What began as a six-month internship became more than a year’s worth of dedication to fighting hunger for Sam, an intern-turned-volunteer at Feeding America San Diego (FASD). A Foods and Nutrition senior at San Diego State University, Samantha Scizak interned with FASD last spring and now volunteers her time to provide nutrition education to the families we serve.

Samantha enjoys volunteering at community fairs and FASD’s quarterly volunteer open houses due to her love of nutrition education. “I wanted to find a way to give back to the community and being an intern at FASD allowed me to pass what I’m learning in school directly to the community.”

She continues to volunteer because she knows nutrition is vital to ending hunger.

Sam’s time as a nutrition educator here also involves teaching Healthy Cook classes at distribution sites.

The Healthy Cook program is a six-part nutrition course that combines nutrition education and a cooking demonstration. The same group of students participates throughout the series and is surveyed on their eating habits at the beginning and end of the program to measure the impact of the education.

“I wanted to find a way to give back to the community and being an intern at FASD allowed me to pass what I’m learning in school directly to the community.”

“Watching someone progress through the class is amazing. The first week, people are apprehensive and don’t really want to share, but towards the end, they open up and come to class with questions they thought about since our last class.”

Her favorite recipe to make? “The oat snacks are always a huge hit,” Sam shared, “So many moms take the recipe home to make for their kids. Kids don’t
"Don't waste food!" As food rescue coordinator at Feeding America San Diego, that’s my mantra. I am tasked with engaging and mobilizing our retail grocery store donors to provide nearly 200,000 meals each week to families, children, seniors and military members struggling with hunger in San Diego.

Our Food Rescue program is a partnership with major retailers including Walmart, Albertsons, Target, Ralphs, Food 4 Less and Sprouts to pick up products that have been taken off grocery shelves due to retail marketing standards. Instead of these retailers tossing perfectly wholesome and nutritious, fresh product because of a tiny blemish, we rescue it! Through the success of the Food Rescue program, we are able to provide fresh produce, meat, eggs and dairy to our clients; foods that may otherwise be too expensive but are important for their health and well-being.

My best moments at work are when I’m in the back room of a grocery store strategizing with store managers on how we can increase donations, decrease waste and truly make an impact. On your next grocery run, ask a team member if they donate their extra product. If they say “yes,” please thank them for me. Our mission could not be achieved without their hard work and dedication.

Kelly Kratzer

HEALTHY FOOD HELPS MARIA MANAGE DIABETES
by Kelcey Ellis, Programs Manager

If you could personify sunshine, Maria Anguiano is who I would model it after. “I don’t speak English; I don’t speak Spanish; I speak my own language,” Maria jokes. Clearly a central figure in the community, at least half a dozen people stopped to give Maria a hug or ask, “How are you?”

Maria has been battling type 2 diabetes since 2009 and receives medical care through the University of California, San Diego (UCSD) Student-Run Free Health Clinic Project stationed at Third Avenue Charitable Organization (TACO), a Feeding America San Diego (FASD) partner agency. She enrolled in the research project jointly managed by UCSD School of Medicine students and FASD staff about a year ago. The project provides chronically ill patients with a box of food specifically designed to help them manage their diabetes along with nutrition education and recipes.

“This food is so important,” Maria shared. “I love getting the recipes to try new combinations of food and learn what nutrients I can or can’t eat.”

As she proudly shows picture after picture of her three grown children, Maria confided, “Right now, I have nowhere to live, but I take the food from the boxes and cook it at work or at my friend’s house. It helps get me through the month.”

Maria currently works as a caregiver and has been working in some capacity since she was eight years old. Managing a chronic disease is difficult enough when people have resources to eat healthy and stay active, but even more challenging when you’re struggling just to make ends meet. For Maria, the collaboration between FASD and UCSD has provided invaluable support for managing her health.

Today, Maria is successfully managing her diabetes without insulin, partially through her diet of nutritious food. “My blood sugar went from 6.9 to 6.1 and I am able to manage it without medicine,” she proudly shared.

Of the approximately 50 pounds of food each participant receives from FASD, about 20 of those pounds are fresh vegetables and fruit. The additional 30 pounds consist of foods like brown rice, canned tuna in water, whole-grain pasta and no-salt-added canned vegetables.

Her favorite food from the wellness boxes? “I love onions. I am so glad we get onions because I sauté them with the canned green beans in the box and an egg. It’s delicious and good for me!”

Pictured at top of page, Maria joins up to 40 other diabetes patients for a monthly nutrition class. This week, they talked about being aware of the amount of servings in packaged foods and calculating calories, sodium and other nutrition contents accordingly.
NUTRITION HELPS RECOVERING WOMEN SUCCEED
by Madeleine Hennessy, Communications Coordinator

Located in a historic home in Golden Hill is an intensive 90-day residential treatment program for adult females to fight alcohol and drug abuse. The home is part of the Community Resources and Self Help (CRASH) organization and partners with Feeding America San Diego to offer nutritious foods and Healthy Cook classes to their clients.

Denice Gansereit, administrative assistant at CRASH, runs the food program and supervises the daily needs of the women they serve. She has worked with CRASH for 16 years. “I try to do everything in my power to help my clients,” said Denice.

The struggles these women face, on top of battling substance abuse, include debt, family issues and poor health, increasing their vulnerability to food insecurity.

To address this need, FASD has connected CRASH to the Food Rescue program, which rescues quality food from local grocery stores that would otherwise go to the landfill when stores can’t sell it. In addition, FASD began offering the Healthy Cook program, a six-part nutrition course with hands-on training and demonstrations led by FASD volunteers, to improve the health of CRASH clients.

Denice describes many of the women who walk into CRASH as malnourished, underweight with gaunt faces, but after a few weeks in the program, the color is back in their faces and they’re fitter, healthier and happier.

The food received through the Food Rescue program can be unpredictable but thanks to the ingenuity and creativity of staff chef, Rechel, they make the most of what they receive. The clients enrolled in the CRASH program have access to balanced meals and healthy snacks throughout the day. “People always say this is the best-fed treatment facility in the county,” chuckles Denice.

CRASH Short Term II’s partnership with FASD has not only allowed access to healthy, nutritious food but also opened the door for their clients to learn valuable cooking and kitchen skills.

Denice shared she was “thrilled to death” when FASD started offering this class. Based on feedback she hears from clients, she says one of the most important elements is that they are “simple recipes they can incorporate into their lifestyle.”

Being at CRASH for almost two decades, Denice has seen the difference the access to healthy food makes as the women progress in the CRASH program. “When you see them come in and see them leave, the difference is night and day...from the streets to having a job and being self-sufficient. The transformation that happens is a miracle.”

CRASH’s mission is to help people start a new life in recovery. With access to nutritious food and the skills to make healthy meals, that new life is a little bit easier to attain.
really like to eat plain oatmeal, so this recipe is a healthy alternative to dumping a ton of sugar into it.”

She also loves sharing tips on what to do with produce so it lasts longer, such as freezing bananas. “I can see the light bulbs go on when we share those tips.” “Nutrition education spills over into so much more than just that one person we teach. When I can share with someone how to see nutrition through a positive lens rather than as a burden, that’s my favorite moment.”

SPECIAL EVENTS

ON THE GO

Dear Friends,

We’re writing from our recent stop at the Healthy Cook class for kids at Knox Middle School in National City! The lesson for this class centered on USDA MyPlate guidelines for whole grains. Students practiced reading ingredient labels and comparing whole grains and refined grains side by side. The 8th graders also learned about how refining processes can take away the most nutritious parts of the whole grain. To illustrate the lesson, students sampled oatmeal energy bites and discussed what they might like to change about the recipe when they make it for themselves.

Soon, we will survey the students to see what they have learned about nutrition!

Catch you later!

Sam teaching a nutrition class to women at FASD partner agency and recovery facility, CRASH Short Term II

BOARD THANK YOU

Thank you to Tony Costanzo for his service on the Feeding America San Diego Board of Directors for the past four years. Tony’s extensive experience with facilities management and human resources have been invaluable resources for FASD’s rapid operational growth and leadership development. Tony is passionate about ending hunger and remains a supporter of FASD hunger-relief efforts. We are grateful to Tony for sharing his expertise to help FASD become the leading hunger-relief organization in San Diego County.

CONSIDER FASD IN YOUR PLANNED GIVING

If you believe in the mission of Feeding America San Diego and want to have a lasting impact on hunger in San Diego, consider including us in your future giving plans.

For more information about planned giving at Feeding America San Diego, please contact Stacy Rungaitis, Director of Development & Marketing, at 858.768.7424.

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OFFERINGS

HUNGER-RELIEF INITIATIVES

FOOD FROM THE BAR

FEEDING AMERICA SAN DIEGO

FOOD FROM THE BAR MAY 1 – 31, 2016

The Feeding America San Diego Food from the Bar campaign challenges San Diego law organizations to unite against hunger in a fun and competitive way. The legal community will compete head-to-head to see who can make the biggest impact and overcome hunger in San Diego.

COMPETITION KICK-OFF
April 26, 6 – 8 PM
FASD Distribution Center

SPONSORSHIPS

For more information about sponsorships, contact Colleen Ennis at 858.768.7425.

2015 RESULTS

• 19 law firms
• $52,079 raised, providing more than 312,000 meals
• 3,291 pounds of food donated
• 470 volunteer hours over four weeks

FEEDINGAMERICASD.ORG/FFTB

PAIRINGS WITH A PURPOSE: TAPPED EDITION SATURDAY, APRIL 16, 2016 1 – 5 PM BOBBY RIGGS TENNIS CLUB & MUSEUM

Eat, drink and cast your votes at a culinary competition pairing San Diego’s finest chefs and breweries in support of Feeding America San Diego. Great food, beer, wine, live music and contests — there’s something for everyone. Also joining us as musical guests are Tolan Shaw and The Silent Comedy.

TICKETS

Tickets include unlimited tastings, participation in voting contests and opportunities to participate in the raffle and silent auction.

Food Only | $35
General Admission | $45
VIP Experience | $75

SPONSORSHIPS

For more information about sponsorships, contact Colleen Ennis at 858.768.7425.

FEEDINGAMERICASD.ORG/PAIRINGS
Join Feeding America San Diego and the 13,000 individuals who dedicate their time to help feed more than 480,000 children, families and seniors every year.

Feeding more than 60,000 children, families and seniors every week, FASD relies on the support of individuals, corporations and community groups. Through our highly organized distribution model, every $1 donated turns into four meals.

In order to achieve a hunger-free and healthy community, FASD advocates on behalf of the food insecure on a federal, state and local level. Lend your voice to the fight against hunger and show your support for hunger-relief efforts on social media.