FOOD HELPS ACTIVE DUTY FAMILY MAKE ENDS MEET

“IT IS STILL FRUSTRATING THAT HE CAN DIE LITERALLY AT ANY POINT IN TIME AT WORK... AND WE'RE OVER HERE STILL TRYING TO FIGURE OUT HOW WE'RE GOING TO MAKE IT”

Wife of an active-duty Marine, mother of one, works three jobs; yet her and her family live below the poverty line. This is the life Chelsey leads.

Chelsey lives in military housing in the Murphy Canyon area of San Diego, where she takes care of her rambunctious two-year old daughter named Charlie. Though her husband is in the Marine Corps and she works three jobs; they still have a hard time putting food on the table.

She often has to make tough choices when it comes to deciding what bills their limited income will pay. Oftentimes, it's choosing between food on the table or car payments.

Chelsey regularly skips meals so Charlie can eat. She doesn’t even hesitate; Charlie’s needs will always come first. Chelsey knows that especially during a child’s early years, the vitamins and nutrients in food are vital for her child’s growth and well-being.

The thought of losing her husband is another worry that Chelsey carries.

“It is still frustrating that he can die literally at any point in time at work, or he can get deployed to a
Dear Friends,

Greetings! My name is Sam Duke and I am the Volunteer Programs Manager for Feeding San Diego. I started out as a FSD volunteer in 2013 and was moved by the mission and the work being done that I decided I wanted to be part of the team. As the Volunteer Programs Manager, I coordinate the more than 16,000 volunteers that come through our doors annually.

What I enjoy most about my role is sharing with volunteers the impact they’ve made at the end of every volunteer shift. Whether it is packing hundreds of BackPack bags for kids or gleaning pounds of fresh fruits and vegetables, it is always amazing and inspiring to see volunteers from all walks of life come together to make such a difference in the fight against hunger. Volunteers are always surprised to see the amount of work they can accomplish in a short amount of time when working together. Those reactions continue to motivate me as I work with our terrific volunteers helping to end hunger in San Diego County. To learn more about volunteering, visit feedingsandiego.org today.

Thank you,

Sam
INTERN VALUES GIVING BACK TO COMMUNITY

A twenty-one-year-old native San Diegan, Pasia-Leigh Daum has high ambitions for her future.

“I want to be a registered dietician,” states Pasia. “I really want my focus to be on women, infants and children.”

When she found her passion for nutrition in high school, she learned about San Diego State University’s nutrition program and made it her goal to get into the program. Part of her journey into the nutrition field has been her internship with Feeding San Diego.

“I started in June 2017. I’m a CalFresh intern for six months and then in January, I’ll be moving over to be a nutrition intern. I wanted to stay here for a year and have a chance at both of the positions.”

CalFresh interns attend food distributions and community events to educate the public about CalFresh (formerly known as food stamps) and help those interested applying for the program.

“Getting to know people, asking them questions about their personal life,” said Pasia. “Those are skills that a RD is going to use every single day.”

She also enjoys working with the team at Feeding San Diego.

“I love it a lot. My supervisors, Rosa and Rachel, are very welcoming,” noted Pasia. “When you go into a new situation, you can be intimidated. They were very helpful, making it easy and comfortable.”

Pasia’s favorite internship activity has been supporting Feeding San Diego’s CalFresh Same-Day workshops.

“We have clients come in, help them apply and they find out if they’re going to get their EBT card that day,” explains Pasia. “You’re really getting to know the communities and the people who live there.”

With the help of San Diego County these workshops allow clients, in a few hours, to apply for CalFresh and if eligible, receive benefits that day. These workshops help to eliminate barriers many applicants face such as transportation, red tape and long lines.

Pasia understands the impact her work is making. “Having access to food is so important,” said Pasia. “I actually didn’t know about the programs until I got involved.”

Even after her internship ends, she’s planning to stay involved in hunger-relief.

“I’m excited to be here. After my one year, I hope to continue. I just found out about the AmeriCorps program available at Feeding San Diego.”

“You’re really getting to know the communities and the people who live there.”

Pasia demonstrates how much sugar are in bottled beverages.
This holiday season is a time to be with family and friends, share stories and express gratitude.

1 in 8 San Diegans struggle with hunger. You can be a source of hope and joy for the 63,000 children, families and seniors we serve each week.

This holiday season we are aiming to raise enough funds to provide one million meals to those in need this season. Through Feeding San Diego, every $1 you give can provide four meals. Please consider making a gift today.

GIVE.FEEDINGSANDIEGO.ORG
HOLIDAY TRADITIONS SERVED BY WESLEY COMMUNITY SERVICES CENTER

When you walk into the Wesley Community Services Center (WCSC) in City Heights, you immediately feel welcome. There is a large community room filled with chairs, tables covered with colorful tablecloths and a playground for children right outside. WCSC is one of Feeding San Diego’s 245 partners providing food and hunger-relief resources to neighborhoods throughout San Diego County.

With the holidays around the corner, WCSC is preparing for their annual Thanksgiving dinner. Born out of the weekly Sunday meal service five years ago, the holiday dinner was initially hosted inside the WCSC hall. Before long, it grew so much that it needed to be hosted on their large patio to accommodate the increase in clients. Although not all their clients are familiar with Thanksgiving, the event is a community celebration.

WCSC’s Food Operations and Development Coordinator, Allen Langdale, said the organization has found itself playing a role in families establishing their own holiday traditions and connecting with neighbors.

This year, it is anticipated that the Thanksgiving meal will serve 500 people, providing clients with all the traditional holiday trimmings like potatoes, gravy, cranberries and turkey. And to allow for a more organized and relaxed experience, clients will have scheduled times for the meal.

WCSC serves their City Heights neighbors as well as the transient community by hosting weekly food distributions, providing hot meals and coffee throughout the week, as well as coordinating healthcare services, showers and even exercise and dance classes.

Allen said WCSC had to grow and adapt over time to meet the needs of clients including emphasizing healthy and nutritious food, providing recipe resources and nutrition education in multiple languages.

For Allen, WCSC is driven by clients, their needs and creating a community that helps one another.

When asked if any client stories from his three-year tenure stood out, he leaned back and stated, “All of them.”

Selection of food available at WCSC food pantry.
UPCOMING EVENTS

HOLIDAY VOLUNTEER OPEN HOUSE
DECEMBER 9, 9 AM - 12 PM

Every holiday season, Feeding San Diego asks for the support of volunteers to sort food and distribute it to families in need.

Join us for our Holiday Volunteer Open House to learn more about volunteering, tour the facility and try several of our regular volunteer projects.

Register with friends and family for a fun morning giving hope and sharing joy for the nearly 400,000 San Diegans struggling with hunger.

FEEDINGSANDiego.ORG/GET-INVOLVED

MONTH OF A MILLION MEALS
TELETHON ON ABC 10 NEWS,
NOVEMBER 28 4 PM - 8 PM

Help put holiday meals on the tables for families, individuals, and seniors struggling with hunger. Our goal is to provide more than one million meals during the November and December holidays, so please consider making a gift today to help.

Consider making your tax deductible year-end gift to help with holiday distributions or give a gift in honor of a loved one. Every $1 donated provides four meals.

To learn more, contact our Development team at 858.452.3663.

To make a gift online, visit:
GIVE.FEEDINGSANDiego.ORG

MILES FOR MEALS 5K
DECEMBER 10, 7 AM

Ready, set, run! Join us for a 5k Walk/Run on December 10 in downtown San Diego. This is a unique way to exercise and help Feeding San Diego!

All proceeds raised come directly to Feeding San Diego and will be put towards providing meals in the community. Gather your friends, family, and co-workers to walk or run with you - and if they can’t, don’t worry - they can sponsor you.

FEEDINGSANDiego.ORG/MILES-FOR-MEALS

HUNGER-RELIEF INITIATIVES

| FEEDING KIDS | FEEDING FAMILIES | FEEDING SENIORS | FEEDING EXCELLENCE | LEARN MORE AT FEEDINGSANDiego.ORG/PROGRAMS |
hazard zone and get shot or whatever else, and we’re over here still trying to figure out how we’re going to make it,” explained Chelsey.

The long hours and multiple jobs have taken a toll on her family and seeing her daughter grow up. After months of struggling to make ends meet, a friend told Chelsey about a local food distribution. She decided to go see what her friend was talking about. The first time Chelsey attended she received potatoes, kale, and non-perishable food.

The weight off of her shoulders was tremendous. She could now put a meal on the table for her family. Chelsey appreciates that Feeding San Diego makes it easy for people to receive help. The ease of the food distributions makes Chelsey feel welcomed and respected.

Though living below the poverty line as a military family can be disheartening and frustrating, Chelsey keeps a positive attitude for her family.

She knows that with the help of organizations like Feeding San Diego, the future is bright.

ON THE GO

Hello Friends,

We attended the annual Sustainability Summit at San Diego Mesa College on October 13, raising awareness about hunger, food security and sustainability to visiting high school students who are interested in those career fields.

We shared information about volunteering and interning with Feeding San Diego, as well as a highly impactful nutrition education display on how to buy nutritious food on a $15 CalFresh budget. The display was so compelling, it was shared on social media by one of the summit’s organizers!

By the end, we had more than 50 high school students sign up to learn more about opportunities with Feeding San Diego.

What a great event, we can’t wait to visit again next year!

See you around!

Wheelz and the NUcrew
Give hope, share joy this holiday season!

VISIT US AT FEEDINGSANDIEGO.ORG TO:

DONATE

Feeding more than 63,000 children, families and seniors every week, FSD relies on the support of individuals, corporations and community groups. Through our highly organized distribution model, every $1 donated turns into four meals.

VOLUNTEER

Join Feeding San Diego and the 16,000 individuals who dedicate their time to help feed more than 485,000 children, families and seniors every year.

ADVOCATE

In order to achieve a hunger-free and healthy community, FSD 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.

STAY CONNECTED

FEEDINGSANDIEGO.ORG