

BOARD OF DIRECTORS

Fred A. Plane, Chair
20th U.S. Congressional
District Representative

James S. Camp, Vice Chair
S.A. Camp Companies

Don Bynum, Treasurer
18th State Senate District
Representative

John Ritchie, Secretary
Paramount Farming
Company

Garth Corrigan
30th State Assembly District
Representative

Zulema Ela
South Kern County
Representative

Curtis Floyd
Law Offices of Floyd and
Horrigan

Craig Henderson
The Henderson Group

Marisa Hernandez
Head Start Policy Council
Representative

Mike Maggard
Kern County Board of
Supervisors Representative

Tony Martinez
City of Bakersfield Mayor's
Office Representative

Yolanda Ochoa
East Kern County
Representative

Warren Peterson
Karpe Real Estate

Charlie Rodriguez
Greater Bakersfield
Representative

Jim Wheeler
North Kern County
Representative

EXECUTIVE DIRECTOR
Jeremy T. Tobias

NEWS RELEASE
FOR IMMEDIATE RELEASE
DECEMBER 5, 2012

Contact: Mark Corum, Outreach &
Resource Development Manager
mcorum@capk.org
P. 661.336.5236 Ext. 1160
F. 661.322.2237

**The Bakersfield Californian Foundation Awards Grant to CAPK Food Bank
to Promote Connection between Nutrition and Mental Health**

The Bakersfield Californian Foundation has presented the Community Action Partnership of Kern (CAPK) Food Bank with \$8,276 in grant funding to address the connection between nutrition and mental health through its community resource fairs. The funding was presented as part of the philanthropic's fall grant cycle.

CAPK Food Bank will use the funding to distribute public education materials (in English and Spanish) which will be inserted into food bags at the resource fairs, and posters to promote the monthly events. "We are planning 12 resource fairs, which will serve an average of 400 households at each monthly event," said Mark Corum, Outreach and Resource Development Manager for Community Action Partnership of Kern, "The goal is to raise awareness with low income families on the correlation between serving nutritious food to their family and its positive effect on mental health."

The physical health consequences of a poor diet are well documented, but the effects on mental health must also be addressed. According to the *Encyclopedia of Mental Disorders*, "Nutrition and Mental Disorders," the human brain "uses about 20 to 30% of a person's energy intake at rest. Individuals who do not eat adequate calories from food to meet their energy requirements will experience changes in mental functioning...Chronic hunger and energy deprivation profoundly affects mood and responsiveness...Malnutrition early in life has been associated with below-normal intelligence and functional and cognitive defects." Through its weekly emergency food distribution, Food Bank staff and site coordinators witness first-hand the impact food insecurity and poor nutrition has on the human mind and body. As a result of the grant, staff and site coordinators will receive training on the topic so that they can effectively share this knowledge with their clients.

The community resource fairs provide Food Bank clients with easy access to a myriad of services through a partnership with 14 health and social services organizations including the Kern County Departments of Mental and Public Health. Among the activities provided are blood screenings and blood pressure checks, infant health, dental screenings, food stamp outreach, and free haircuts.

-CONTINUED-

ADD ONE

“So many of our clients are faced with economic challenges on a daily basis, but also struggle with other conditions such as substance abuse, chronic illness, mental and emotional problems, unemployment and homelessness,” said Corum.

Since 1982, the CAPK Food Bank has been working to meet the needs of food insecure families and individuals throughout Kern County. The Food Bank is the largest emergency food provider in Kern County and, one of the largest Food Banks for volume of distribution in California. Last year, the Food Bank distributed over 7.9 million pounds of food to 95,736 unduplicated low-income children and families throughout the county through 102 distribution sites, and hundreds of volunteers.

For more information on the CAPK Food Bank and its community resource fairs, contact the CAPK Food Bank at 661-398-4520 or visit their website at www.capk.org/food.