



# FOOD FOR THOUGHT

A publication of  
the Sacramento  
City/County Hunger  
Commission, a program  
of the Community  
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Council

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## California Nutrition Network Grant Awarded To Hunger Commission

The Sacramento City/County Hunger Commission has recently been awarded a grant from the California Nutrition Network. The Commission is using the funding to implement some of the strategies proposed by residents of North Sacramento and Del Paso Heights in the Hunger Commission's *Breaking Barriers* report published last fall.

The report outlined the barriers that residents in the two low-income neighborhoods currently have in getting a regular supply of food for their families. It also included the residents recommendations and proposed strategies for improving food access in their community. The recommendations made by community members varied widely and were as complex as bringing in a large chain grocery store to as simple as providing some type of forum in which neighbors could exchange information about food resources in the area.

The California Nutrition Network Grant will allow the Hunger Commission to focus on three specific strategies recommended by the North Sacramento and Del Paso Heights communities: nutrition education, money management and sharing knowledge about food resources in the neighborhood. Community members wanted advice on how to budget their food dollars better within their overall household budget and how to provide their family with good nutritious meals that were not too expensive. In addition, residents were often impressed by the amount of information and the number of food access strategies they obtained just by listening to their neighbors. At almost every focus group during the *Breaking Barriers* study, at least one person commented that the best thing about the meeting was the information they had gotten from their neighbors during the discussion. Residents recommended that the Hunger Commission find a way to create a forum in which this dialogue could continue.

The Hunger Commission will address these specific

issues by conducting a series of nutrition and money management workshops, which will be facilitated by the Commission's AmeriCorps\*VISTA, Sara Marchel, (who holds a bachelor's degree in Nutrition and Food Management) using curriculum developed in cooperation with the UC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP). At least six nutrition workshops will be conducted. Each workshop has four weekly sessions in which the participants engage in hands-on activities for two hours at a time. The first workshop series has recently been completed at Robertson Community Center in conjunction with an ESL class for Hmong speakers and the second series of workshops is currently in

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progress at the Johnston Community Center where participants are also primarily Hmong women. Curriculum for the MoneySense workshops is currently being developed. The Hunger Commission will also produce a bi-monthly community food newsletter in which residents of North Sacramento and Del Paso Heights will be encouraged to share information about food resources in the area and strategies for healthy living. The newsletter will be written in both English and Spanish.

These activities will result in increasing the knowledge and awareness of good nutrition to thousands of low-income residents, through both the nutrition workshops and the community food newsletter, and provide training to over a hundred individuals on how to maximize a family's limited food dollars. For more information on the activities taking place in North Sacramento and Del Paso Heights or the *Breaking Barriers* report, please contact Stephanie Wilson at (916) 447-7063 ext 331.

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FOR THOUGHT

Issue 11, Spring, 2001

Peggy Roark Editor  
Stephanie Wilson Contributing Writer

The Hunger Commission is a program of  
the Community Services Planning Council

## Hunger Commission

909 12th Street, Suite 200  
Sacramento, CA 95814  
(916) 447-7063 FAX: (916) 447-7052  
hunger@communitycouncil.org

### Staff/VISTA

Peggy Roark, ext. 335  
proark@communitycouncil.org

Stephanie Wilson, ext. 331  
swilson@communitycouncil.org

Sara Marchel, ext 345  
smarchel@communitycouncil.org

The Sacramento City/County Hunger Commission is a 21 member voting body comprised of diverse representatives of the Sacramento community. The Hunger Commission was created in 1990 with joint funding from the City and County of Sacramento.

The Hunger Commission believes that hunger can be prevented and is not acceptable in a just society that values the dignity and worth of every individual.

Therefore, the goal of the Hunger Commission is to eliminate hunger by assuring that all people are able to provide themselves adequate food for an active healthy life.

To do so, the Commission addresses root causes of hunger and creatively pursues positive improvements by:

- \* Effectively advocating for people who are hungry
- \* Serving as the area's primary information source about hunger and opportunities for the community to eliminate it
- \* Coordinating community resources to increase opportunities and education for people to become self-sufficient

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## 2001 Hunger Commission

The Hunger Commission recently welcomed thirteen new commissioners for 2001. They are: **Marilyn Albert**, California State University, Sacramento, Career Center; **Kory Annonio**, SETA Head Start; **Nancy Belser**, Hillhaven SDA Community Outreach Ministries; **Victor Bonanno**, Sacramento Employment and Training Agency; **Kevin Bond**, Salvation Army; **Kim Frinzell**, Sacramento County Supplemental Nutrition WIC Program; **Gregory Kirk**, Union Gospel Mission; **Lynette Lyons**, WIND Youth Center; **Nancy Magana-Alexander**, Sacramento City Unified School District, Nutrition Services; **Russell Medeiros**, Community Services Planning Council, Information Services and Products; **Vicki O'Brien** (ex-officio), Department of Human Assistance (County Representative); **Sylvia Villalobos**, Lutheran Social Services; and **Juan Yniguez**, Association of Independent California Colleges and Universities.

These new members are joined by the following returning Commissioners: **Ernie Brown**, Senior Gleaners; **Sharon Eghigian**, California Association of Food Banks; **Barbara Finnestead**, Senior Nutrition Services; **William Frye**, CROP Walk; **Rebecca Fuller**, Community Representative; **Nancy McGagin**, Raley's/Bel Air; **Albert Mills**, Community Representative; **Michael Opper**, Community Representative; **Richard Ramirez** (ex-officio), Office of the City Manager (City Representative); and **Jan Romero**, Loaves and Fishes.

Rebecca Fuller was elected chairperson for the 2001 Hunger Commission at the annual retreat held this year on January 31<sup>st</sup> at Sierra Health Foundation. At that time, Commission members also elected Sharon Eghigian and Kevin Bond to serve as Co-Vice Chairs.

The Hunger Commission would especially like to thank Ernie Brown for his exemplary service as chairperson for the past two years and for his continued support as Past Chair for the 2001 Commission.

The Hunger Commission would also like to thank the outgoing 2000 Commission members for their time and talents in the past year.

Hunger Commission members volunteer their time to advise on local hunger issues, assist in planning, policy and program development and work to raise public awareness and increase community participation in addressing local hunger issues.

### Hunger Commission Meetings

Hunger Commission meetings will take place on the third Tuesday of each month at SETA Head Start, 3750 Rosin Court, Suite 100 from 11:30am-1:00pm. The public is welcome to attend and refreshments will be provided. **The next Hunger Commission meeting is March 20<sup>th</sup> (the first day of spring)**

## Statewide Food Policy Advocates Set 2001 Legislative Agenda

The California Food Policy Advocates (CFPA) and the California Association of Food Banks (CAFB) have announced their 2001 Legislative Agendas.

Highlights of CFPA's 2001 Legislative Agenda include:

- **Making Food Stamps Work For Working Families**
- **Allowing Hungry Folks to Own Reliable Cars**

Food stamps increasingly serve as an essential nutrition support for low-wage working families, who must depend on reliable cars to get to work. A key barrier to food stamp participation is our state's car rule which disqualifies families if the value of their car exceeds \$4,650. CFPA is pushing for legislation which would allow working folks to keep the car they need to keep their jobs and keep food stamps as well, so they can feed their family.

- **Healthy Meals and Snacks in Child Care Settings: Spreading the Word and Improving Quality**

Children eat more meals in child care than they do at school during their entire K-12 education years. Because of the importance of the meals served in these pre-school settings, the Child Care Food Program (CCFP) exists to ensure that the meals are nutritious and affordable. Almost 300,000 children in California currently receive meals through CCFP. But many more of the over 1 million children in licensed child care should receive meals through this program. One of the reasons for lack of participation in CCFP is that many of the state agencies in contact with low-income families and child care providers do not know about CCFP or are not currently promoting the program. Inadequate reimbursement is also jeopardizing participation of the program's sponsors. CFPA is seeking legislative action to spread the word about the Child Care Food Program to state agencies and others working on child care. CFPA is also pushing for action to address the inadequacy of administrative reimbursement.

- **Examine the Cost-Effectiveness of Finger Imaging Requirements for Food Assistance**

As of August 1, 2000, all adult members of food stamp households in California are required to provide a finger image to get benefits. Finger imaging is purported to reduce multiple aid fraud. Anti-hunger advocates have already identified a number of adverse impacts from finger imaging, such as intimidation of immigrants and the limitation of mobility of county workers given the equipment restraints. CFPA is pushing for an audit to assess whether finger imaging is effective and cost-effective.

*For a complete legislative agenda or for more information, contact George Manalo-LeClair at (415) 777-4422 ext 103 or [george@cfpa.net](mailto:george@cfpa.net)*

The California Association of Food Banks is working with CFPA on the above food stamp issues as well as:

- Seeking \$10 million to cover operational expenses directly related to the storage and distribution of emergency food to needy families. Currently, the State of California contributes less than 3% of the support needed to distribute emergency food. Food banks need the additional funds to develop new programs, provide outreach to the community and build staff to meet increased workloads.
- Seeking \$5 million for local food bank programs to increase storage, refrigeration space and purchase trucks and other equipment.
- Supporting legislation to provide a tax credit for taxpayers who donate agricultural products to food banks and other charities.

*For more information on the CAFB's legislative priorities, please contact Sharon Eghigian at (916) 456-2232 or e-mail her at [Sharon@cafoodbanks.org](mailto:Sharon@cafoodbanks.org)*

## Symbolic presentation of MAZON award to Hunger Commission

MAZON: A Jewish Response to Hunger is a national philanthropic organization that provides grants to a wide spectrum of nonprofits working to prevent and alleviate hunger. MAZON receives its support from American Jews contributing 3% of the cost of life-cycle celebrations such as weddings, birthdays, anniversaries, and bar and bat mitzvahs. Rabbi Reuven Taff of the Mosaic Law Congregation, one of more than 800 MAZON “partner synagogues,” presented the award (a symbolic \$9000 check) to the Commission’s Program Manager at a Sabbath service on February 10. He used the opportunity to encourage more congregation members to support MAZON, and the Program Manager was also able to speak briefly about the work of the Hunger Commission.

### Hunger 101

The Hunger Commission has recently adapted curriculum from the San Francisco Food Bank for an interactive activity that vividly portrays the challenges low-income people face trying to get food for themselves and their families everyday. The purpose of the exercise is to:

- Help participants understand the complex, intersecting economic and social circumstances that lead to and perpetuate hunger,
- Develop compassion and empathy for people in need,
- Motivate participants to join in the fight against hunger.

Using profiles adapted from real life scenarios, participants are asked to become a “hungry Sacramentan” for one hour. For thirty minutes, each participant must try to get enough food to feed his or her family by visiting a simulated grocery store, hot meal program, Summer Lunch site and food stamp office. The next thirty minutes are used to review how well each person accomplished their goal and what strategies they used to get food.

Hunger 101 can be adapted for groups as small as ten or as large as fifty and is suitable for a wide range of ages, from middle-school children to adults. If you are interested in using the curriculum, please call Sara Marchel at (916) 447-7063 ext 345.



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