

As the oldest, continuously serving food bank in Sacramento County, our philosophy now is as simple as it was when we opened our doors in 1968: **Because No One Should Be Hungry.**

## 86,172

PEOPLE WERE SERVED

30,668 were children  
14,762 were seniors  
40,742 were adults

## 1,562,634

POUNDS OF FOOD DISTRIBUTED

## 20,035\*

VOLUNTEER HOURS

\*at minimum wage, this equates to \$200,350 in donated time.

### FOOD DONATED IN 2016

**Growing Circle:** Our generous neighborhood farmers and gardeners donated **17,281 pounds** of fruit and vegetables from their personal gardens in 2016.

**Giving Fresh:** A tradition at the Wednesday Farmers' Market at Cesar Chavez Plaza, shoppers purchase extra produce each week to donate to River City Food Bank. In 2016, shoppers donated **7,851 pounds** of fresh fruits and vegetables that we then share with our clients.

**Annual Food Drives:** RCFB was the lucky recipient of over **18,000 pounds** of donated food through local food drives.

In November 2016, community partner Les Schwab held an in-store food drive, where they collected over 1,400 pounds of food to donate to River City Food Bank. We are so grateful that our community comes together throughout the year to help us feed the hungry in Sacramento!



### OUR WORK IN THE COMMUNITY

River City Food Bank offers emergency food distribution to those individuals living in Sacramento County who don't have enough to eat. Through the years, we have developed several programs to better target the hunger needs of our diverse client population. Our strength as an organization is our ability to quickly respond to the changing landscape of hunger in Sacramento. Here is a snapshot of our 2016 programs to feed those who need it most:

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**Emergency Food Aid:** Provides families in Sacramento County with a three to five day supply of nutritional pantry staples, fresh fruits and vegetables.
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**BackSnacks:** Provides thousands of pounds of healthy snacks to more than 17,000 hungry children in Sacramento-area schools to help them eat healthy and stay full during the day and on weekends.
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**Cooking and Nutrition Classes:** In collaboration with Cares Community Health and Sacramento Natural Foods Co-op, RCFB offers monthly cooking and nutrition classes for our clients, using common food closet staples and seasonal produce. Participants get to take home all of the ingredients with the recipe they used so that they can recreate the dish in their own homes.
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**Most Important Meal (MIM):** Responding to the stunning number of low-income seniors living with hunger, who are unable to get to the food bank, MIM delivers a one-week supply of nutritional breakfast and snack foods to Sacramento area seniors three times a month to ensure our seniors get enough to eat.
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**CalFresh Outreach:** RCFB employs a fulltime CalFresh Program Director and one fulltime assistant to reach out to RCFB families and Sacramento area individuals in need to assist them with the CalFresh application process.

## YOUR GIFTS AT WORK

River City Food Bank is grateful for every gift it receives. We rely on the generosity of our community to support our work, which helps us reach thousands of hungry individuals every year. In 2016, we received over **2,622 gifts, grants and sponsorships** from individuals, foundations and corporations, **totaling just over \$920,000**. We wish to extend our sincerest gratitude to all of our donors, while highlighting below a few very special gifts we received in 2016:



**Walmart, Inc.** provides grant to RCFB for the purchase of a new 14' refrigerated food truck.



**Raley's** names RCFB as one of its beneficiaries for their popular Food for Families initiative.



**Sutter Health** sponsors RCFB's Empty Bowls event, marking its 10th consecutive year of supporting the mission of River City Food Bank.

## COMMUNITY PARTNER SPOTLIGHT

Community partners are key in maintaining—and in some cases expanding—the scope of RCFB's work and the populations it serves. With RCFB's nearly 50-year history in Sacramento's Midtown, we have developed countless community partnerships that have advanced and strengthened our mission throughout Sacramento County.

One such partnership we would like to highlight is the important one we've built with Wells Fargo over the last 10 years. Wells Fargo has been instrumental in our growth throughout the last decade, including their support when we needed it the most: In the fall of 2010 a fire caused by

arson ripped through River City Food Bank, destroying everything in its path. RCFB lost everything and was in desperate need of funding to quickly rebuild its operations. Within a month of the fire, Wells Fargo provided RCFB with a sizeable grant to purchase immediate supplies so that we could again open our doors to the public.

Whether it's by providing program funding to feed those who need it most, or by organizing corporate volunteer days so that their employees have the chance to learn about our work, Wells Fargo has been a wonderful community partner, and we will forever be grateful.

**WELLS FARGO**

Each year, going back to 2006, Wells Fargo has supported our work in the community. In the spring of 2016, Wells Fargo again provided a much-needed

grant, which allowed us to purchase a walk-in refrigerator/freezer unit. This new walk-in refrigerator/freezer **ALLOWS US TO STORE AND DISTRIBUTE MORE DAIRY, FRESH PRODUCE, MEAT AND POULTRY TO OUR CLIENTS.**



## PROGRAM SPOTLIGHT

While our name, River City Food Bank, clearly implies we distribute food to those who need it, what isn't always known about us is our commitment to promoting healthy eating among all populations served. We know that we are an important stop on an individual's road to food security, and we pledge to provide our clients with fresh and nutritional food that isn't heavily processed or filled with empty calories.

To this end, RCFB partners with Cares Community Health and Sacramento Natural Foods Co-op to host monthly cooking classes. These classes welcome about 45 participants each month to learn healthy cooking techniques, nutritional education, and delicious vegetarian recipes.

Our Community Health cooking class is taught by Eileen Thomas and Cares Community Health Dietitians, Crystal Orozco and Margie Junker. Participants are typically medically fragile and need high density nutritional foods to optimize the effectiveness of the medications they are taking. The recipes incorporate healthy grains, pantry staples, and seasonal fruits and vegetables. Participants receive a box containing all the ingredients from the evening's class, as well as a copy of the recipe, so that they can recreate the dish in their own kitchens. **RCFB delivers nearly 10,000 pounds of food each year to Cares Community Health** for recipients who are too sick to travel to our Midtown location.

The Sacramento Natural Foods Co-op cooking class takes place at RCFB's Midtown location and is equal parts nutrition-education and cooking. The recipes are developed by Co-op staff and are strictly vegetarian, focusing mainly on cooking with healthy grains, fresh fruits and vegetables.



## BARLEY SALAD WITH PARSLEY AND WALNUTS\*

PREP TIME **5 min.**

COOK TIME **40 min.**

SERVING **6**

DATE **June 2017**

### DIRECTIONS

1. To prepare barley, follow package instructions
2. In large bowl, whisk together lemon juice, olive oil and lemon zest.  
**Note:** You don't need an actual zester for the lemon. Try using a carrot grater, peeler, or finely chop lemon skin with a knife.
3. Add cooked barley, walnuts, parsley and feta cheese to the large bowl with the dressing. Toss gently. Season with salt and pepper.

**Nutritional information per serving:** Calories 320; Total Fat 22g; Saturated Fat 2g; Cholesterol 5mg; Sodium 290 mg; Total Carbohydrate 24g; Dietary Fiber 4g; and Protein 10g.

### INGREDIENTS

- 1 c. dry whole grain barley
- 2 T. lemon juice
- 1/4 c. olive oil
- 1/2 t. lemon zest, finely grated
- 2/3 c. walnuts, toasted and chopped
- 2/3 c. flat-leaf parsley leaves, chopped
- 1/2 c. feta cheese, crumbled

### KITCHEN TOOLS NEEDED

- Knife
- Measuring cups
- Measuring spoons
- Medium saucepan
- Large bowl
- Hand-juicer (optional)

FROM THE KITCHEN OF \*Reprinted from Sacramento Natural Foods Co-op Nutrition & Cooking Education Workbook



## VOLUNTEERS

River City Food Bank relies on the generosity of nearly 100 regular volunteers to keep our day-to-day operations running smoothly. We also rely on local schools and companies in the area to send us volunteers throughout the year. We would like to thank all of them for fostering a culture of community activism in our schools and businesses. The volunteer smiles are typically the first our clients see when they arrive and the last when they leave. A friendly face and a willingness to make a difference in our community are so appreciated by our clients, and all of us at River City Food Bank. Thank you!

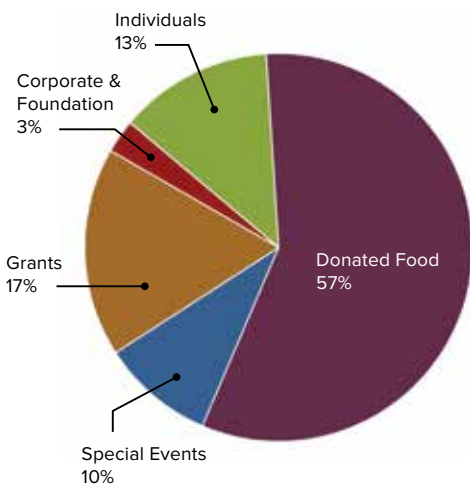


**NEARLY 100  
REGULAR VOLUNTEERS**

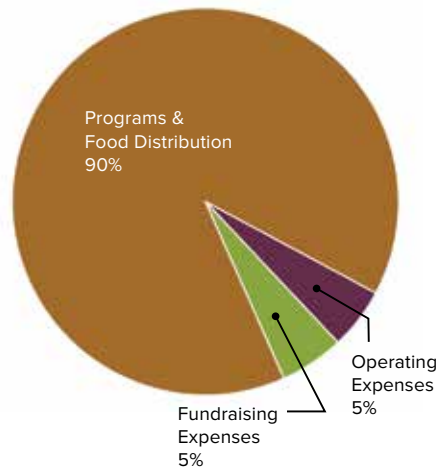


## OUR FINANCIALS

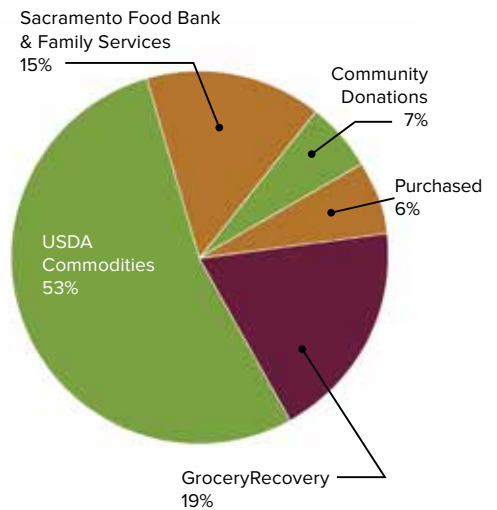
ANNUAL OPERATING REVENUE



ANNUAL OPERATING EXPENSES



2016 FOOD DISTRIBUTION BY SOURCE



## WE WOULD LOVE TO HEAR FROM YOU!

**River City Food Bank:** Located at 1800 28th Street  
**Mailing Address:** P.O. Box 160204, Sacramento, CA 95816  
 916-446-2627 | [www.rivercityfoodbank.org](http://www.rivercityfoodbank.org)

To stay current on all that is happening at River City Food Bank, "like" us on Facebook and follow us on Instagram and Twitter.



#FIGHTHUNGERTOGETHER