



Brown Bag Program

Santa Clara County
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San José, CA 95125-2118
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408.266.9042 fax

San Mateo County
1051 Bing Street
San Carlos, CA 94070-5320
650.610.0800 ph
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"Not only has Second Harvest Food Bank helped me by providing a weekly bag filled with nutritious groceries, but their Brown Bag program has given me the opportunity to interact with other people which I especially look forward to since my wife passed on."

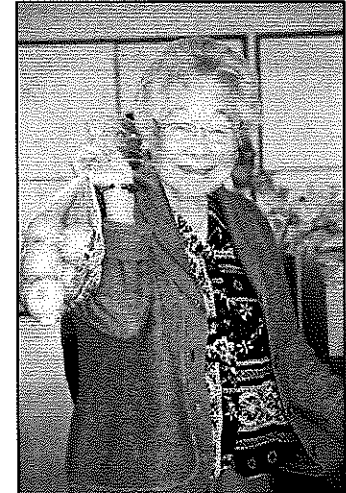
--Robert, a Brown Bag Program participant

Purpose of Program

Second Harvest Food Bank's Brown Bag Program provides weekly nutritious groceries to senior individuals (ages 60+) and disabled individuals (ages 55+) at distribution sites in Santa Clara County and San Mateo County.

Program Description

Without the Brown Bag program, many seniors in San Mateo and Santa Clara counties would be extremely isolated and at increased risk for malnourishment and illness. Many seniors are forced to make difficult but unavoidable choices such as whether to purchase their medications, pay for their housing and/or pay their utilities. Buying food, especially nutritious food, is often last on their list. It is likely that most participating seniors would be forced to skip meals or purchase food that is cheap, but not healthy for them.



Sample Brown Bag food items include:

- Bread
- Ground Turkey
- Fruit
- Vegetables
- Rice
- Cereal
- Dairy products
- Other staples

Brown Bag program participants are encouraged to volunteer at their food pickup site, which offers them social connections and a sense of belonging and purpose as they offer their services to the Food Bank. Every month, more than 700 volunteers gather at the various distribution sites to sort, bag, and give out food to their peers. Many participants build new friendships and a sense of community.

Date Program was Established: 1975

SECOND HARVEST FOOD BANK of SANTA CLARA and SAN MATEO COUNTIES
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www.SHFB.org

Providing food for people in need in our community.

Population and Region Served

Each week, an average of 14,608 individuals (representing 9,022 households) benefit from this program. In addition, Brown Bag participants benefit from the following:

- Quarterly workshops and activities addressing eating behavior, food safety and handling, and blood pressure screenings;
- Quarterly newsletter and other nutrition materials that address health issues and information relevant to seniors; and an
- Annual recognition event for Brown Bag volunteers.

Eligible households are at or below 200% of the federal poverty level and the average Brown Bag participant's household income is approximately \$1,121 per month. Many rely on only their Social Security Income; others still have to work part-time or are dependent on other assistance their families might be able to provide them.

For More Information

For more information about the Brown Bag Program in Santa Clara County, please call Lori Mathis at 408.266.8866 ext.236 or email her at lmathis@shfb.org. Thank you!



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