



healing with food+love

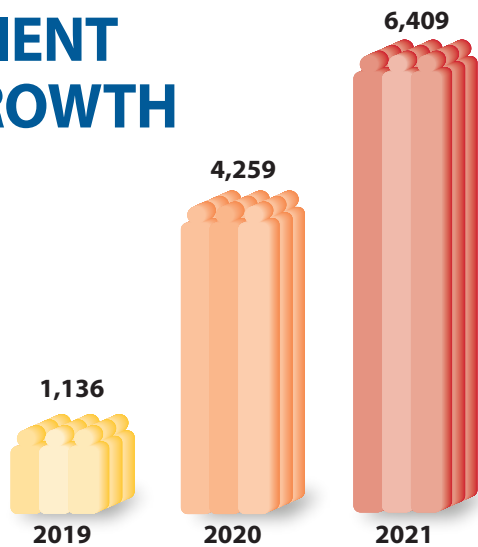
Annual Report

2021

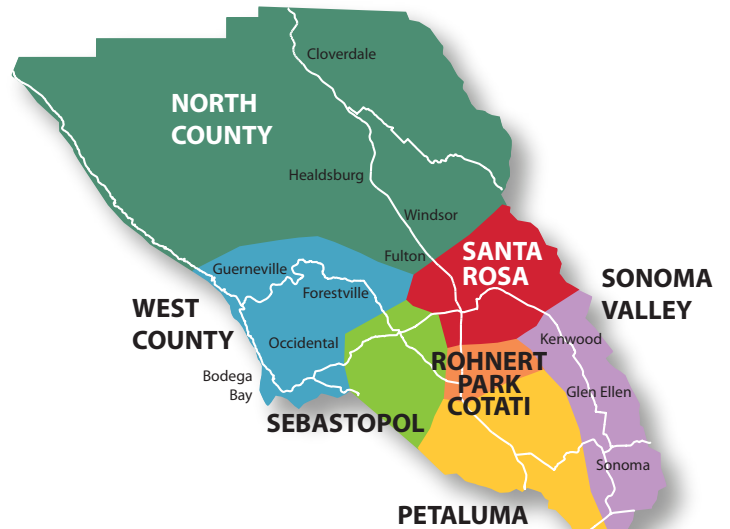
Food For Thought's mission is to foster health and healing with food and compassion.

Thanks to our donors and volunteers, Food For Thought provided over 270,000 meals to more than 6,000 Sonoma County neighbors who are at risk of malnutrition and impacted by a variety of medical conditions. Our comprehensive services provide up to 21 meals per week per client, all based on each individual's unique medical conditions, cultural preferences, and ability to prepare food. Each client gets to customize their order, providing not only healthy meals but also choice, which is essential to dignity.

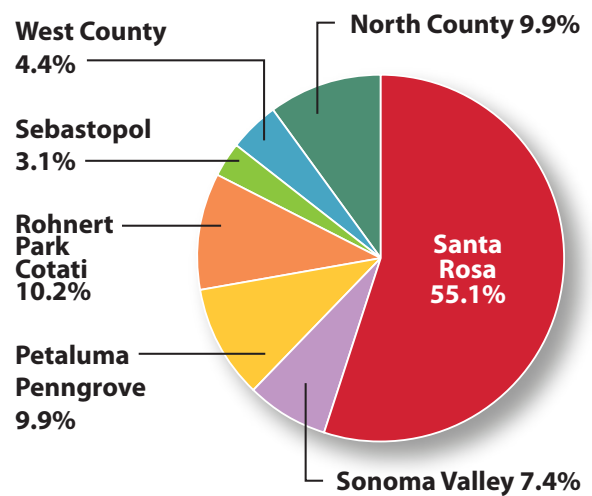
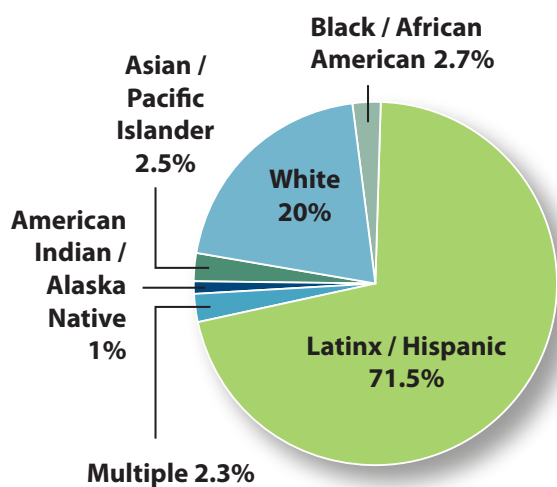
CLIENT GROWTH



CLIENTS BY REGION

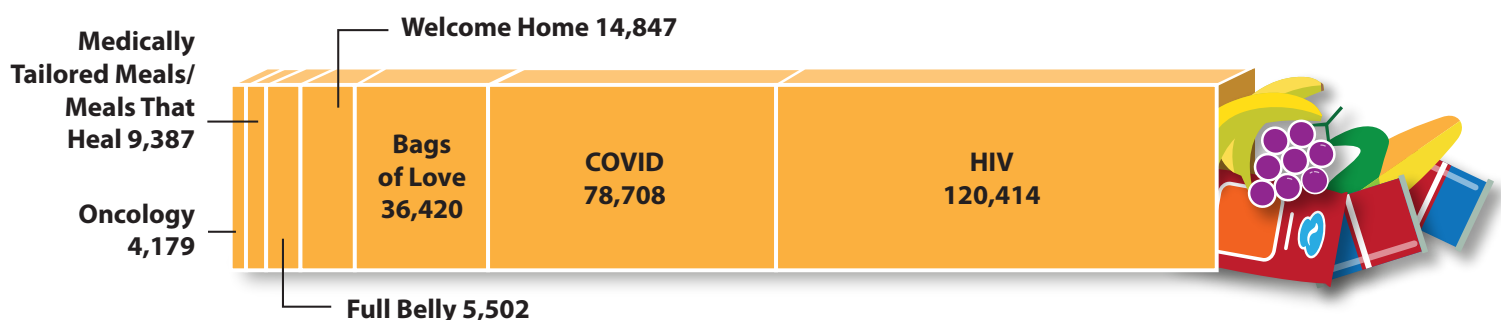


CLIENT ETHNICITY



PROGRAM MEALS

Number of meals provided per year per program



VOLUNTEER IMPACT

800
People

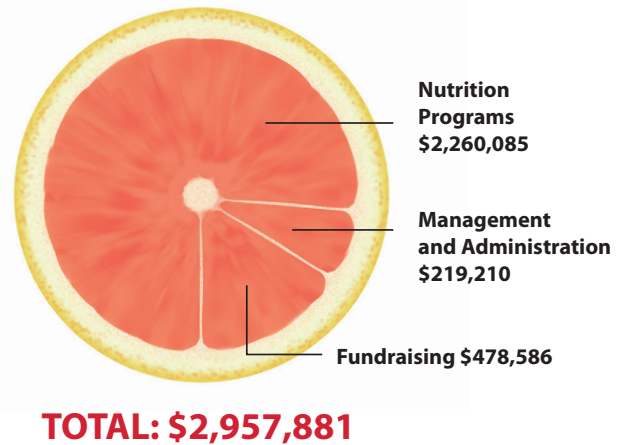
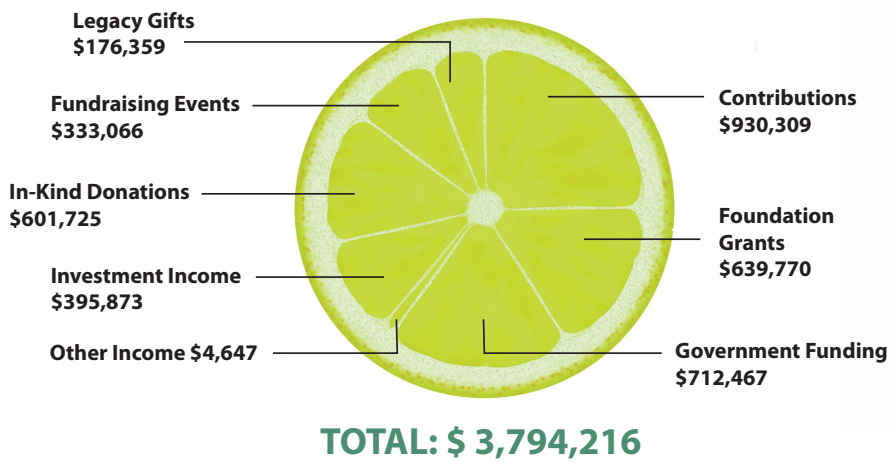
12,705
Hours

\$362,601
\$ Value



2021 INCOME

2021 EXPENSES



“I really feel cared about and supported by the staff and volunteers at Food For Thought. I look forward to the call I get each week. I smile when I talk to a volunteer on the phone and they are so excited to tell me what new or extra food I can order.” —Volando, HIV Program Client

Dear Food For Thought community,

I am grateful for the opportunity to thank you personally for your generous support of Food For Thought as volunteers, donors, and ambassadors who enable our work of “healing with food + love” to serve so many deserving people in Sonoma County.

2021 was a challenging year as our competent and resilient staff faced new challenges including week-to-week changes due to COVID-related policies and responding to the requests for delivery services to those people and their families who were quarantined—serving over 6,000 individuals and families. We continued to expand our prepared foods using organic produce from our garden while having to move to several different kitchen facilities. We were not able to have in-person gatherings and yet our donor community helped us reach and even exceed

our development goals, including a most successful Dining Out For Life that raised over \$200,000.

Finally, Food For Thought, under Ron Karp’s leadership as Executive Director, launched new programs to serve those who were in treatment for cancer and a “Full Belly” initiative to serve pregnant clients facing malnutrition. We continue to serve our HIV Program clients and those whose health conditions benefit from medically tailored meals and groceries.

My colleagues on the Board of Directors join me in thanking you for your continued support.

Rod DeMartini
President of the Board

