



From the CEO

"I'd rather teach a man to fish than give a man a fish."

— Joseph Koret

The Koret Food Program was developed to fund organizations that facilitate the transition from hunger to self-sufficiency. It honors the legacy of founder Joseph Koret while striving to continually address contemporary needs. In recognition of the impact of effective public policy, this year we have added a grant to California Food Policy Advocates, a policy and advocacy organization. Also this year, in addition to \$328,000 in operating support to 14 organizations, Koret has addressed our community's infrastructure issues, awarding a \$1 million capital grant to the St. Anthony Foundation to modernize and expand its San Francisco operations.

Although we are not so naïve as to believe that we can abolish hunger, we maintain that by funding organizations that are farsighted and effective in their practices, we can bolster their efforts to reduce hunger and poverty.

In this issue you will read about the work of our Bay Area food banks, including statistics from their quadrennial hunger study, their "report card" on the state of the hungry in our community. We will introduce you to the year-round holiday programs our grants support in the Jewish community, and you'll read about the extraordinary work of St. Anthony's and Glide Memorial Church, two Bay Area organizations known for making a difference.

At Koret, we take seriously our responsibility to make an impact — to honor the legacy of our founders and to find long-lasting solutions that improve people's lives.

*Jeffrey A. Farber
Chief Executive Officer*

More money for rent means less money for food, hunger study finds

by Rachel Rosenberg, JVS Kohn Intern

As the cost of living in the Bay Area rises, lower- and middle-income families must spend more of their monthly income on housing, leaving less money to spend on food and other basic needs, according to an area-wide survey of hunger conducted by the four Bay Area Food Banks annually supported by the Koret Food Program.

Each of the four food banks — Alameda County Community Food Bank, Food Bank of Contra Costa and Solano, San Francisco Food Bank, and Second Harvest Food Bank of Santa Clara and San Mateo Counties— surveyed their own clients in partnership with America's



Photo courtesy Samaritan House

Second Harvest: the Nation's Food Bank Network and Math-

ematica Policy Research, Inc. to better understand the face of hunger in the Bay Area. The survey of households receiving emergency food assistance at food pantries, soup kitchens, and shelters is conducted every four years.

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Hunger for food banks' services spurs new programs

The Bay Area's four food banks anchor the Koret Food Program, efficiently providing healthy and nutritious food as well as education, referral, and emergency help to our community's hungry.

Food banks have come a long way since the stereotypical warehouses filled with oversized canned and packaged food. Today they are committed to providing fresh, nutritious options focusing on healthy foods and fresh produce, contributing to the good health of their clients and helping combat obesity, which often results from the consumption of low-cost, high-fat foods, and the lack of access to fruits and vegetables. In another step to provide healthy food options, Alameda County Community Food Bank has discontinued stocking soda pop.

"The fresh produce deliveries have been a real blessing for our neighborhood," said Martha Brown, a client of the East Oakland Senior Center, which receives donations from the Alameda County Community Food Bank. "This provides us with what we really need for good health."

Children who depend on school lunch programs for most of their daily nutrition may appreciate best the positive impact of food banks because unlike school, hunger takes no summer break. Those who must rely on

school lunches from fall to spring can count on Summer Lunch, a federally funded program supported by Bay Area food banks that offers lunch to low-income children during the summer.

Seniors are also vulnerable to hunger. In response to an increasing need for food in the elderly community, food banks offer low-income seniors a weekly bag of groceries as part of the Brown Bag Program. Steffani Folber receives a bag of groceries delivered to her home every Friday through the Brown Bag Program supported by Second Harvest Food Bank.

"My bag makes all the difference for me," Steffani says. "It has a lot of meaning for me, more than just the food. Looking out and seeing the bag on my doorstep every Friday reminds me that I matter, that someone cares about me. For me, the bag validates that I exist."



Volunteers for the San Francisco Food Bank prepare fresh produce for clients to pick up. Providing fresh fruits and vegetables is one way that the food banks support their clients' good health.

Photo courtesy San Francisco Food Bank

"Looking out and seeing the bag on my doorstep every Friday reminds me that I matter, that someone cares about me..."

— Steffani Folber, Brown Bag program client

*“Fresh produce deliveries
have been a real blessing
for our neighborhood”*

— *Martha Brown*
ACCFB client

Did you know...?

- In the past year, Bay Area food banks provided up to 32 million pounds of food to their communities.
- The Alameda County Community Food Bank recently relocated to a new facility with a new 5,500-square-foot cooler and freezer system that expands freezer space by 90 percent. This new space will help the Alameda County Food Bank serve its increasing number of clients.
- Taking over for the Diablo Valley AIDS Center, which is closing, the Food Bank of Contra Costa and Solano runs the “Extra Helpings” program, serving 150 HIV/AIDS clients twice a month.
- Through the Partners in Need Program, low-income people who need food assistance can volunteer their time at Second Harvest Food Bank in exchange for groceries. More than 500 people participate every month.
- The San Francisco Food Bank addresses the challenges of San Francisco’s immigrant community through seven neighborhood Immigrant Food Assistance pantry sites. These sites eliminate language barriers and provide culturally familiar food for their clients.



A young man enjoys fresh mangos at the San Francisco Food Bank.

Photo courtesy San Francisco Food Bank

Koret Food Program Grantees

Alameda County Community Food Bank
California Food Policy Advocates
Chronicle Season of Sharing
Food Bank of Contra Costa and Solano
Food Runners
Glide Foundation
Jewish Family & Children’s Services of the East Bay
Jewish Family & Children’s Services of San Francisco,
Peninsula, Marin and Sonoma Counties
Jewish Family Service of Silicon Valley
St. Anthony Foundation
Salvation Army, Golden State Division
Samaritan House, San Mateo
San Francisco Food Bank
Second Harvest Food Bank of Santa Clara and
San Mateo Counties

Everyone is a guest at Glide

Whether they are connecting to the daily free meals program, the walk-in center, or job training services, clients know they will find open hearts and helping hands to assist them with their most basic needs at Glide.

Glide is famous for the lines of clients that wrap around Ellis Street in San Francisco's Tenderloin district, waiting to receive the warm meals served every day of the year. Lee Shields, a security monitor at Glide, helps keep these lines calm.

"The main thing is to let them know that they're welcome here, that they are guests," he said.

The daily free meals program is a gateway for many of Glide's clients to access other health and human

services. Diane Moananu is the only parent for her six grandchildren. Glide's nurturing and educational child-care programs help Moananu's grandchildren stay off the streets.

"We live in housing projects and it's not safe," says Moananu. "At Glide, once they cross inside the door I know they'll be safe, and that anything they learn, anything they experience, anything they do here is going to be positive. Believe me, if they had their choice, they would be here seven days a week."

The charismatic Reverend Cecil Williams and advisor Janice Mirikitani have been at Glide's helm for nearly half a century, developing programs and

policies that offer dignity and opportunities to develop self-sufficiency to all who are willing to do what it takes to stand on their own two feet.

While clients from the addicted to the hungry and homeless may struggle with the indignities of poverty on the street, once inside the door they are treated with respect, as part of the extensive Glide network where everyone is a guest.



A young volunteer serves a guest at Glide's dining room.

Photo courtesy Glide Foundation

"The main thing is to let them know that they are welcome here, that they are guests."

— Lee Shields, Glide security

St. Anthony's lifts spirits in San Francisco's Tenderloin

On October 4, 1950, Franciscan Friar Alfred Boeddeker opened the doors to St. Anthony Dining Room and served 400 free meals to his hungry and homeless neighbors. More than half a century and 32 million meals later, St. Anthony's continues Fr. Alfred's example of honoring the dignity of each person by serving the immediate vital needs of the poor and the homeless, and working with community partners to inspire social conscience.

Among the many services offered are free medical care, residential rehabilitation, social work support, and emergency housing. Clients in need of rehabilitation can find sanctuary at St. Anthony Farm, where program participants recover from addiction while working in an organic garden, on the grounds crew, in the facility kitchen, or in the commercial dairy.

While every day is a busy day at St. Anthony's, the winter holidays pose particularly hard challenges.

"The holidays evoke a greater sense of need among our guests," said Executive Director Fr. John Hardin. "A number of them are saddened by the loss of family and often feel disheartened and discouraged by the emotions that arise during the holiday season."

Yet turning adversity into opportunity is what St. Anthony's is all about. Take Lori, a victim of abuse and addiction who came to St. Anthony's when she needed a safe, supportive place to call home.

"[With] all the things that I have been through ... I would never have thought that I would be working right now, and that people would really depend on me and trust me," she reflects. "I've come a long way."



Photo courtesy St. Anthony Foundation

Volunteers greet and serve clients at St. Anthony Dining Room, which will get a facelift boosted by a capital grant from Koret.

"The holidays evoke a greater sense of need among our guests."

— Fr. John Hardin, Executive Director

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CATALYST

Volunteers take the cake in food program operations

Whether by cooking, serving, gardening, or interpreting, volunteers are the lifeblood of the organizations that Koret supports through its food program. In the past year, hundreds of volunteers have served thousands of hours to ease hunger in the Bay Area. In return for their work, volunteers at Jewish Family and Children's Services of the East Bay learned about *gemilut hasadim*, acts of love and kindness, as they engaged in the physical aspects of bringing food to the table.

At Samaritan House, volunteers are taking on more responsibility and assuming positions of leadership, running the food pantry and organic garden. Executive Director Kitty Lopez explains that Samaritan House aims to "enhance the volunteer experience so volunteers can feel more invested in the organization." Samaritan House hosts special events to target young volunteers and encourages businesses to join their team of corporate volunteers. Close to 250 volunteers from local businesses spent time sorting, packing, delivering, and distributing holiday food and gifts.

Debbie Farson has been helping with the Samaritan House garden for three or four years.

"It's been a wonderful way to couple my interest in sustainable gardens with wanting to make a little bit of difference in the world," Debbie said.

Margarida Austregesilo, a native of Brazil, volunteers as a Spanish and Portuguese interpreter.

"Life has been good to me," she said. "I don't starve, I have food, I am warm. I have everything, so I want to share."



Photo courtesy Samaritan House

Volunteers like Maria help prepare fresh vegetables for clients at Samaritan House in San Mateo.

"Life has been good to me. I don't starve, I have food. I am warm. I have everything, so I want to share."

— Margarida Austregesilo
Samaritan House volunteer

What's a Jewish holiday without a little nosh?



Photo courtesy Jewish Family & Children's Services of San Francisco

Jewish Family & Children's Services clients look forward to receiving hand-decorated holiday deliveries like this bag delivered at Hanukkah time.

What's a Jewish holiday without a little nosh?

Thanks to Jewish Family Service operations around the Bay, many housebound seniors don't have a clue.

In the Jewish community, the Koret Food Program funds an important connection to isolated families and individuals who otherwise would have little access to celebrating Jewish life throughout the year. For the volunteers who call on them with Rosh Hashanah gift bags, Hanukkah treats, Purim pastries, and Seder Sacks, the experience is equally, if not more meaningful. (This year, Jewish Family & Children's Services of the East Bay is adding a monthly Shabbat delivery in those months that have no Jewish holiday.) The family service agencies partner with local schools, and congregations help decorate bags and deliver them to their largely senior clientele.

"I can't tell you how wonderful it was ... delivering the bags to seniors in San Francisco," said Harold Abend, a volunteer who has made deliveries for many years. "This year was the best! I had a Russian woman named Marina with me, and she was able to talk to one lady who was so thankful to talk to someone in her native tongue. We also met Harriet, 99, and Fanny, 93, both still full of life, passion, and love ... and Sol, who wanted to speak Hebrew with me.

"All told, we saw 12 people, and their total time on this earth exceeded 1,000 years," he said. "Unbelievable!"

"I can't tell you how wonderful it was... delivering the bags to seniors in San Francisco."

— *Harold Abend*
Volunteer, Jewish Family &
Children's Services of San Francisco

Jewish Holiday Food Deliveries*

| | Rosh ha Shana | Hanukkah | Purim | Passover |
|--|---------------|----------|-------|----------|
| JFCS San Francisco | 1,385 | 1,387 | 305 | 1,323 |
| Jewish Family Services of Silicon Valley | 288 | 310 | 265 | 320 |

*Jewish Family Services of Silicon Valley delivers 690 hot meals to the homebound during Rosh Hashanah, Hanukkah, and Passover.

CATALYST

More money for rent means less money for food

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While the food banks surveyed serve different geographic populations within the Bay Area, their results showed similar trends. For example, all four food banks, serving four different Bay Area counties, reported that children and seniors are the most vulnerable to hunger. Children subject to an irregular food supply and lower-quality food are at increased risk of obesity, diabetes, and other health complications. Seniors who live on fixed incomes are often unable to afford basic necessities, making them more susceptible to disease and chronic health problems that are exacerbated by food insecurity. Overall, the study found that federal nutrition programs, including the food stamp program, are underutilized. California has the lowest food stamp program enrollment in the country, and among clients who use food stamps, many reported that the benefits often fail to last the month.

The Alameda County Community Food Bank report, "Hunger: The Faces and Facts," concludes that addressing hunger requires the combined efforts of government, charitable services, and the community.

*Hunger at a Glance**

| | Clients served annually | Percentage of clients who are homeless | Median monthly household income |
|---|-------------------------|--|---------------------------------|
| Alameda County Community Food Bank | 230,300 | 12 percent | \$800 |
| Food Bank of Contra Costa and Solano | 75,400 | 26 percent | \$900 |
| San Francisco Food Bank | 117,300 | 23 percent | \$810 |
| Second Harvest Food Bank of San Mateo and Santa Clara Counties | 127,100 | 15 percent | \$810 |

*Statistics from "Hunger in America 2006: A Report on Emergency Food Distribution in the United States in 2005"



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