

Your Local Food Bank



# KNOW HUNGER

Our Mission is to Alleviate Hunger in the Inland Empire  
Fall 2025 Newsletter | Vol 12 | Issue 1



## CEO Corner



**Carolyn (Solar)  
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Chief Executive  
Officer

Dear Friends of the Food Bank,

This September, our community united to make a tangible difference. Through Hunger Action Month, The Goodness in Food (TGIF) program, and our first Volunteer Saturday, we collectively took action to strengthen our community.

Local businesses, partners, and supporters joined the fight against hunger, reminding us that every action matters. Students in Grades 2–5 explored nutrition and healthy living through our TGIF program, and 365 volunteers helped sort food for families in need, marking a strong start to the season.

As the holidays approach, we're building on that momentum. One highlight is FARSB's **5th Annual Can Tree Wonderland**, happening Saturday, December 13th, 2025. Local businesses, groups, and organizations will come together to build festive trees made entirely of canned goods, blending creativity, teamwork, and holiday cheer while supporting our mission to fight hunger. After the build, guests can enjoy a family-friendly Community Fair filled with activities, music, and the chance to vote for their favorite tree. All canned goods will be donated to bring joy to families in need this season.

These efforts remind us that when we come together, we create hope, health, and stability for our community. Thank you to everyone who contributed to meaningful change in September. We look forward to celebrating the season with you.

## Hunger Action Month in Review

This September, our community came together in a powerful way for Hunger Action Month. Local businesses across Riverside joined the movement to raise awareness and take action against hunger. With over 586,000 of our neighbors in Riverside and San Bernardino Counties facing food insecurity, every effort made a difference.

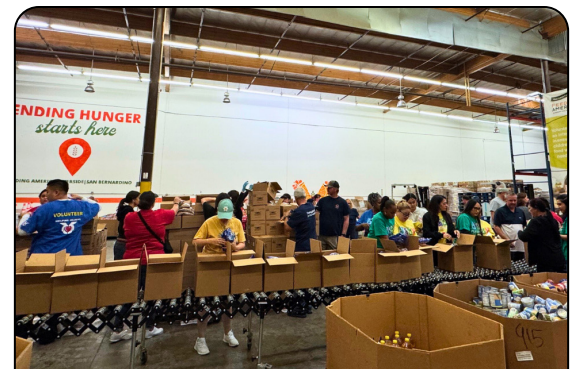
Throughout the month, we had the chance to speak with neighbors who benefit from our programs and the community partners who help make them possible. We sat down with Ken from City Mission Ministries, who shared, "It has truly been life-changing for many of our clients. Having extra help with their food needs has freed them up to pay other essential bills, such as rent and utilities. Connecting us with stores in our area to provide food for our less fortunate clients...has been amazing."

We are grateful to everyone who joined us in September. You can continue making a difference; join our Meals for Many Monthly Giving Club to provide consistent support for our neighbors in need. Visit our website or contact us to learn how to become a member and help end hunger year-round.

Scan the QR code to watch this year's Hunger Action Month video and learn more about ways you can get involved, support local businesses and partners, and take concrete actions against hunger.



We can end hunger when we all work together.



### Volunteer Saturday Success

Our first volunteer Saturday of the season was a huge success, with over 40 attendees from IEHP and Goodman coming together to pack boxes for our Senior Mobile Pantry Program (SMPP).

Their hard work helped ensure families in need have access to nutritious meals. Volunteer Saturday's occur once per month and spots fill up fast!

We're excited to keep the momentum going with more volunteer Saturdays to come. Scan the QR code to see the next available shift!



Making a difference can be as simple as a small donation. Your generosity can help ensure that more people enjoy a warm and hearty meal. To contribute, go to [FeedingIE.org/Donate](https://FeedingIE.org/Donate).



Join us at the food bank and make a difference in the lives of those facing hunger. Spots for volunteers are filling up quickly—book your volunteering slot now at [FeedingIE.org/Volunteer](https://FeedingIE.org/Volunteer).



Your participation in a food drive helps those in need directly. Check out our updated flyer with essential items like canned corn, stuffing, and various shelf-stable holiday foods. Register now at [FeedingIE.org/Food-Drives](https://FeedingIE.org/Food-Drives).

# TGIF

## THE GOODNESS IN FOOD



### The Goodness in Food (TGIF) Kicks Into Gear

This September, students in Grades 2–5 participated in The Goodness in Food (TGIF), a free four-week program that gave kids the chance to explore nutrition, gardening, and the importance of making healthy choices. Through hands-on activities and interactive lessons, participants learned how the food they eat impacts their bodies, their energy, and even the environment around them.

The learning sessions focused on healthy habits and gut health. Kids enjoyed a cooking demo with Riverside University Health System, while their parents participated in a nutrition lesson led by our friends at CBU. Families came together to conclude the program with an engaging visit to Overflow Farms, making it a memorable experience for all.

By the end of the program, children are left with increased nutritional awareness, valuable life skills, and a positive outlook on learning memories and habits they can carry with them into the future.

We are especially thankful to the Sprouts Healthy Communities Foundation for their generous \$5,000 grant, which will fund TGIF for the next year. Their support ensures we can continue offering this impactful program every March and September, helping us plant the seeds of a healthier future for our kids and community.

### Can Tree Wonderland Returns!



Get ready for a FARSB holiday tradition that combines creativity, community, and compassion. Local businesses and community teams will build festive trees made entirely of canned goods, all to help fight hunger in Riverside and San Bernardino Counties at the upcoming Can Tree Wonderland event returning this December! Presented by the Albertsons, Vons, Pavilions Foundation and proudly sponsored by DCH Subaru of Riverside, Vulcan Materials Company, and Altura Credit Union. Can Tree Wonderland brings our community together for a joyful cause. For sponsorship information, please contact FARSB's Fund Development Manager, Willow Smith, at [Wsmith@feedingamericaie.org](mailto:Wsmith@feedingamericaie.org).

This event is a joyful way to showcase holiday spirit while making a real difference for our neighbors. You can participate by sponsoring or building your own tree, donating cans, or hosting your own internal food drive. Every can collected helps put meals on the table for families across the Inland Empire.

The celebration also includes a lively community fair, tree voting, and more! To learn more and get involved, visit [FeedingIE.org/CanTree](https://FeedingIE.org/CanTree).

## Blue Zones Project Riverside: Food Access Summit

We proudly joined the Blue Zones Project Riverside to host a community conversation on food access in Riverside. Over 100 guests attended and heard a panel of speakers, including Chief Deputy Director of California Department of Social Services, David Swanson Hollinger, and Assemblymember Dr. Corey Jackson, Chair of the Budget Subcommittee on Human Services, explain how recent federal changes will impact our state.

The event brought together diverse voices from the local school district, colleges and universities, nonprofits, and local regulatory agencies, who described the challenges and opportunities around food access in our community. Guests then joined breakout sessions to identify top barriers and start shaping a local community action plan for organizations serving Riverside.

We are deeply grateful to Assemblymember Dr. Corey Jackson for his leadership, to the many organizations that came together in partnership, and to every attendee who contributed to this meaningful effort. Together, we took an important step toward building a stronger, healthier community.



## Harvesting Hope in the Inland Empire

As the days grow shorter, families in our community still need steady support. Thanks to the generosity of our Monthly Donors, meals, comfort, and hope continue to reach those who need it most. Your ongoing support ensures no family is left behind this season.

When you join the Meals for Many (M4M) monthly giving club, you become a monthly donor and get a shout-out in our next newsletter. Become a M4M member at [FeedingIE.org/Meals-For-Many](https://FeedingIE.org/Meals-For-Many) or scan the QR code. Thank you for your support!



### THANK YOU FOR YOUR ONGOING SUPPORT!

Amanda Jones  
Anthony Arreola  
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Haleh Bahrami

Karen Rohlin  
Karen Stevenson  
Marcia Edwards

Mikaela Pulse  
Patricia Rifkin  
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