

golden state foods
FOUNDATION



Heartline

Welcome to the Spring 2018 *Heartline!*

In this issue: Hear from a QCD associate, Feeding Hunger: A "No Lunch" Lunch picks up momentum, some spirited associates and shoes from Sumner!

Share Your Story: A Reflection on What's Gained Through Giving



**By Jon Michael Oyer
Warehouseman, QCD Charlotte**

I've worked for QCD for three years, and I recently started volunteering at the **Second Harvest Food Bank of Metrolina** last November. It was a great experience for me personally, and all of the volunteers from QCD.

Shortly after volunteering at the food bank, QCD Charlotte held our first Feeding Hunger: A "No Lunch" Lunch event, and raised over \$36,000 dollars for Second Harvest, a great organization that is working to end hunger.

Recently as I was driving through our community, I was thinking about all of the people that may need the food bank's help. It's hard to imagine how many people may actually need assistance, including some of my personal friends.

QCD Charlotte continues to work on inspiring more associates to volunteer. I continue to work with the Second Harvest Food Bank of Metrolina, and hope others will consider doing so, too. You never know, you could be packing a box of food for a friend, family member or co-worker.

Nine Facilities Commit to Helping Hungry Children in 2018

1 in 6 kids in the U.S. is hungry.

The GSF Foundation is committed to helping change that through Feeding Hunger: A "No Lunch" Lunch. Last year, we raised funds that will enable our local partner food banks to give more than 650,000 meals to hungry kids in 2018.

The GSF Foundation's Feeding Hunger: A "No Lunch" Lunch program is gaining momentum. This year it's scaling from four committees to nine!

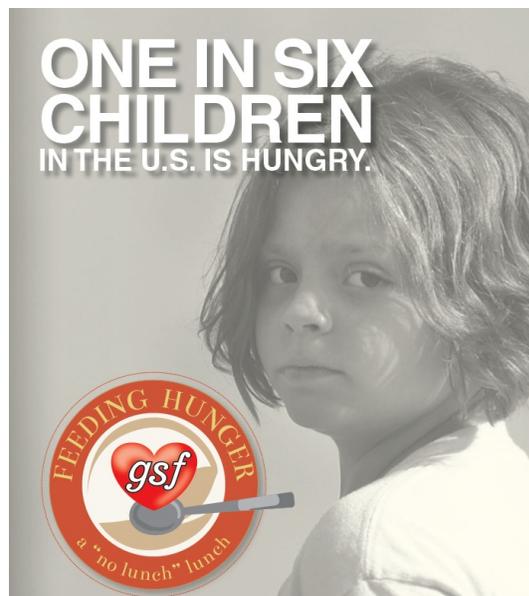
This year's fundraising events will take place thanks to the following committees:

- [GSF Garner, North Carolina](#)
- [GSF Lexington](#)
- [QCD Charlotte](#)
- [KanPak, Kansas](#)
- [City of Industry Distribution](#)
- [KanPak, New York](#)
- [QCD Seattle, GSF Sumner, QCD Service Center*](#)

**Partnering together in northwest.*

100% of all funds raised through the program go to Feeding America affiliates or other local food banks.

Want to get involved? Each location is looking for donors, volunteers and in-kind donations. Please reach out to the local Chair of the above committees, [Gregg Tarlton](#), National Food Program Chair, or gsff@goldenstatefoods.com for more information. Check www.gsffoundation.org for updates.



We've Got the Spirit!

SoCal Committees Honored at "Spirit of Volunteerism" Awards

For the last 27 years, the **Spirit of Volunteerism Awards** has been the venue to celebrate the work of influential organizations, families and businesses that have significantly impacted the Southern California community.

On April 26, the GSFF Committees from Irvine, City of Industry Distribution, City of Industry Manufacturing and QCD Los Angeles were all recognized at the event. Check out these happy Committee Chairs representing local volunteers!



Volunteering makes you happy!

Researchers have discovered that being helpful to others delivers immense satisfaction. The more we give, the happier we feel!

GSF Associates Volunteered 1,058 Hours in Q1!



The GSF Foundation loves recognizing our volunteers, and has been collecting volunteer hours for each location and associate to better measure engagement over time.

*January through March, the GSF Foundation's volunteers nationwide gave **1,058 hours** of their time to helping those in need!*

A special congratulations to **Crystal Hunt**, Chair of the GSFF KanPak Committee for volunteering more than **15 hours** in Q1!

Your Dollars, Your Impact!

In 2018, the GSF Foundation began implementing new grant forms to help clearly communicate where your associate dollars go.

The Foundation is pleased to report that in Q1 2018 alone, your donations to the Associate Campaign will make a difference in the lives of more than more than **11,000 kids in need** as we gave away almost **\$181,000** to organizations like:

- RMHC
- Boys & Girls Clubs
- Big Brothers Big Sisters
- Families Forward
- Relatives Crisis Center



So thank you, for generously giving to YOUR Foundation!

Sumner and McDonald's Step Up by Donating 520 Pairs of Shoes to Children in Need

Sometimes families dealing with financial hardship struggle to provide suitable footwear for their kids. Without proper shoes, kids are unable to participate in sports, recess and school activities, which not only keep them healthy but keep them engaged with other students.

Last month, the GSFF Sumner team partnered with two local McDonald's Owner/Operators to provide 520 kids at Mark Twain Elementary School with brand new athletic shoes. Mark Twain Elementary located in Federal Way, Washington is a Title I school (categorized as a school with a high percentage of low-income students,) with over 72% of its students receiving free or reduced price lunch. [READ MORE](#)



Get Involved: Upcoming Foundation Events

June

- Bike Building Event (QCD Spokane, GSF Garner)
- RMHC Dinners (QCD Spokane, KanPak, KS)
- Levine Children's Hospital Visit (QCD Charlotte)
- Back(pack) to School (GSF Chicago)

July

- RMHC Dinners (GSF Sumner, KanPak, KS, CIM)
- Emergency Food Network (GSF Sumner)

August

- RMHC Dinners (KanPak, KS)
- Back(pack) to School (QCD LA)
- Golf Tournament (KanPak, KS)

**Ask your local contact or Foundation chair for more information on how to get involved.
Or, email: gsff@goldenstatefoods.com*

[Make a Donation!](#)

Check out the GSF Foundation on Facebook!

