



News & Updates from the Elk Grove Food Bank

March 2020 eNewsletter from Elk Grove Food Bank Services

[Visit our Website](#)

Message from Marie

Dear Friends:

As we plan for the upcoming needs in our community in the year ahead, we're especially mindful of our senior population. Sadly, hunger has no age and 25% of people we serve are seniors. With fewer resources to purchase food and other essentials, a growing number of older adults continue to struggle with food insecurity. Whether they're trying to provide for only themselves or caring for others, the need is the same: their expenses are too high and they struggle to make ends meet. These concerns will be at the heart of our work moving forward as we approach our region's food insecurity challenges. Thanks to the generosity of friends like you, we can be there for everyone who needs our services, regardless of age.



This year, we will celebrate our 46th anniversary! And we look forward to 2020 being a year of continued growth, innovation, and hopefully a new facility on the horizon. We could not achieve any of our accomplishments without the support of our volunteers and donors. Whether you supported us with a food drive or a cash donation, by attending one of our fundraisers, by telling someone there are hungry people in Elk Grove, or by simply being aware of the problem, **your gifts are truly having a life-changing impact.** We're so grateful for your continued support that helps feed seniors, as well as children, infants, families, veterans, disabled, and the homeless.

Gratefully,

Marie Gachino

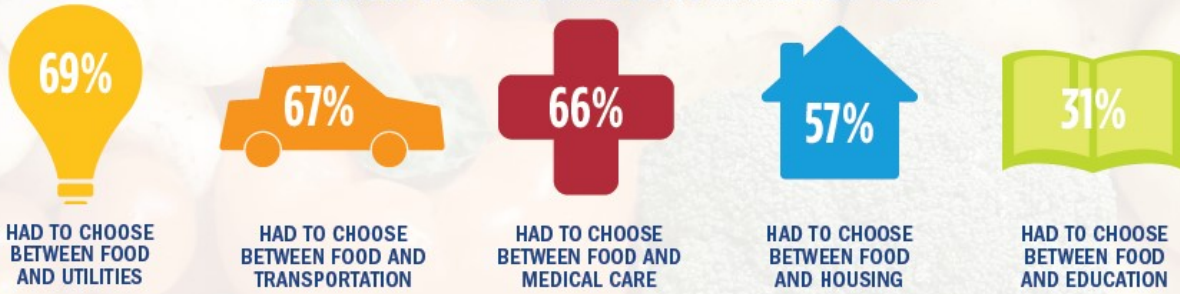
Executive Director

Why We Do What We Do

Worldwide hunger statistics are staggering, but for the country producing the most food in the world, it is alarming to see how many in our country are food insecure. The food insecurity rate in Sacramento County is 16.3% - 4 in every 25 people have limited or

uncertain availability of nutritionally adequate foods or uncertain ability to acquire these foods in socially acceptable ways. Food insecurity may reflect a household's need to make trade-offs between important basic needs, such as housing or medical bills, and purchasing nutritionally adequate foods. (retrieved from <https://map.feedingamerica.org/county/2015/overall/california/county/sacramento>)

HOUSEHOLD SPENDING TRADEOFFS IN THE PAST YEAR



Did You Know?

Scouting for Food is a nationwide Boy Scouts of America community service project in which Scouts canvas their local communities collecting food for their local food banks. This year's drive is set for this Saturday, March 14. Can you help? All donations should be unexpired, non-perishable food items, and before the "USE BY" date.

Here is a list of our most-needed food supplies:

- Peanut butter
- Canned tuna
- Canned chicken
- Cereal
- Macaroni and cheese
- Beans - canned or dry
- Pasta
- Pasta / spaghetti sauce
- Canned chili
- Packaged rice
- Boxed mashed potatoes
- Canned fruit
- Canned vegetables
- 100% juice
- Soup (low sodium varieties)
- Ensure

Upcoming Events

MARCH 14, 2020

Scouting for Food Annual Food Drive

APRIL 19 - 25, 2020

Volunteer Appreciation Week

MAY 7, 2020

Big Day of Giving

MAY 9, 2020

Stamp Out Hunger Annual Food Drive

JUNE 27, 2020

16th Annual Run 4 Hunger

SEPTEMBER 12, 2020

Harvest of Hope



JUNE 27, 2020

5K & 10K RUN/WALK • KIDS' FUN RUNS

[Register Here](#)

Elk Grove Food Bank Services is pleased to announce we will be participating in the Big Day of Giving again this year. The 24-hour event will be held on Thursday, May 7. Sponsored by the Sacramento Region Community Foundation, this day brings together the region's nonprofit community to help raise much needed funds and shine a spotlight on the work nonprofits do to make the Sacramento

region the place we call home. [Click here](#) to learn more about the event and to check out our profile page.

Get Ready
to Give
Where Your
Heart is.

May 7, 2020



We are thrilled to announce that David Garibaldi will be our featured guest at the Harvest of Hope fundraising dinner on September 12, 2020. Save the date now, tell your friends, and plan to join us for "Elegance Under the Stars."

VOLUNTEER SPOTLIGHT



Meet Bob Guernsey!

When he retired as an English teacher at Hiram Johnson High School, Bob wanted to do something to help his local community. An Elk Grove resident for 20+ years, he wanted to invest his time to help his neighbors. He laughed when asked why he chose the Elk Grove Food Bank. He said it was just a natural fit - he had been a box boy in his younger days at Hughes Market in Sherman Oaks.

Bob donates at least 10 hours every week and has for the last four years! Whether it's working behind the scenes to help the other volunteers or assisting the drivers with the trucks, you will always find Bob with a smile and a willingness to help wherever he's

needed. Asked what he likes most about volunteering, he mentioned the positive atmosphere at the Food Bank, the impressive volunteers he works alongside, and knowing everyone is working together to build a better community. Bob's advice to someone who is thinking about volunteering: "Don't be nervous - just jump in! You're really missing out if you don't explore the possibilities!"

Thank you, Bob, for your selfless service!

We love ALL our volunteers! We simply cannot fulfill our mission *to provide essential resources to overcome the many faces of hunger and human need* without the help of our amazing volunteers. Will you join us?



"The best way to find yourself is to lose yourself in the service of others."
— Mahatma Gandhi

If you have a few hours a day, a week, a month - the Food Bank always has a place where you can help. Call 916.685.8453 or email us at volunteer@egfbs.org to find out how you can help.

Elk Grove Food Bank Operating Hours

Mondays through Fridays: 10 am to 3 pm
Saturdays: 9 am to Noon (Warehouse and Clothes Closet only)

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STAY CONNECTED

