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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



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 non-profit 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 congregating lunch. Occasional hugs are also available at no additional charge.

Food is Medicine

by Ron Karp, Executive Director

As someone who lives with a life-threatening illness, I know the importance of eating a healthy diet.

I was able to recover after chemotherapy and regain my good health due in part to eating fresh, high-quality food.

Everyone with a serious illness deserves to get the food they need to heal. Our goal at Food For Thought is to make sure this happens in our community, and thanks to your support, we're making great strides toward that goal.

Food For Thought provides vital nutritious food to our clients, including fresh fruits and vegetables, whole grains, meat and vegetarian sources of protein, and much more. Our dietitian teaches cooking classes highlighting the foods we offer, and meets one-on-one with clients to advise them about the best way to eat for their particular health conditions.

We've served thousands of people over 28 years, and we know our services are effective. In a recent survey, over 90% of our clients reported that our food makes them feel better physically, that they have better eating habits, and that their overall health has improved.

Food For Thought's services are funded almost entirely by donors like you, and provided by over 600 volunteers and our small staff. Together, we will continue to enhance and expand this critical work.

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



Dave Hall Photography

“Everyone with a serious illness deserves to get the food they need to heal.”



Dave Hall Photography

SAVE THE DATES!

HUMAN RACE SATURDAY, MAY 6, 8 AM

Join Food For Thought in this great Sonoma County tradition!

➤ *Sign up or donate: humanracenow.org and select Food For Thought as your team.*



HOME & GARDEN TOUR SUNDAY, MAY 28, 10 AM-5 PM

Join us on this self-guided tour of several Sonoma County homes, featuring biodiverse gardens, spectacular homes, and unique art.

➤ *Tickets available for purchase in mid-April at FFTfoodbank.org or by phone (707) 887-1647.*

Why I Give

By Larry Needleman

Food truly is medicine. About 40 years ago, I started eating a very healthy diet, and I saw how my own health was impacted for the better. Today, at 74, I attribute my good health and vitality directly to the food I eat and regular exercise.

I joined Food For Thought's board in 2010, because I care about making sure people in need have healthy food to eat. Over the years, I've been impressed by how the food keeps getting healthier, especially with the expansion of services and the new Eat Well plan. In 2013, I decided to put my money where my mouth was, and started making regular, monthly donations through the GEM (Giving Every Month) program.

I made this choice because I have seen how sustaining membership donations have helped other organizations I've been a part of. From the donor perspective, being a GEM donor is easy, automatic, and painless—I spent a few minutes setting up a recurring donation, and now it deducts the donation from my bank account each month. As a man of modest means, spreading out my donations this



Karen Gardner

"I saw firsthand how monthly donations can help."

— Larry Needleman, Board member

way doesn't impact me as much as it would to donate the same amount once per year. I used to volunteer on Food For Thought's finance committee, and I saw firsthand how monthly donations can help with budgeting. It's efficient and dependable, and I like knowing that Food For Thought can count on the support.

➤ *For more ways to give to Food For Thought, check out page 5.*

Cooking with Coby

Karen Ahn



Food For Thought Hires Chef to Oversee Lunch Program

We're now serving freshly prepared food for our congregate lunch program, thanks to our new chef Coby Leibman and his volunteer cooking crew. With produce from our organic garden, Coby creates a delicious and highly nutritious soup and salad, served three days each week.

The lunch program provides a place for our clients to receive a regular hot and healthy meal and a chance to socialize. An added benefit is they can learn about new ingredients and the tastiness of fresh, local food.

Food For Thought would like to thank the dozens of individuals, local businesses, and foundations that have made this lunch program possible.

2016 BY THE NUMBERS



**15,667
grocery orders**

were distributed with enough healthy food to prepare...

**21 meals
per week**

Those orders include fresh produce, whole grains, healthy protein, packaged items, and for those unable to cook, prepared meals.

**100 people
per week**

were reached by our congregating lunch program.



93% of our clients are highly satisfied with our services.



**Food insecurity
dropped to zero**

for clients receiving our services. Diet quality improved dramatically, and most have made improvements in weight, blood pressure, and mental health.



Photos: From top, Elisa Baker, Karen Ahn, Jude Mariah, Dave Hall Photography



Ben Sloane

FFT's Organic Gardens

Growing Fresh Food & Creating Health

The beautiful and unique gardens that surround Food For Thought began 18 years ago when we moved into our permanent Forestville location. Designed in collaboration with Occidental Arts & Ecology Center (OAEC), the garden program was created to serve clients, volunteers, and visitors in a number of ways: as a welcoming place of beauty; as a therapeutic experience of gardening and connecting with nature; to grow seasonal organic produce; to teach about the links between food, nutrition, and well-being; and to provide a gathering place for mourning, respite, and community-building.

Over the years, thanks to the hard and creative work of many volunteers, the gardens have continued

to evolve, extending the food bank's work of nurturing, informing, inspiring, and supporting people living with HIV and other serious illnesses. The site thrives with mature fruit trees, grape arbors, and productive beds full of annual and perennial vegetables, herbs, and flowers. An abundance of produce is harvested each week, supplying food for FFT's client orders, congregating meals, U-pick project, and cooking classes. Our productive compost and worm boxes significantly reduce food waste. Our AIDS Memorial Garden includes a new installation of plants to offer clients and visitors strength, courage and support as they experience the transformative process of grief and loss.

Want to help out with the garden?
Contact Elisa Baker at volunteer@FFTfoodbank.org or (707) 887-1647 x103



Ben Sloane

Ways to Give Back



✓ BECOME A GEM

Monthly donors are indispensable! 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 our building 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.



✓ SHOP FOOD FOR THOUGHT ANTIQUES IN SEBASTOPOL

Shop one of the most unique stores in Sonoma County where there's something for everyone: antiques, gifts, garden art, mid-century modern, collector's books, Sonoma County farm relics, and more!

Proceeds from the store provide life-giving nutrition services for Sonoma County residents living with HIV and other serious illnesses. Come browse—the friendly staff and volunteers will help you find what you need.

Open daily from 11 am to 5 pm

➤ 2701 Gravenstein Highway S., Sebastopol (707) 823-3101
FFTantiques.com



Photos by
Darcie McNally

VOLUNTEER ANNIVERSARIES

January – March 2017

28 Years!

Kathy & John Dennison
Gregory Venegas

13 Years

Lyn Johnson
Sandra Orr

8 Years

Marcus Cayson
John Consedine
George Harrington
Ann Kaplan
David Kruppa

Paul Bang
Bea Griffiths
Wally Krampf
CJ Vandegrift

3 Years

Oscar Miranda
Henry Romero
Suzanne Ruggirello
Margie Tygerson
Gretchen Whisenand

1 Year

Areli Alvarez
Christine Anderson
Tammy Barcomb
Raleigh Elliott
Barbara & John Ellis
Ron Hennessey
Terry Jackson
Leslie Kielar
Eric Leuschner
Alex Newhouse
Sandra Pardo
Rachel Platt
John Andrew Wesley
Evan Wright

21 Years

Randi Megorden

12 Years

Joseph Ambrosio

20 Years

Keith Fratzke

10 Years

Joanie Carlson
Karen Gosling
Sandy Younglove

18 Years

John Sutherland

7 Years

Rebecca Guarda
Shelley Rust
Nancy Vallee

5 Years

Pepe Conran
David Hubbard
Jennie Madden
Michael Strain
Richard Waldinger

2 Years

Erik Deste
Vincent DiCamillo
Marge Holland
Jake Jacobs
Karen Smith
Cheryl Vargas

15 Years

Barbara Doyle
Jack Welch

9 Years

Cheryl Armstrong

6 Years

Erica Alsbury
Fabian Alvarado

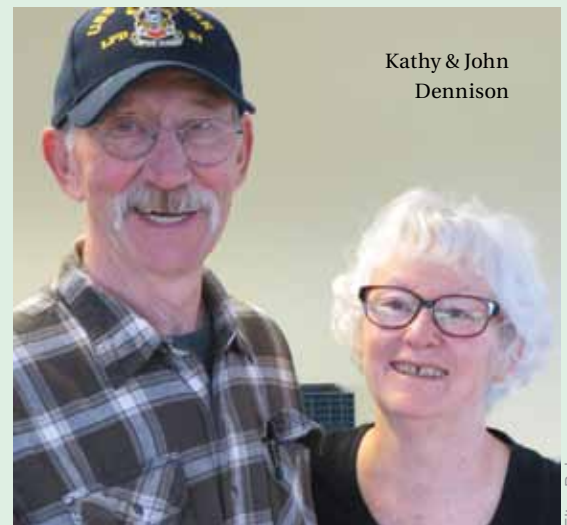
4 Years

Donna Smith



Gregory Venegas

Elisa Baker



Kathy & John Dennison

Elisa Baker

Donations have been made

In Honor of

John Adams	Miki Hashizume
Kris Barrows	Sabahat Imran
Dena Bliss	Doug Jackson
Ryan Boduch	Ron Karp
Gene Bonino and Will Brown	Dan Lapsansky
Allen Chivens	Jan Marsiglia
Elizabeth and John Cotton	Aliyah Rautenberg
Barbara Doyle	Kathleen Richards
Karen Gardner	Thurston Smith
Rachel Gardner	Sandy Younglove

Donations have been made

In Memory of

Daniel Bunch	Daya Judge	Steven Pepper
Victor Calvi	Brian Kelly	Marc Phillips
Ruben Carrillo	Ted Lawyer	David Robinson
Dexter R. Clary, Jr.	George Lord	Joel Robinson
Bob Cornwall	Kevin McDaniel	Rabbi Michael A. Robinson
Kathy D'Asaro	Chris Merryman	Stewart Scofield
Larry Duling	Erik Orav	Gerald Simpkins
Sue Engel	David Palmer	Ron Tokunaga
John Giambastiano	Dennis Paynter	George Triest
Toby Hemenway	Stuart Peot	

Circle of Giving

It is the generosity of our donors that ensures that our clients continue to 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 & Tom Atwood	Estate of Ruben Carrillo	Estate of Roy Kaufman	Mert Preston
Ron & Linda Backstrom	Charles A. Frueauff Foundation	Lazy Bear Fund, Inc.	Sonoma County Wine Weekend
David Baylor & Theresa Helmer	Community Foundation Sonoma County / Father Jerald F. Thomas Fund	Joseph & Vera Long Foundation	Sonoma Lavender/ Gary & Rebecca Rosenberg
Bethlehem Foundation	Gilead Foundation	M.A.C. AIDS Fund	Estate of J. Russell Wherritt
Bothin Foundation	Kaiser Permanente	Mike Muhlethaler & Karen O'Toole	
Broadway Cares/ Equity Fights AIDS, Inc.		Gary & Marcia Nelson	

GOLD CIRCLE

\$5,000 or more

Philip E. & Nancy B. Beekman Foundation	Mark K. Cooper Emily Davis Electra D. DePeyster The Elder California Foundation	Stephan J. Fletcher Hansel Auto Group The Heck Foundation Patricia London Laurie Plant	Little Red Hen Foundation RiskPress Foundation / Charlie Pendergast Rubin Family of Wines	Russian River Sisters of Perpetual Indulgence
Charis Fund Community Foundation, Sonoma County				

SILVER CIRCLE

\$2,500 or more

Alan Beckstead Clif Bar Family Foundation Coddling Foundation Emily Davis Hardy Fox & Steven Kloman	Tom Garigliano & Jim Dugan Harvest for the Hungry Garden Meleana Holroyde & Kathryn Toms Katie Killefer	Diana Lobush & Jim Penpraze Clay Nesbitt & Dean Gross Larry Prager & Linda Myszak Redwood Hill Farm & Creamery	Mary Ann Rovai Russian River Festivals Mark Short & Carl Ray William & Arlene Smith Lynn Spaulding Anjali & Ray Sussman	Richard Sutherland & Duane Wakeham Harold Torres & Jimmy Mallett Jane & Nelson Weller Evan Wright
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BRONZE CIRCLE

\$1,000 or more

Kelly & Phil Beffrey Barry & Gail Ben-Zion Michael Bielawski & Alison Hannah Steve & Robin Black / Uptick Vineyards Ky Boyd / Rialto Cinemas Kathleen Brennan & Thomas Waits Larry & Cecilia Bridges Nicole Canon / Animal Hospital of Sebastopol Leslie Carter Marie Chandoha	Jona Consani Elizabeth & John Cotton Gar Cross & George White Steven Deas & Jane Rosenberg Timothy & Kathy Dellinger Rod DeMartini & Frederick Kasl John & Patricia Dervin Barbara & Mike Doyle Jane & Herbert Dwight J. Yusuf Erskine & David Taff	Suzanne Farver Lisa Fischer Tom Fleming Fred & Liz Flynn Forestville Planning Association Gamma Mu Foundation Barbara & Gary Gerber William Grasse Parke & Sarah Hafner Jayne & Peter Hamel Jeffrey & Terri Hamilton-Gahart Ambassador James C. Hormel	Laura L. Hormel Sally Hurd & Bart Levine Lisa Ireland / Accounting on Computers Patricia Couryer Johnson Richard Johnson Ruth Anne Johnston John McGuirk & Richard Knaggs Jim Laufenberg & Mike Daly Francis Lum Diane Lynch Steven Maass & Kathleen Gallagher	Catherine MacPhail & Kathleen McKenna Risty Marckx Nancy H. Markell John W. Meissner Jackie Mendoza & Bruce Forsythe Myers Restaurant Supply Harry Nesbitt Veronica Ng Mark & Pamela Olson / Forestville Pharmacy Tim Oxford / Oxford Construction Parkpoint Clubs	Dennis R. Petri Lou & Susan Preston / Preston of Dry Creek Michael Randolph Gerald Rape Michael & Sue Rataj Bill & Mary-Louise Reinking Kent Ritchie Frank Rittman Russian River Utility Company Tricia Schexnaydre Lucia & Jim Schultz William Scott	John & Elizabeth Sheela Jim & Kathleen Sparling Timothy Stevenson & David King Stuart Foundation Jack & Diane Stuppin Regina & Tim Sullivan Summit State Bank George D. Tuttle & F. Bennett Cushman II Vanguard Properties Cara Christina Widmer S&Y Younglove Frank Zak
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COPPER CIRCLE

\$500 or more

Rob Akins & Mark Berry Joyce Ambrosius Susan & Norman Amidon Sigmund & Susan Anderman Dee Arias Elisa Baker Linda Bauer Gayle Bergmann Jennifer Lynn Bice Gary & Elinor Biller Richard Bland Tom Boag & Ralph Hamblin Lee Boyack Barrie Eddy Chris Bramble Steve Bromer Ren Brown Bill Brungardt & Kathryn Spalding Larry Campbell Art Carter Paula Chiotti	Jeff & Stacey Civian Robert Clegg Rose Cohen Tom & Mary Cole Rob Cooke Peter Copen Cathy & Rick Cutler Michelle Davey & Scott Nickel Garry Brent Dawson Karen Donaghy & Gary Helfrich Ken & Chuck Donaldson Barry Eddy John F. Ewing Robert & Jan Fisher Lynn & Jim Fitzwater John & Debra Franzman Greg C. Fritz & Bruce Westland Mary Ann Furda	Dorothea & Paul Geiger Nancy Genoa Dave & Nancy Gerber Harold V. Geritz & Margaret Griffin Nancy Giannini Mary & Art Gimmy Robert Gonzalez Maureen Gosling Joyce & Don Greenberg Ron & Bea Griffiths Rebecca Guarda Tom & Katy Gulya Dick & Mary Hafner Bill Hanson & Noi Lonalu Ann Hatch & Paul Discoe Jeffrey Hayes & Paul Cardus Brenda Hays & Sue Dressing Mark Herculson Neil Herring & Dena Bliss John Hershey	Robert Hesse Gail & Bob Hight Jim & Carolyn Hinton David Hoffmann / Traditional Medicinals Paul Hoge & Alan Porter Pete Hosier & Don Reeser Linda & Allen Jackson Carolyn Jean Johnson & Rick Theis Barry Judge Ron Karp & Ann Dolin James King Wally Krampf Jane Krensky & Peggy Tourje Krewe de Kinque Mark & Raylene Leavitt Nancy Lind & Kevin Cooper Margaret Livingston & Shirley Liberman	Steven Lovejoy & Thane Kreiner Jesus Lozano Jay Manley & Vance Martin Chris Markell Linda Marietta Laura & Larry Martin Kathleen & Frank Mayhew Peter Mirkovich John Mitchell & Randy Lofquist Montgomery Village Phil & Maureen Murphy Neil T. Myntti Howard Needleman Patti O'Brien Walt Odets Peace in Medicine Berta & Ron Pecoraro Bruce & Renae Perry Jan Postma & David Karp	Redwood Credit Union Stephen Resnick Jackie & Tim Reuling Estelle Rogers & Hal Kwalwasser Floyd Ross Russian River Rotary Gail Ryan Salmon Creek School Robert Sargent Jane Saunders Loretta Schaeffer Fred Schneider Stephen & Deb Scholey Sebastopol Chapter of Realtors Donna Seid Bibi Sillem Patrick & Cris Simmons Tom Sipple	Penny Sirota & Frank Sottile Jon & Marta Starr Leslie Strauss Vrenea Sutphin & David Gray Kelly Temple & Mark Erickson Richard & Jeri Thayer Ted & Elizabeth Theiss Hugh Trutton Steven Ungerleider Scott Walton Sue & Hugh West Jon Western & Elaine Ramirez Steve & JoAnn Wilson Caryn Woodhouse & Gene Lamka Christian Wright Nancy & King Wright Yunhee Yoo Doug Yule
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PO Box 1608
Forestville, CA 95436
(707) 887-1647
FFTfoodbank.org

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PAID
MELO MAIL



*Donate to Food For Thought today
and provide food + love
for our neighbors in need.*

SPRING EVENTS

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Photos by Kim Aikawa

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