



KNOW HUNGER

Our Mission is to Alleviate Hunger in the Inland Empire

Winter 2022 Vol 9 Issue 1



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CEO CORNER



Dear Friends,

With the start of a new year and the recent surge of Omicron, 2022 may not yet be all that we hoped, but here at FARSB, we are on a continuous mission to share love and hope by feeding our many community members in need.

February is known as the month of “love”, and what better way to share the love than providing a meal to someone in need? Instead of germs, let’s spread *love* this season!

Your support can bring some much needed cheer to our vulnerable neighbors in need. Just \$1 can help provide up to 7 meals! That’s 7 meals of hope and nourishment to someone in need. Thank you for helping us share the love in 2022! May this New Year be a safe & healthy one for you and yours.

Stephanie Otero
CEO & Hunger Advocate

TGIF RETURNS THIS SPRING



It is with great excitement that we announce the return of The Goodness in Food (TGIF)! This Spring 2022, FARSB invites children aged 6-9 to join the FREE nutrition education program taking place every Saturday morning for four weeks. Children will learn about the value of healthy eating, how to make healthy choices, and even visit a real-life produce garden! Registration info will be available soon at www.FeedingIE.org/tgif. Updates and reminders will be shared on Instagram in advance, so make sure you’re following @FeedingAmericaIE and have your notifications turned on!

HELPING OLDER ADULTS THRIVE



In partnership with the Los Angeles Regional Food Bank, FARSB recently implemented the Commodity Supplemental Food Program (CSFP) to directly address the increased demand for older adults in need of food assistance throughout the Inland Empire.

CSFP serves low-income adults 60 years or age or older within both Riverside and San Bernardino counties through regularly scheduled food distribution programs. Food recipients are guaranteed to receive nutritious, healthy and high quality food kits at no cost. FARSB’s CSFP program seeks to serve up to 2,500 older adults every month. To learn more about CSFP and other FARSB food programs visit, www.feedingamericaie.org/programs.

THANK YOU ALBERTSONS COMPANIES FOUNDATION

Albertsons Companies Foundation believes, like we do, that each child deserves the nourishment they need to grow, play, and learn. Their commitment to feeding the little ones in our community shows through their remarkable support. Through Nourishing Neighbors, Albertsons Companies Foundation has granted FARSB \$141,803 to provide meals to children. Thank you Albertsons Companies Foundation for caring for our future and helping to feed the Inland Empire.



Have your gift make a difference every mo

CLIENT STORIES

The people we serve come from all walks of life. Here are two food participants who shared how FARSB's partner food pantries have helped them along the way.



Meet 57 year old Angel. He struggles with kidney issues and has received dialysis treatments 3 times a week for over 7 years. "I enrolled myself in a program where I can be on a waitlist for a kidney transplant." Angel said. As he patiently waits, he enjoys spending time cooking traditional Mexican food like caldo and enchiladas with the food he receives from the pantry. "I'm happy that I don't lack anything. What they give at the

food pantry is more than enough for me and

my wife." His dialysis treatments can get pretty expensive with other bills. Angel admits the burden feels even heavier since his wife provides their main source of income. "I would like to have normal health like everyone else. I'm not used to depending on anyone. This is my situation and I have to learn how to deal with it."



Meet Susana, a stay at home mother and grandmother who gets fresh vegetables, fruits, and milk from a FARSB community partner pantry in Riverside. "For me it's really special because when I don't have much food, they help me and my grand kids. Every little bit helps us and we're happy." As she and her family have done their best to adapt to life altered by a pandemic, it still hasn't been easy these last couple of years. "The pandemic has changed our lives completely.

It's like we're lost. And a lot of people have been losing family, jobs, their schools." Many neighbors like Susana lean on FARSB food pantries for assistance in times of need. To support our efforts to feed local residents, consider a gift of any size today.

I.E. RECONGNIZED WITH 3RD HIGHEST WAREHOUSE PRICES IN NATION

According to the CBRE, the global leader in commercial real estate services, collected data showed the Inland Empire is expected to rank as having the third-highest increase in surging warehouse prices in the nation! FARSB's ability to provide millions of pounds of food per year is impacted greatly by the sudden spike in expenses. In fact, over \$15,000 (approximately 105,000 meals) more per month will need to be allocated to rent every single month over the next year, as a direct result of the surge. While we are adapting to this sudden change, becoming a monthly donor to help sustain our mission is more critical than ever before. Today, we are urgently asking for your support as we continue to work towards a hunger-free Inland Empire.

Becoming a Meals for Many monthly giving club member at just \$50 per month, or \$12.50 per week, will help ensure that we can provide up to 350 meals to families in need. 98% of every dollar you donate goes directly to FARSB's food assistance programs and 100% of donations stay within the Inland Empire. Each dollar helps to secure up to 7 healthy and nutritious meals for our hungry neighbors.

On behalf of thousands of individuals facing food insecurity in the Inland Empire, thank you for your generosity and support!



Did you know that only 32% of the US population currently has a will? If you have any assets like a home, vehicle, bank account, or have loved ones who depend on you, it's a good idea to have an estate plan in place. This is why the Feeding America National Network has partnered with Giving Docs - an online portal free to member food banks donors & friends to create an estate plan.

Users are able to create their estate plan at no cost, and can choose to designate all or a portion of their assets to non-profits that matter most to them.

Consider giving to Feeding America Riverside | San Bernardino to leave a legacy in your community. Get started today by visiting www.givingdocs.com/feeding-america/.

WE *love* THE SUPPORT FROM OUR NEWEST MONTHLY GIVING CLUB MEMBERS!



Sherri Anderson
 Vinh Aven
 Babatunji Browne
 Nicole Copeland
 Eduardo Cornejo
 Ty Dorhan
 Angela Duarte

Brooke Federico
 Kevin Ferguson
 Patricia Fountain
 Mandi Horwitz
 Emily Kolpien
 Donna Laughton
 Margaret Leon

Gail Litton
 Linh Quock
 Roger Rasmussen
 Mona Reaves
 Kelli Reiman
 Dennis & Darla Mae Samia
 Sol Siddiq
 Vicki Snyder

nth! Text Meals4Many to 41444.

THE CHEESECAKE FACTORY FUELS MEALS



Interested in giving back while treating yourself? The Cheesecake Factory offers a Coconut Cream Pie flavor that gives back! A portion of the proceeds for every slice of this flavor sold now through July 29th will be donated to the Feeding America network of food banks, which FARSB is a member of.

Visit your local Cheesecake Factory today and order this sweet treat that helps to give back to the community. Order online at www.thecheesecakefactory.com.

BOXLUNCH GIVES BACK



BoxLunch is dedicated to ending hunger in our community through volunteering and donating. Pictured here are BoxLunch staff members from the Promenade Temecula location volunteering at our distribution center. Not only do they give of their time but every BoxLunch location donates directly to its local food bank.

With every \$10 you spend in-store and online, BoxLunch secures one meal for a local food bank in the community where the purchase was made. Shop for an amazing cause today at www.boxlunch.com.

FUNDRAISING

We are excited to announce that FARSB has partnered with RX-fundraising and Rite Aid. You can now help allot meals for neighbors in need by using your Wellness+ Rewards Number when filling a prescription or shopping at your local Rite Aid.

The program is free for participants to use and FARSB will receive funds from filling prescriptions and qualified purchases that our supporters make.

Getting started is easy. Just follow these three steps:

1. Complete the registration form at [//support.rxfundraising.com/FeedingAmericaRiverside](https://support.rxfundraising.com/FeedingAmericaRiverside)
2. Register for a Rite Aid wellness+ rewards (if you don't already have one).
3. Transfer your existing prescriptions to Rite Aid and start using your Rite Aid Wellness+ Rewards Number.

We look forward to having your support!