



Updated: March, 2024

**2024 Media Talking Points:** In 2023, the Redwood Empire Food Bank distributed **\$61.3 million worth of healthy groceries** to residents in Sonoma, Lake, Mendocino, Humboldt, and Del Norte counties, providing enough food for over **24.1 million meals**.

**The Redwood Empire Food Bank provides over 300 monthly food distributions through three hunger-relief initiatives:**

- **Every Child, Every Day:** Four robust programs ensure a healthy start in life for our littlest neighbors in need, providing food to **41,100** at-risk children.
- **Senior Security:** Our Senior Basket program provides food to **14,700** low-income seniors, giving them the nutritional stability and resources they need to lead healthy, independent lives.
- **Neighborhood Hunger Network:** We provide groceries to anyone in need through a variety of programs that improve the health and well-being of **142,000** individuals in our community.

**Why we're here is simple: people are hungry. We can help them. And we do. However, what we do—and how we do it—is complicated.**

We rely on the support of:

- **11,264** dedicated **volunteers**
- **82** passionate **staff** members
- **12,045** **individual, corporate, and foundation monetary donors**
- **115** **farms, food manufacturers, and suppliers**
- **150** **human service organizations**

**What can you do to help the Redwood Empire Food Bank continue on its mission of ending hunger in our community?**

- **We need food, funds, and volunteers.** It's not one or the other—we need all of it. Every dollar, every minute, and every food donation makes a difference.
  - **[We need volunteers.](#)** Throughout the year, the Redwood Empire Food Bank relies on more than 11,000 volunteers—that is 134 volunteers for every single staff member.
  - **[We need food.](#)** Food donations help keep our warehouse shelves stocked with non-perishable staple groceries for distribution through Redwood Empire Food Bank programs and partner organizations.
    - Our most needed items include Canned Tuna, Canned Chicken, Peanut Butter, Rice, Pasta, Oats, Dry Beans, Low Sugar Cereal.



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- **We need money.** When you donate to the Redwood Empire Food Bank, your money helps us purchase food, pay our staff, fuel our trucks and keep our lights on. Without money, we wouldn't be able to operate and distribute food to those in need. **For every \$1 received, we're able to provide \$3 worth of healthy food.**

### **About the Redwood Empire Food Bank**

The Redwood Empire Food Bank is the largest hunger-relief organization serving Northern California. Since 1987, the Redwood Empire Food Bank has provided food and nourishment to those facing hunger—serving more than 140,000 children, families, and seniors in Sonoma, Lake, Mendocino, Humboldt, and Del Norte Counties. With over 300 direct service distributions and 150 partnerships with local human service organizations, all residents facing food insecurity have regular access to weekly and monthly food distribution sites across the five counties.

**Please visit [refb.org](https://refb.org) for more information.**

To stay current on where and when to get food: [please click here](#).

To stay current on volunteer opportunities: [please click here](#).

To make a donation: [please click here](#).

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