

# NewsFeed

ENDING HUNGER THROUGH FOOD RESCUE



STORY INSIDE: How a School Pantry Supports a Family Experiencing Homelessness





More than one million people in San Diego County are facing hunger, including more than 284,000 children.\*

*They need your help.*

Join Feeding San Diego in giving hope and sharing joy by providing meals this holiday season.

**DONATE TODAY**



[feedingsandiego.org](https://feedingsandiego.org)  
Tel: 858.452.3663

\*According to the San Diego Hunger Coalition as of March 2021.



PRESENTED BY:



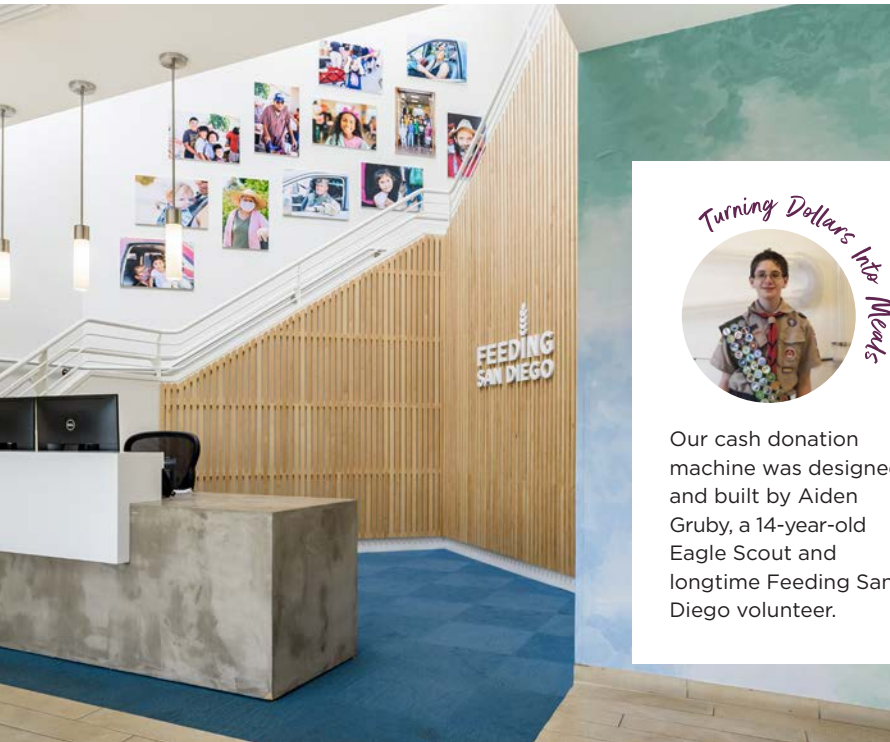
SUPPORTING SPONSORS:



# Table of Contents

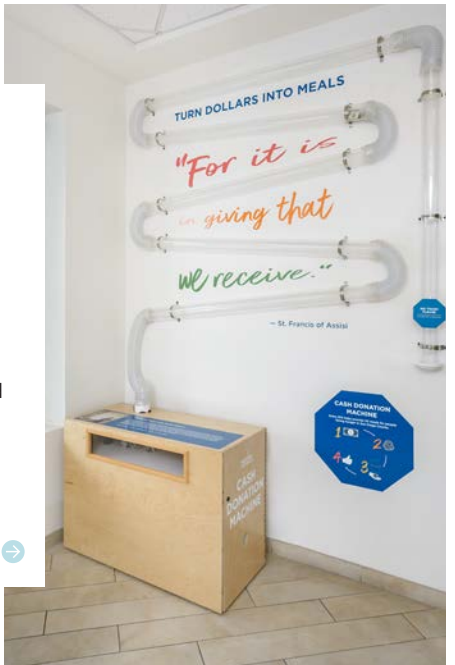
<b>A MESSAGE FROM OUR BOARD CHAIR</b>	04
<b>BY THE NUMBERS</b> What Your Donations Can Make Possible	05
<b>STAFF SPOTLIGHT</b> Meet a CalFresh Specialist Who Has Experienced Hunger Firsthand	06
<b>NEIGHBOR IN NEED</b> How a School Pantry Supports a Family Experiencing Homelessness	07
<b>BENEFIT CAMPAIGN SPOTLIGHT</b> Feeding San Diego Partners with In Good Company for a Sustainable Collaboration That Gives Back	09
<b>VOLUNTEER SPOTLIGHT</b> Keeping it in the Family: Two Sisters Volunteer and Inspire Others in the Process	11
<b>OUR GENEROUS DONORS</b>	13
<b>HOW YOU CAN HELP</b>	15





*Turning Dollars Into Meals*

Our cash donation machine was designed and built by Aiden Gruby, a 14-year-old Eagle Scout and longtime Feeding San Diego volunteer.



© Jeeheon Cho

FEEDING SAN DIEGO HEADQUARTERS IN SORRENTO VALLEY

# A Message From Our Board Chair

Dear Friends,

It is with the deepest of gratitude that I thank you, my friends, for believing in us and being by our side to help us provide food to our neighbors in need during such unprecedented times. I am so proud of our exceptional leader, CEO Dan Shea, his incredible team, our compassionate and hard-working board members, and amazing volunteers who together make every effort to honor and multiply every gift you have given of time, talent or treasure. We went from delivering 26.3 million meals in FY19 (pre-pandemic) to 31.2 million meals in FY20 to 40.3 million meals in FY21!

As you know, many people—for no fault of their own — have fallen on hard times: be it an injury, job loss, rent increase, eviction, sickness, or mourning a loved one. These are all life changing events, but we have the power to come together to help our community through this adversity. I believe that most people are good and that everyone deserves to stand on their own and thrive. That opportunity begins with food. It is the gift of hope that lets people know that someone cares...and that someone is you!

Just imagine if every person in the world practiced making one kind gesture a day. Your kindness would come back to you tenfold, I promise. For those very reasons, we are energized to do more, break down silos, and encourage collaboration. Our dream is to do it together. We cannot do this alone. We need you.

I thank you from the bottom of my heart.



With gratitude,

*Gwendolyn M. Sontheim*

Gwendolyn Sontheim  
*Board Chair & Founder, Feeding San Diego*

## BOARD OF DIRECTORS

### **Gwendolyn Sontheim**

*Board Chair*  
Philanthropist & Director, Aqualia International Foundation LTD

### **Eugene Chen**

Venture Capitalist & Entrepreneur, Camino Innovation Holdings, LLC, SPIWay, LLC, Medenovo LLC & CWC Healthtech Advisors

### **Sam Binkley**

President & Founder, Healthy On You

### **Jon Buneta**

Senior Director of Food & Beverage, Target Corporation

### **Mark Loretta**

Major League Baseball Veteran

### **Steve Netzley**

Global CEO, Edge Performance Network & CEO, Havas Edge

### **Shari Sapp**

Community Volunteer & Philanthropist

### **Jodi Ungrodt**

Partner, Ernst & Young LLP



# Giving By The Numbers

---

Feeding San Diego's hunger-relief initiatives include programs that directly impact the communities we serve. For every \$1 donated, we can provide two meals to those facing hunger. Your donations make so much possible.

## Here are just a handful of ways your dollars can be put to work.



can provide meals to heroes through our Feeding Heroes initiative, which ensures that military families and veterans have the food assistance they need when they face hard times.



can help sustain our food rescue operations across San Diego County to divert perfectly good food from the landfill, with a big focus on fruits and vegetables.



can maintain increased meals at mobile pantry sites that serve people, including seniors on fixed incomes, living in rural areas of San Diego County with limited access to grocery stores.



can build the school pantry program, allowing us to operate more school pantries at local schools to provide nutritious, healthy food to low-income students and their families.



can support operations of Together Tour distributions, a series of drive-through, large-scale free food distributions held around the county that are hosted and operated by Feeding San Diego.

## Staff Spotlight

### MEET LOURDES, A CALFRESH SPECIALIST WHO HAS EXPERIENCED HUNGER FIRSTHAND

Before she was a CalFresh specialist at Feeding San Diego, Lourdes Gonzalez waited in line for food. Now she helps her clients enroll in CalFresh, the nutrition assistance program designed to help families and low-income individuals purchase healthy foods. Although it was over a decade ago, she remembers her firsthand experience with hunger like it was yesterday. Her husband had lost his job and she had just given birth to their third child.



"It was difficult with three kids, including a newborn baby. I needed diapers, milk, all those things. My other two kids were five and nine. It was a big, big issue for me, not having food for them," Lourdes shares. Thankfully, her mother was out for a walk one day and heard about a church in the neighborhood that had a food distribution once a month, although it was extremely challenging to get in line to receive the help.

"For you to be able to get a number for food you have to be there very early. The first time we went around 4 AM and they ran out of numbers. The next time went we went around 1 or 2 AM."

Through the church, Lourdes received essentials she was in need of so desperately, and formed a bond with others who were in similar situations. Lourdes and her family got back on their feet after about a year, and she is now able to relate to her clients better.

"I always like to talk about my experience. I'm not ashamed. I think everybody goes through those moments when they need help." Her personal experience, and the fact that she is bilingual, helps her connect more deeply with those she assists. "I feel great just knowing that people feel better when they talk to me. When people say 'Thank you for your help' and they get benefits, I feel good."





## Cover Story Neighbor in Need

---

### HOW A SCHOOL PANTRY SUPPORTS A FAMILY EXPERIENCING HOMELESSNESS

In March of this year, Feeding San Diego established a new school pantry site at the Monarch School in downtown San Diego, which serves students facing homelessness in grades K-12. This new distribution allows families to come to campus to pick up food, interact with the teachers, and access other resources. We visited the farmer's market-style distribution in October to meet some of the attendees and Monarch School staff.

There, we met Ashley, a 23-year-old native San Diegan and single mother currently experiencing homelessness with her daughter, Natalie. While Natalie is too young to attend Monarch School, Ashley found out about the distribution because her teenage siblings attend. She shared more about the challenges she is facing to afford permanent housing.

“

It makes a  
*very big*  
difference  
in our lives.

”



“In order for me to get an apartment, I would have to work two fast food jobs, and I don't have the babysitter for it, first of all. And forget about school and forget about my actual goals. If rent was lower, I could maybe focus on achieving my goals in my career,” she shares. “Being a single parent makes it even more difficult. I do not share custody. Natalie's father is not responsible so I don't think he's reliable for her.”

At the distribution that day, Ashley and her siblings were able to receive fresh produce including carrots, corn, celery, onions, and potatoes, which she'll cook at her sister's house. She is currently at a shelter so isn't able to cook there.



“We don’t get to buy fruits and vegetables like that all the time,” she continues. “My sister, she works, but pretty much all her money goes to rent and her car payment. She doesn’t have money to buy other things, like shoes for her kids. Monarch School is very, very helpful. They provide shampoo, clothes. My sister can’t afford those luxuries. Shampoo, toothpaste, nice shoes that these kids are into these days.”

Ashley’s life has not been without its challenges and she is grateful for any help she can get. “We tend to try to do everything ourselves even though sometimes it’s very hard or overwhelming,” she says. “This food helps us stretch our budget throughout the month. Our kids eat throughout the day, at least five servings, so this helps us a lot throughout the day, the month, the year. Thank you, we really appreciate what you’re doing for us. It makes a very big difference in our lives.”



Cover image, left to right: Alexis, Maria, Patty, Ashley, and Natalie



## Benefit Campaign Spotlight

### FEEDING SAN DIEGO PARTNERS WITH IN GOOD COMPANY FOR A SUSTAINABLE COLLABORATION THAT GIVES BACK

Feeding San Diego has partnered with local brand In Good Company and celebrity chef Angelo Sosa, a longtime Feeding San Diego supporter, to create a limited-edition meal that helps fight hunger.

In Good Company offers limited edition, chef-made, frozen meals from local chefs and restaurants — all in sustainable, reusable packaging that can go straight in the oven! The brand is generously donating \$1 from every sale of the meal to Feeding San Diego, and you can also add an additional donation when checking out.

“The opportunity to partner with Feeding San Diego is a great way to get people thinking and talking about how by focusing locally, we can build thriving food systems, reduce waste, and fight hunger,” says Ashleigh Ferran, founder and CEO of In Good Company.

We couldn't agree more! Visit [feedingsandiego.org/shop-and-support](https://feedingsandiego.org/shop-and-support) to purchase Tia Carmen's Chicken Guisado. Meals are available for a limited time only, through December 5. If your business is interested in collaborating on a benefit campaign, please visit [feedingsandiego.org/corporate-partnership](https://feedingsandiego.org/corporate-partnership).





**FEED PEOPLE  
NOT LANDFILLS**



**with FEEDING  
SAN DIEGO**



# With your help, we can protect people and the planet.

Did you know that 70% of the 40.3M meals we distributed last year were rescued from over 600 local and national food donors? By diverting more than 27.2M pounds of good food from the landfill, we prevented nearly 25,000 metric tons of greenhouse gas emissions from being emitted into the atmosphere. Help us feed people, not landfills.

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



## Volunteer Spotlight

---

### TWO SISTERS PRIORITIZE VOLUNTEERING TOGETHER AND INSPIRE OTHERS IN THE PROCESS

Sisters May and Teresa first found out about the Together Tour through Facebook and registered their uncle to receive food. He lives alone and is retired, and they thought it would be nice to extend the help to him. Teresa went with him to Feeding San Diego's food distribution at Southwestern College in Chula Vista and was impressed with what she saw.

"It is very huge and very generous, and it's really a great help to anyone. It's unbelievable. You have 50 pounds of food: dry goods, fresh produce, and meat. It's really something."



Teresa told May, and they quickly decided they wanted to get involved as volunteers.

"That's what we do, back in the Philippines, we give out food. So, we knew we had to do something to give back," May says. "It's something that you feel completes you, when you volunteer," she continues. "Giving back what you have. Even just your time, a few hours, knowing that you are serving others."

May and Teresa have now volunteered at nine Together Tour food distributions, usually on the weekends since they both work full time. Their dad Rudy even joined them for one! They also inspired another friend to come volunteer with them.

“It’s enjoyable, really,” says Teresa. “You meet a lot of people. People come there with a smile.”

May recalls a particular moment that stands out to her while she was volunteering. “I had an encounter once with a woman who has cancer and is going through chemo. She had her head covered. She said, ‘Oh, I’m getting something for me and my neighbor. I think my neighbor is not feeling well.’ It’s really touching that she, herself, is sick and she is also getting food for someone else. That really touches us.”

“

It’s something  
that you feel  
*completes you,*  
when you  
volunteer.

”



Through December 22, Feeding San Diego is helping to bring a bit of extra cheer to the table at its holiday Together Tour distributions. In addition to the pantry staples that clients receive at all Together Tour food distributions, attendees will receive food items unique to the holiday season. Visit [feedingsandiego.org/together-tour](https://feedingsandiego.org/together-tour) to learn more.





# THANK YOU TO OUR DONORS

Feeding San Diego extends gratitude to our generous supporters who made gifts of \$2,500 or more, from July 1, 2021 through September 30, 2021.

## **\$100,000 & Above**

---

Cigna Foundation  
Martha J. Weiner Charitable Foundation  
Anonymous

## **\$50,000-\$99,999**

---

Callaway Golf Company Foundation  
Price Philanthropies  
Target Corp  
Walmart Foundation

## **\$25,000-\$49,999**

---

The Albertsons Companies Foundation  
Michael and Regina Dowd  
The Peggy and Robert Matthews  
Foundation  
TRACON Pharmaceuticals Inc.  
Union Bank  
The Whitley Family Charitable Fund

## **\$10,000-\$24,999**

---

Arthur and Barbara Bloom Foundation  
Boys and Girls Foundation  
The GT Foundation  
The Kraft Heinz Company  
The Lauer Fund  
Dennis and Pam Lint  
Marrokal Design and Remodeling  
The Sandra B. Phelps Legacy Fund  
The Vann P. and Carol G. Parker  
Charitable Fund  
Anonymous

## **\$5,000-\$9,999**

---

A.M. Ortega Construction  
The Alfred & Karin Esser Charitable Fund  
Betsy Warren Endowment  
General Mills  
Bill and Alice Habeger



Health Center Partners of Southern California  
 Krug Family Trust  
 Scott and Rosemary Leonard  
 Lockheed Martin  
 San Diego Padres  
 Glen Sparrow  
 Judy Teitler  
 Dolly Tyan  
 UBS Financial Services Inc.  
 Lisa Wheeler

**\$2,500-\$4,999**

Marcy Bordeaux  
 Comerica Bank  
 Greenhalgh/Martin Family Foundation  
 Stephanie Greenwald  
 Paul and Jacklyn Horton  
 The Menashe Family Charitable Fund  
 Scarano Family Foundation  
 Valinda Greene  
 Robert Viets  
 Anonymous (3)



**TOGETHER, WE CAN  
 CROSS OUT HUNGER!**

September was Hunger Action Month, and this year we introduced our Cross Out Hunger campaign. It was incredible to see so many San Diegans take action during this pivotal period of time. We want to extend gratitude to everyone who got involved, whether by donating, wearing a Cross Out Hunger t-shirt, starting a fundraiser, or volunteering.

Images clockwise from top left; Celebrity Chef Brian Malarkey, Food Personality Troy Johnson, Fox 5 Reporter Heather Lake, Chef Travis Swikard, Celebrity Chef Claudia Sandoval, Olympic Equestrian Guenter Seidel, Former NBA Player Bill Walton, Coast News Team



NonProfit Org.  
US Postage  
**PAID**  
Permit No.  
2420  
San Diego, CA

# Make a Difference This Holiday Season



## BECOME A FEED 365 MEMBER

Become a Feed 365 member and join our generous community of monthly donors. A recurring gift of just \$42 per month feeds a family in San Diego for a week! Visit [feedingsandiego.org/feed-365](https://feedingsandiego.org/feed-365).



## DONATE YOUR WAY

Consider giving from your IRA or gifts of stock. Visit [feedingsandiego.org/planned-giving](https://feedingsandiego.org/planned-giving) to learn more about how to donate directly from your traditional IRA (if you're 70.5 or older) or appreciated stocks to minimize your tax burden while contributing to a hunger-free San Diego.



## JOIN THE GROVE

Members of The Grove are passionate supporters of Feeding San Diego who make an annual gift of \$1,000 or more to provide sustaining support for hunger-relief and food rescue programs. Visit [feedingsandiego.org/join-the-grove](https://feedingsandiego.org/join-the-grove).



## START A FUNDRAISER

You can be a fundraiser and help change lives! Start a fund drive as an individual or a team. Chalk your block, host an event, run a marathon, or get creative with your own ideas. Learn more at [feedingsandiego.org/start-a-fundraiser](https://feedingsandiego.org/start-a-fundraiser).



PLEASE RECYCLE THIS NEWSLETTER

With the printing of this newsletter, we offset our paper consumption by planting 61 trees.



Visit [feedingsandiego.org/get-involved](https://feedingsandiego.org/get-involved) or scan the QR code for more ways to get involved with Feeding San Diego.

9477 Waples St., Ste. 100,  
San Diego, CA 92121  
Federal Tax ID #26-0457477

**FEEDING  
SAN DIEGO**



@feedingsandiego  
info@feedingsandiego.org