



Updated: January, 2026

## 2026 Media Talking Points

In 2025, the Redwood Empire Food Bank distributed **\$75.6 million worth of healthy groceries** to residents across **Sonoma, Lake, Mendocino, Humboldt, and Del Norte counties**—enough food to provide over **25.2 million meals** to our neighbors in need.

### How We End Hunger

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 **40,000** at-risk children by providing consistent access to nutritious food.
- **Senior Security:** Our Senior Basket program provides food to **15,000** 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 **135,000** individuals in our community.

### The Scope of Need

Each year, the Redwood Empire Food Bank serves **over 135,000 unique individuals**—and about **57,000 people each month**. The difference between monthly and annual figures reflects the diverse and dynamic nature of food insecurity, as individuals may seek assistance for varying durations throughout the year based on their changing circumstances and needs.

**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.**

### What It Takes

We rely on a powerful network of support:

- **7,400 volunteers** who give their time and care.
- **80 dedicated staff members** who make our daily work possible.
- **13,000 donors**—individuals, businesses, and foundations—whose generosity fuels our operations and helps us purchase the food we provide.
- **105 farms, food manufacturers, and suppliers** that contribute nutritious food.
- **130 local human service organizations** that help us reach every corner of our region.



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### How You Can Help

Ending hunger takes **food, funds, and volunteers**—it's not one or the other. Every dollar, every minute, and every donation makes a difference.

- **[Volunteer](#)**. Join more than 7,400 volunteers who keep our programs running year-round.
- **[Donate Food](#)**. Help keep our shelves stocked with staples such as canned tuna and chicken, peanut butter, rice, pasta, oats, dry beans, and low-sugar cereal.
- **[Give Funds](#)**. Every **\$1** provides **\$3 worth of healthy food**—keeping our trucks fueled, our lights on, and our neighbors nourished.

### About the Redwood Empire Food Bank

Since **1987**, the Redwood Empire Food Bank has provided food and nourishment to those facing hunger—serving more than 135,000 children, families, and seniors in Sonoma, Lake, Mendocino, Humboldt, and Del Norte Counties. With **over 300 monthly direct service distributions** and **130 local partnerships**, we ensure that anyone experiencing hunger has access to healthy groceries every week of the year.

For more information: [refb.org](https://refb.org)

To find food: [getfood.refb.org](https://getfood.refb.org)

To volunteer: [refb.org/volunteer](https://refb.org/volunteer)

To donate: [refb.org/donate](https://refb.org/donate)

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