunger in their own words — because their voice matters. We had the privilege of being welcomed into five homes of people who receive food assistance from Feeding San Diego. We invite you to listen to their stories on our website and hear firsthand how your support changes lives.

We spoke to Alfonso, a young pastor who is struggling to pay the medical bills he was left with after his mom passed away from cancer. We had a conversation with Robyn, a single mother working part-time to be available for her two children, including a son with autism. We met Joan and Allan, seniors facing food insecurity and financial stress while they have been fighting cancer for the past 17 years. We sat with Lisa, a Navy wife and mom of three that struggles to put food on the table on her husband's salary since he's lower enlisted. And we talked to Leticia, who is recovering from a severe COVID-19 case that has forced her to rely on an oxygen tank and made her unable to work.

“

I think one of the biggest impacts that the food distributions have had for us is just *alleviating* the amount of stress.

ROBYN

”

Each story is unique but all of them have one thing in common: the food they received from Feeding San Diego changed their lives. Everyone deserves nourishment and no one should worry how they'll feed themselves or their family. We are so grateful to those who have shared their stories to let others know they are not alone.



HEAR THEIR STORIES

[feedingsandiego.org/kitchen-diaries](https://feedingsandiego.org/kitchen-diaries)



Pictured clockwise from top left: Leticia, Alfonso, Lisa, and Robyn



FEEDING  
SAN DIEGO

FEED PEOPLE  
NOT LANDFILLS



## Make a donation that helps protect people and the planet.

35% of food in the U.S. is wasted while hundreds of thousands of people across San Diego County face hunger. Feeding San Diego connects people in need with surplus food from food donors.

[feedingsandiego.org/feed-people-not-landfills](https://feedingsandiego.org/feed-people-not-landfills)



A Grandma's Love Shows The Power Of Family And The Need For Community Support

When we met Dawnett and her grandson Taylor in Fallbrook, they were picking up their weekly groceries from our partner Fallbrook Food Pantry. Taylor’s adorable smile drew us in, and we asked Dawnett to share her story.

Dawnett discovered she was a grandma when Taylor was four days old and she received a call from the hospital. Taylor was born addicted to fentanyl, and Dawnett was given the opportunity to come to the hospital and be his emergency caretaker. She is now his primary caretaker and is in the process of becoming his legal guardian.



As you might expect, unexpectedly becoming a guardian for an infant has been challenging. “The reason I’m able to get by is my boyfriend allows us to live in his house and pays all the utilities, and takes care of us,” Dawnett shared.

Dawnett also shared that Taylor eats like crazy, and the food assistance helps. “This distribution has allowed me to provide nutritious, versatile foods for my grandson. Thank you for providing us weekly with all the nutrition that makes this little boy happy and healthy.”

He’s a very lucky baby. He has brought me all the joy in the world.”

YOUR DONATION HELPS FEED KIDS

give.feedingsandiego.org



Hunger impacts academic achievement, cognitive and physical development, and health and well-being, but with your support, kids get the nutrition they need to thrive.

Ocean Discovery Institute, a non-profit partner of Feeding San Diego that uses science to empower young people from underserved urban communities to transform their lives, their community, and our world as scientific and conservation leaders, is just



one of the community partners that benefit from our After School Meals Program and Summer Meals Program. These programs provide nutritious prepared meals to kids across San Diego County, like the ones from Ocean Discovery Institute pictured above, either at schools or other accessible sites. This allows students to shift their focus from their growling stomachs to tackling their next STEM project.



Thank You

TO OUR GENEROUS DONORS WHO GAVE \$2,500 OR MORE BETWEEN OCTOBER 1, 2021 AND DECEMBER 31, 2021.

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## FEEDING SAN DIEGO *Volunteers Needed!*

Join others who care about ending hunger through food rescue and have fun while sorting, gleaning, and packing food. Sign up for a volunteer shift:

### *Monday - Friday*

8:30 - 10:30 AM  
12 - 2 PM  
3:30 - 5:30 PM  
6 - 8 PM

### *Saturday*

9 - 11 AM  
1 - 3 PM

### *Feeding San Diego Volunteer Center*

9477 Waples St., Ste. 100,  
San Diego, CA 92121

**JOIN US**



[feedingsandiego.org/volunteer](https://feedingsandiego.org/volunteer)

*Thank You* TO THESE VOLUNTEERS WHO DONATED THE MOST TIME BETWEEN  
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**Audrey Gipson**  
283 HOURS

**Gil Bolfango**  
246 HOURS

**Mickey Sands**  
127 HOURS

**Tone Guia**  
101 HOURS

**Gerri Mattiesen**  
83 HOURS

**HUNGRY FOR MORE?**



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