



FOOD4THOUGHT

SEPTEMBER 2015



FIGHTING HUNGER
FEEDING HOPE

FRUIT OF THE SPIRIT IN ACTION

Our church family is blessed to have many other churches in our area. Sylvia goes to the church next door. She has been coming out to our pantry, and this is about



her 10th time. She always has a big smile and when asked to take a picture, she insisted that she take it with me. That was such a blessing.

When asked about her family and background, she

tells me that she came to the States in 2000 and has a family of four. I asked how the pantry has helped her and her face brightens as she speaks of how the children love yogurt and how she will be making salads with the lettuce she received. When I asked about what her favorite item was from the food pantry, she tells me, "Fruit!" "Which fruit?" I ask. She responds, "All fruit!" I love it. It is obvious that Sylvia looks forward to our pantry each month. By God's grace, we have become a consistent part of her and her family's life--as she has become a part of mine. In the end, I think this is what the pantry is all about--sharing the love of God with everyone and celebrating His gift we have in one another.

By Pastor Paul Kim – Senior Pastor, The House

AWESTRUCK WITH GRATITUDE

Hi! My name is Yvonne and I live in the San Fernando Valley along with my husband and three wonderful children ages 9, 7, and 5. I am very blessed to have three beautiful and healthy children. I am also very fortunate to work at the same school my children attend. During the summer, school closes and I am left without a job and with a truckload of concern. My husband works very hard to provide for our family, but sometimes he is also without work.

I am very thankful for the Valley Food Bank. I am a recipient of groceries on a weekly basis. My family and I enjoy a wide variety of fresh fruits and veggies along with dairy products, meats, and grains. I am awestruck by the quality of products my family and I receive. I am very thankful for this service. As a mother, one of my greatest concerns is not having food for my children, but thanks to the Valley Food Bank and their pantry I can rest assured that my family will have something at the table.

I feel that services such as the food bank are truly necessary in my community. Ever since I have been receiving food, my greatest satisfaction is giving back to my community. That is why I chose to volunteer every week at my pantry in San Fernando. Again, I am very grateful for the food bank and I look forward to volunteering for weeks to come. Sincerely, Yvonne



THANK YOU SPAIN, NORWAY, ITALY, AND SWEDEN!

Our friends at Education First Home Stay Program (EF) brought a group of 16 exchange students to the Food Bank. Sheena Delance, program leader for the group explained, “these are great young people and students who have studied English for some time, some for a few years, and all are on a journey to put it into practice.” While EF specializes in placing exchange students in homes in Southern California to share life, academics, and culture



Education First Home Stay Program (EF) brought a group of 16 exchange students to the Food Bank to help out. Thank you!

with their host family for a school year, EF also does shorter trips, like this one. The purpose is for students to be immersed in the language and culture by experiencing real life in California. Like many enthusiastic teenagers on summer break, they have “suffered” through theme parks, beaches, and other culturally significant sites. That is where we had opportunity to discuss how giving Americans can be. Many of the students first balked at the prospect of serving others or “working” during their trip. As EF Leaders Sheena and Ana explained, the concept of volunteering at places like Valley Food Bank is virtually non-existent in their cultures.

However, like all good teens, these students were quick to make it fun. First, they got an overview of the food bank and information on nutrition from the director, then it was off to the warehouse to work. Among the bins of canned goods, cereals, and other products, they added a little music. Soon we had a group of joyful teens singing in our aisles and helping sort food for the needy. By the time they were done, they contributed 36 man-hours and sorted through hundreds of pounds of bulk food to help more than 900 families that we serve on a weekly basis through the pantry network. We are so thankful!

IT'S TIME TO RE-REGISTER YOUR CARD TO KEEP SUPPORTING THE FOOD BANK!

Ralphs Grocery Stores are offering an easy way for you to support the Valley Food Bank; through a donation from Ralphs based on all of your purchases. Just follow the instructions below to set up your Ralphs account.

IF YOU HAVE NEVER REGISTERED YOUR REWARDS CARD ONLINE



1. Log in to www.ralphs.com and click on ‘Create an Account’
2. Follow the easy steps to create an online account
3. After you confirm your online account by clicking on the link in your confirmation email, return to www.ralphs.com and follow the steps below

IF YOU HAVE ALREADY REGISTERED YOUR REWARDS CARD ONLINE

1. Log in to www.ralphs.com and Sign In
2. Click on ‘My Account’ (In the top right hand corner, may show as your name)
3. Link your card to your organization by clicking on:
 - a. Enroll or Edit under Community Rewards and entering our organization number - 81292
 - b. Remember to click on the circle to the left of our name - We are listed as “Rescue Miss. Alliance-Val. Food Bnk” or Organization # 81292