

The Dish

The Food For Thought newsletter

NOVEMBER
2017



By Daniel Henderson

I was pretty isolated, so I was getting my groceries delivered to me. Last March, I started feeling well enough to come in, and it's amazing how much this place has changed my life. It got me out of the house, and I made friends by volunteering and coming in for lunch. FFT is my social hub, my family. Once things settle down, I can't wait to come back to volunteer, and to get a little piece of my normal life back.

I lived near Coffey Park, just off Hopper. 32 of the 120 units in my building are still standing today. My apartment is one of the lucky ones, but it's very smoke damaged, and I've been advised it's not safe to be in. And on top of it all, someone broke in and stole my safe—which included my passport and birth certificate.

I've been staying in a hotel for a few weeks, but now I need to find a place to live. I have HUD and a dog, so it isn't easy. The prices have gone up every day since the fires, and so many of the options are short-term. I hope I don't have to leave the area, but I just don't know if I can find an affordable, stable, permanent home here.

The time since the fire has been a blur, and I feel very disoriented. The lack of control is the hardest part for me. My puppy has had a tough time too. I know she was affected by the stress—she didn't eat for days. Neither did I, for that matter.

But the best part of this whole experience is seeing how kind and generous our community has been. Complete strangers have given me so much. One gift I received from this awful fire was the certainty that this is my home town, my community. I didn't fully comprehend the importance of this until the threat of it being taken away.

In all, I know I'm lucky to be alive, and I'm grateful for all the help I've received. To Food For Thought, all the other service groups, and the many, many people in our community that have helped out in this tough time, thank you!

"FFT gave me groceries and hot lunches, but most importantly, they gave me a warm, welcoming place, and a whole lot of hugs."
— Daniel Henderson

Out of the Ashes

At 2:30 am on October 9, I woke up to horns blaring. Two minutes later, embers were falling on my roof, and I knew I had to leave immediately. Without enough time to think, all I grabbed was my dog, some dog food, and my cell phone.

I drove through fire. I didn't know where to go, but I ended up at the Guerneville evacuation center. Food For Thought staff called me right away to see how I was doing, and once I got my bearings, that was the next place I went. FFT gave me groceries and hot lunches, but most importantly, they gave me a warm, welcoming place, and a whole lot of hugs.

Food For Thought is like a second home to me. I've been a client for a few years, and for most of that time,

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Food Bank

Tuesdays–Saturdays

10 am–5 pm

6550 Railroad Avenue

PO Box 1608

Forestville, CA 95436

(707) 887-1647

FFTfoodbank.org



Dave Hall Photography

Lending a Helping Hand

by Ron Karp, Executive Director

There isn't a single person in our community who hasn't been affected by the recent fires in one way or another, and we know that it will take years to recover. Our mission to serve our clients has just expanded to serve our devastated community at this trying time.

We will participate in the fire recovery efforts over the long run as we continue to make sure our clients have their nutrition needs met, as they and our whole community rebuilds and heals. The following page outlines our work in response to this tragedy.

As we take on this additional work, we are also hard at work providing holiday meals for our clients in need. At this time, we need your support more than ever. Please consider joining us as a volunteer, or making a financial donation to Food For Thought. Your support will help our community in need—after the fires, during the holidays, and all year long.

On behalf of all of us at Food For Thought, our thoughts and love are with all of you who have been affected by this disaster.

➤ *For more information about how Food For Thought positively impacts our clients and our community, check out page 4.*

“Your support will help our community in need—after the fires, during the holidays, and all year long.”



Antique Store

Open every day

11 am–5 pm

2701 Gravenstein Hwy S.

Sebastopol, CA 95472

(707) 823-3101

FFTantiques.com

Food For Thought is a nonprofit grassroots organization dedicated to meeting the nutritional needs of persons affected by HIV and other serious illnesses in Sonoma County, regardless of financial, sexual, racial, religious, political, or any other attitudinal preferences and proclivities (including past life regressions). We provide free weekly grocery orders containing a wide variety of fresh fruits and vegetables, high-quality protein sources, whole grains, healthy packaged foods, and prepared meals. We also provide vitamins and supplements, nutrition education, and a congregate lunch. Occasional hugs are also available at no additional charge.

Why I Give

By Nancy Schaub

I first came to know Food For Thought through the Occidental Arts & Ecology Center. There, I met Doug Gosling, who invited me to Calabash. I came to the event, and I was impressed! FFT feeds healthy food to people in need in such a compassionate, respectful, and humble way. And I especially fell in love with the beautiful garden—it's such a healing place. When I walk through it, I feel nourished and hopeful, which is especially helpful in this difficult time.

Though I live in San Francisco, I felt very affected by the fires. Even miles away, the smoke was so thick we had to stay indoors with the windows closed. I felt helpless. I kept thinking, what would it be like to see my house burned to the ground, to lose everything that meant anything to me?

It was important to me to donate to an organization that was providing direct services to people affected by the fires, and I picked FFT. I support Food For Thought because they help people in such a personal, caring, and welcoming way. I feel that my donation is a small way that I can help when there is such a great need in our community.

➤ *For more ways to give to Food For Thought, check out page 6-7.*

Doug Gosling



“I support Food For Thought because they help people in such a personal, caring, and welcoming way.”

— Nancy Schaub

Healing from the Devastation

Marianna Gardenhire



Backyard volunteers packing up meals for fire victims, evacuees, and first responders

Food For Thought clients were affected by the fires in many ways. Some lost their homes, and others faced evacuations, power outages, unsafe air, and weeks of anxiety. Food For Thought

has responded by providing extra food + love to our clients and community. With the support of our volunteers and donors, here's what we've accomplished so far, and what we plan to do moving forward:

Immediately

- Temporarily expanded FFT lunch program to five days per week
- Provided access to cell phone chargers, bathrooms, internet, and office equipment
- Distributed bottled water, ready-to-eat food, disposable plates and silverware, and sanitary and hygiene items

Medium Term

- We will provide essential kitchen appliances and supplies so each client can have a fully functioning, safe, and sanitary kitchen.

Long Term

- Depending on the needs of our clients, we will continue to meet their nutrition needs as they heal and rebuild. We have also partnered with other agencies to be a part of the long-term solution.

Food For Thought Loves Backyard!

Backyard Restaurant in Forestville is a huge supporter of Food For Thought, and they emerged as a major hub in our community in the fires. Thank you Backyard for all you do! Here is what the owner of Backyard had to say:

“The fires were surreal and tragic, but we’re so proud of our community—crisis really brings people together. Thank you to the hundreds of volunteers, farmers, food purveyors, and everyone else that helped us provide 18,000 healthy, balanced meals to firefighters, hospitals, evacuation shelters, and others in need in our community.

We couldn’t have done it without Food For Thought! We were able to bump up our production of meals

when we started using FFT’s walk-in refrigerator and freezer. And thank you to FFT’s Chef Coby for taking a leading role in our kitchen.

To anyone out of the area: we know our economy will take a big hit from this. One of the best things you can do now is to come to Sonoma County! Come visit, and support our local businesses.”

— Marianna Gardenhire
Backyard Restaurant Co-Owner
6566 Front St, Forestville, CA

Backyard volunteers preparing meals for fire victims, evacuees, and first responders



Marianna Gardenhire

Volunteers Make a Difference

CALL FOR VOLUNTEERS

DINING OUT FOR LIFE

AMBASSADORS: Choose a participating restaurant and invite your family and friends to join you for breakfast, lunch, or dinner to support Food For Thought.



➤ [Contact MaryB@FFTfoodbank.org](mailto:MaryB@FFTfoodbank.org) to sign up.

FOOD DRIVE VOLUNTEERS:

We have many food drives scheduled for the holidays, and all year round.



➤ [Check out FFTfoodbank.org](http://FFTfoodbank.org) for dates, and email AliA@FFTfoodbank.org to sign up.

OTHER VOLUNTEER OPPORTUNITIES:

➤ [Contact volunteer@FFTfoodbank.org](mailto:volunteer@FFTfoodbank.org) to get started

Elisa Baker

JAKE JACOBS

FOOD FOR THOUGHT
VOLUNTEER OF THE YEAR

Food For Thought's 2017 Volunteer of the Year is the amazing Jake Jacobs. You may have seen Jake around Food For Thought—he helps out in so many ways: food drives, grocery deliveries, stocking, pickups, events, and more. There really is nothing this guy won't do!

Everyone who has met Jake says that he radiates positivity and is incredibly dedicated to helping others in our community. He definitely goes above and beyond for our clients. Just one example: during the floods last winter, we found out that he waded through waist-deep water to deliver a client his groceries.

To Jake, and to each of our volunteers, thank you for your service to Food For Thought. Each one of you makes a huge difference in our community, and we couldn't feed our neighbors in need without you.



"Food For Thought is a great place—it's like being with my family and friends. I can't tell you what an amazing honor it is to have received this recognition! I still feel goosebumps. Oh, did this make me happy!"

—Jake Jacobs



Chef Coby and volunteers preparing meals for lunch

Elisa Baker

VOLUNTEER ANNIVERSARIES

Decades of Volunteers

April–December, 2017

25 years

Marty DeKay-Bemis

24 years

Jim Penpraze

23 years

Kevin Burton
Nancy Scott-Hunnicutt
Jineen Summerton
Orny Wilcox

22 years

Ken Booth
Will Fulwider

21 Years

Ann Dolin
Diana Lobush
Roger Reed

20 Years

Will Brown
Bazil Dean

19 Years

Rick Baker
Maggie Blanchard
Randi Francis
Fran Lucas-Hill

at Food For Thought!

ELISA BAKER RETIRING

Food For Thought is preparing to say goodbye to our INCREDIBLE Volunteer Manager, Elisa Baker. She's retiring at the end of this year. For ten years, Elisa has represented the heart and soul of Food For Thought, working countless hours to mobilize thousands of volunteers. Oh, how we'll miss you, Elisa!



Dave Hall Photography

My dear friends,

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.” —Margaret Mead

Volunteers at Food For Thought are changing our world. We have grown from a tiny group of five who were determined to make a difference in the lives of the AIDS community thirty years ago, to an organization of thousands of dedicated volunteers, donors, and supporters.

Working with you over the last ten years has changed me. I have seen your generosity first-hand. You give selflessly, you do the dirty work, you say yes when you want to say no, you make no judgments, you treat everyone with respect, and you provide an environment filled with love, friendship, and lots of laughs. You give your hearts and your hands. Please remember that you are doing vital work, feeding people.

I watch and learn from each of you. You have made me a better person, a kinder person, a more patient person. Food For Thought is a magical place and you are the magic. Thank you for allowing me to be a part of your lives.

Elisa Baker

18 Years

Ron Cagle
Rose Cohen
Berrie Lewis
Nancy Tello

17 years

Joe Arcangelini
John Dempcy
Angelo Fazzi
Deborah Huth

16 years

Jude Mariah
Lynn Newton
Rudi Solinger

15 Years

Elisa Baker
Dan Clark
Eric Keller
Suzanne Reta

14 years

Gar Cross
Ron Harmon
Cathy & Larry Nielsen
Owen Tuttle
Amanda Wood

13 years

Rodney DeMartini
Judy Henning
Peaches Henning
Joe Sepulveda
Leslie Tuttle

12 years

Lisa Albertson
Jeffrey Fox
Barbara & Gary Gerber
Frederick Kasl
BethAnn Miller
Joy Oncken
Ron Ottley
Mark Potik
Mike Southworth

11 years

Allan Cone
Gina Dallara
Glenn Finch
John Hershey
Greg Mitchell
Sandra Palmer
Laurie Plant
Angela Sturr
James Taylor
Gloria Turchi

10 years

Marilyn Madrone
Jackie Mendoza
Nancy Wright



Elisa Baker

Gifts that Give Back

This holiday season, let your shopping benefit others

WINE GIFT BOXES

Each holiday wine gift box features one bottle of red and one white donated from renowned local wineries including Rubin Family of Wines, Hafner, Iron Horse, Williams Selyem, and more! These wine gift boxes are available from Food For Thought for a donation of \$45, or \$40 if you reserve 10 or more boxes. Available Dec. 5–16, 2017.



Karen Alm



HOLIDAY GIFT CARDS

Make your cards count! We'll send personalized holiday cards to friends and family on your behalf for a donation of \$10 per card. Inside each card, we'll explain that you have made a donation to FFT in their honor.

➤ *Please call (707) 887-1647 to place an order for wine gift boxes or holiday gift cards.*

FOOD FOR THOUGHT ANTIQUES, GIFTS & GARDEN

Shop for unique gifts

All proceeds from this store provide life-giving nutritional support for Sonoma County residents living with HIV and other serious illnesses.

November Discount!

Enjoy 10-50% off storewide for the entire month of November. Remember, all items marked FFT and FR are always tax-free.

➤ *Stop by the store every day, 11 am–5 pm at 2701 Gravenstein Hwy S., Sebastopol, CA 95472, (707) 823-3101*



SHOPPING ONLINE THIS HOLIDAY SEASON?

Then sign up at smile.amazon.com and select Food For Thought as your charity of choice. Amazon donates 0.5% of the purchase price to us—at no extra cost to you!

➤ *Make sure that you're on smile.amazon.com before you check out to ensure that the donation goes through.*



Other Ways to Give



✓ ESCRIP

Do you shop for groceries at Fircrest, FoodMaxx, Lucky, Olivers, Sonoma Market, or Petaluma Market? Register your phone number or grocery rewards card online with eScrip.com and select Food For Thought as your charity of choice. 3% of your purchases will be donated to FFT at no additional cost to you.

- Visit eScrip.com. Use FFT's group number when you sign up: 500024945.

✓ BECOME A GEM

Monthly donors keep FFT going all year! Plus, GEMs receive special benefits, including limited mail solicitations, invitations to special donor events, and the joy of helping feed people in need.

- Visit FFTfoodbank.org to learn more.

✓ LEAVE A LEGACY

Did you know the food bank and our antiques store exist because of legacy gifts? Include FFT in your will or trust and you can ensure that Sonoma County residents dealing with HIV and other serious illnesses will have plenty to eat well into the future.

- For questions or suggested language on how to leave a legacy to FFT, contact your estate planning professional or email Ron Karp at RonK@FFTfoodbank.org.

✓ END-OF-YEAR GIVING

Your donation makes a difference right away: the more you give, the more we can provide to our clients after the fires, during the holidays, and all year long.

- Use the enclosed envelope to send in your immediate contribution to Food For Thought.



DINING OUT FOR LIFE

SONOMA COUNTY THURSDAY NOVEMBER 30, 2017

Dine out at one of these amazing eateries on Thursday November 30, 2017 and 25% or 50% of your purchase will be donated to Food For Thought, a local nonprofit dedicated to meeting the nutritional needs of people affected by HIV and other serious illnesses here in Sonoma County. *50% of sales goes to FFT. ** 50% of all sales except alcohol, goes to FFT.

BODEGA BAY

Bay View Restaurant
at the Inn at the Tides
BlueWater Bistro

COTATI

Lynn's Thai Restaurant

DUNCAN'S MILLS

Cape Fear Cafe

FORESTVILLE

Backyard Restaurant
Canneti Roadhouse
Russian River Vineyards**
Sunshine Coffee Roasters*
Twist Eatery

GUERNEVILLE

Agriculture Restaurant &
Bar at Dawn Ranch**
Betty Spaghetti
boon eat + drink**
Coffee Bazaar
Timberline

HEALDSBURG

Barndiva
Bistro in Studo Barndiva
Baci Cafe and Wine Bar
Dry Creek Kitchen
Mateo's Cocina Latina**
Sonoma Cider
Spoonbar

OCCIDENTAL

Hazel Restaurant

PENNGROVE

Twin Oaks Tavern

PETALUMA

Central Market
Dempsey's Restaurant
& Brewery
Cafe Zazzle
Cucina Paradiso
Ristorante Italiano

ROHNERT PARK

Hana Japanese Restaurant

SANTA ROSA

Bird & The Bottle
Bistro 29
Bruno's on Fourth
Carmen's Burger Bar
Jack & Tony's
Jo Jo Restaurant
& Sushi Bar*
Mac's Deli & Cafe
Mombo's Pizza
Monti's Rotisserie & Bar
Pamposh Restaurant
Pizza Gourmet
Pullman Kitchen**
Russian River Brewing Co.
Sazón Peruvian Cuisine
SEA Noodle Bar
Spinster Sisters
Sweet T's
(We Miss You!)
Walter Hansel
Wine & Bistro
Yeti

SEBASTOPOL

BarBQue Smokehouse Bistro
Eight Cuisine and Wine
Forks Roadhouse
Gravenstein Grill
Gypsy Cafe
Handline
K&L Bistro**
Martha's Old Mexico
Mombo's Pizza
Peter Lowell's
Ramen Gaijin
Sonoma Wine Shop
and La Bodega
Sunshine Coffee Roasters*
Sushi Tozai
Vignette Pizza

SONOMA

Hopmonk Tavern
Mamma Tanino's
Saddles Steakhouse

VALLEY FORD

Rocker Oysterfeller's

WINDSOR

Chinois Asian Bistro
Ume Japanese Bistro

*Reservations Recommended
Please Contact the Restaurants Directly*



FFTFoodBank.org • 707.887.1647

Established in 1988, Food For Thought is a local nonprofit dedicated to meeting the nutritional needs of people affected by HIV and other serious illnesses here in Sonoma County.



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Presenting Sponsors



Gold Fork Sponsors



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The Holidays at Food For Thought

This time of year, we give out a little extra food + love to help make sure each of our clients can enjoy a wonderful holiday season, both at the food bank and at home. Here are some of the free services our clients receive at this time of year:

HOLIDAY MEALS

For both Thanksgiving and Christmas (or another winter holiday!), each client receives a turkey or roast (or tofurkey!) and all the fixings, along with a gift certificate to a local grocery store—enough to provide a full meal for their friends and family.



Dave Hall Photography

HOLIDAY CAFE

We transform the food bank into a winter wonderland and serve hot, holiday-themed meals to our clients each day for the week before Christmas. (Monday, Dec. 18—Saturday, Dec. 23)

FOOD FOR THOUGHT HOLIDAY SCHEDULE:

OPEN

- Monday, Nov. 20 to Wednesday, Nov. 22
- Monday, Dec. 18 to Saturday, Dec. 23 (Holiday Cafe open)

CLOSED

- Thursday, Nov. 22 to Saturday, Nov. 25
- Monday, December 25
- Monday, January 1



Elisa Baker

SECRET SANTA

We participate in the Volunteer Center's Secret Santa program, which means that the children of our low-income clients can receive wonderful holiday gifts. We're so grateful to the Volunteer Center, and to our community of volunteers and donors, for giving gifts to over 50 children in our FFT community each year.



Dave Hall Photography

Remembering Allen Chivens

1949-2017

A very bright light suddenly went out as Food For Thought Antiques lost its hero, Allen Chivens. Allen was a pleasure to work with, joke around with, and just plain be around. Working with him was never work, no matter how hard it was—it was fun and full of laughter. He was an amazing teacher, friend, and prankster. Allen made the wonders in life brighter and even more amazing.

Food For Thought received the gift of an antique store ten years ago from the estate of Randall Thompson. Allen, who was the part-time Volunteer Coordinator at the FFT then, sensed the potential of the store and jumped at the opportunity to manage it. With his experience in display work in West Hollywood, he imagined a fresh tone and approach. “I felt from the very beginning that this would work. It needed to be more professional, look better and cleaner, and be more gracious and welcoming. From how customers were greeted at the door, to how the merchandise was displayed, to the free chocolate at the counter, details mattered.” The store is a testament to Allen’s heart and hard work. Because of Allen, Food For Thought Antiques became the warm, welcoming, eclectic place it is today.

Allen Chivens was our colleague, our friend, our source of information and laughter. Allen is deeply missed by all of us. He was the most patient, kind, dedicated, and easy-going person I’ve ever met.

– Written by volunteer Darcie McNally



Elisa Baker

Donations have been made

In Honor of

Ryan Boduch
Debra Bowman
Heather Cruciano
Rodney DeMartini
Lina Erwin-Osberg
Jennifer Haberlin
Laurie Plant

Donations have been made

In Memory of

Donna Ahlstrand
Ron Baumgartner
Allen Chivens
Dexter R. Clary, Jr.
Sue Engel
John Giambastiani
Brian Haley
Ron Henderson

Greg Hill
Daya Judge
Ed Kehoe
Brian Kelly
Gerald Landers
Ted Lawyer
George Lord
Phillip Morhardt

Erik Orav
Dennis Paynter
Stuart Peot
Dennis Perry
Stewart Scofield
Christopher Shore
Wayne Swisher
Roger Torre

Circle of Giving

It is the generosity of our donors that ensures our clients have the nutrition they need to survive and be healthy. Thank you to all the individuals, businesses, and foundations who contribute to this important work.

PLATINUM CIRCLE

\$10,000 or more

| | | | |
|---|--|---|--|
| Julie and Tom Atwood Ron and Linda Backstrom David Baylor and Theresa Helmer Bethlehem Foundation Broadway Cares/Equity Fights AIDS, Inc. | Charles A. Frueauff Foundation Mark K. Cooper Gilead Foundation Impact 100 Redwood Circle Kaiser Permanente Estate of Roy Kaufman | Lazy Bear Weekend Joseph and Vera Long Foundation M.A.C. AIDS Fund RiskPress Foundation / Charlie Pendergast Mert Preston | Sonoma County Wine Weekend Sonoma Lavender/Gary & Rebecca Rosenberg Until There's a Cure Foundation Estate of J. Russell Wherritt |
|---|--|---|--|

GOLD CIRCLE

\$5,000 or more

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| Philip E. and Nancy B. Beekman Foundation Charis Fund Community Foundation Sonoma County | Electra D. DePeyster The Elder California Foundation Stephan J. Fletcher Hansel Auto Group | The Heck Foundation Patricia London Laurie Plant | Rubin Family of Wines Mark Short and Carl Ray |
|--|---|--|--|

SILVER CIRCLE

\$2,500 or more

| | | | | |
|--|---|---|---|---|
| Ky Boyd / Rialto Cinemas BPM Clif Bar Family Foundation Coddling Foundation Emily Davis Rod DeMartini and Frederick Kasik Hardy Fox and Steven Kloman | Gamma Mu Foundation Tom Garigliano and Jim Dugan Harvest for the Hungry Garden Meleana Holroyde and Kathryn Toms Katie Killefer | Jim Laufenberg and Mike Daly Little Red Hen Foundation Mark and Pamela Olson / Forestville Pharmacy Tim Oxford / Oxford Construction | Larry Prager and Linda Myszak Redwood Hill Farm and Creamery Russian River Festivals Russian River Sisters of Perpetual Indulgence William and Arlene Smith | Lynn Spaulding Anjali and Ray Sussman Richard Sutherland and Duane Wakeham Whole Foods Market Sebastopol Evan Wright Julie Zak |
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BRONZE CIRCLE

\$1,000 or more

| | | | | | | |
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COPPER CIRCLE

\$500 or more

| | | | | | | |
|---|---|---|--|--|---|---|
| Joyce Ambrosius Susan and Norman Amidon Willis Babb Linda Bauer Gayle Bergmann Lee Boyack Steve Bromer Bill Brungardt and Kathryn Spalding Larry Campbell Bruce Carpenter Sheri Carruthers Art Carter Robert Clegg Rose Cohen Tom and Mary Cole | John Consedine Estate of Harry Cook Rob Cooke Gar Cross and George White Cathy and Rick Cutler Yvonne Darling-Atkins Andrea Davis Garry Brent Dawson Lisa and Kory DeMartini Crawford L. Peter Deutsch and Michael J. Golub Karen Donaghy and Gary Helfrich Ken and Chuck Donaldson Noreen and Steve Dowdey Gary Eisman and Brent Fisher Genevieve Engel Robert and Jan Fisher Lynn and Jim Fitzwater | Fred and Liz Flynn John and Debra Franzman Mary Ann Furda Anthony Garcia Nancy Genoa Dave and Nancy Gerber Harold V. Geritz and Margaret Griffin Nancy Giannini Mary and Art Gimmy Jerome Goldstein, MD and Thomas Taylor Maureen Gosling William Grasse Ron and Bea Griffiths Rebecca Guarda Tom and Katy Gulya Dick and Mary Hafner Bill Hanson and Noi Lonalu Jeffrey Hayes and Paul Cardus | Brenda Hays and Sue Dressing Mark Herculson John Hershey Robert Hesse Gail and Bob Hight Mary Hinsdale Paul Hoge and Alan Porter Pete Hosier and Don Reeser Carolyn Jean Johnson and Rick Theis Barry Judge Kent and Pam Keebler James King La Tortilla Factory Diana Laczowski and Karl Radtke Mark and Raylene Leavitt Peggy and Maurice Levitt Steven Lovejoy and Thane Kreiner | Jesus Lozano Jay Manley and Vance Martin Linda Marietta Laura and Larry Martin Diane Matzen Kathleen and Frank Mayhew Medtronic Edith P. Mendez Peter Mirkovich Greg Mitchell and Ross Modlin John Mitchell and Randy Lofquist Merrysue Mosconi Phil and Maureen Murphy Neil T. Myntti Patti O'Brien Walt Odets Peace in Medicine Berta and Ron Pecoraro Bruce and Renae Perry | Jan Postma and David Karp Katherine A. Preston and R. Lanier Anderson Michael and Sue Rataj Redwood Credit Union Shad Reinsteim and Jody Lane Stephen Resnick Rane R. Richardson Floyd Ross Rotary Club of Sebastopol Sunrise Gail Ryan Salmon Creek School Robert Sargent Jane Saunders Loretta Schaeffer Fred Schneider Stephen and Deb Scholery Donna Seid Bibi Silleem | Patrick and Cris Simmons Penny Sirota and Frank Sottile Jon and Marta Starr Leslie Strauss Vrenae Sutphin and David Gray Richard and Jeri Thayer Mario Torrigino Steven Unglerleider Scott Walton Jon Western and Elaine Ramires Cara Christina Widmer Steve and JoAnn Wilson Caryn Woodhouse and Gene Lamka Christian Wright Nancy and King Wright Doug Yule Frank Zak Bernard and Jan Zimmer |
|---|---|---|--|--|---|---|



PO Box 1608
 Forestville, CA 95436
 (707) 887-1647
 FFTfoodbank.org

Address Service Requested

NON PROFIT
 US POSTAGE
PAID
 MELO MAIL

Donate to Food For Thought today to provide fire relief, holiday meals, and more to our neighbors in need!

Dine out at one of 65+ amazing eateries on Thursday, November 30, and 25 to 50% of your purchase will go directly to Food For Thought's services to clients.

Make One Meal Matter

DINING OUT FOR LIFE

SONOMA COUNTY **THURSDAY NOVEMBER 30, 2017**

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Presenting Sponsors



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