



SEPTEMBER 2016



Left to right: Diana Lobush, Rebecca Guarda, Erica Alsbury, Doug Gosling, Vinothini Sachithanathan, Sioux Ault

THE GARDEN FAIRIES OUR VOLUNTEERS OF THE YEAR

Usually Food For Thought focuses on one outstanding volunteer to award, but this year, we had to break tradition and award the outstanding work of a group of volunteers, our Garden Fairies! Vino, Rebecca, Erica, Diana, Jacob, Sioux, Nicole, Orny, and Jude work with Doug "Dougo" Gosling and Sean Fleming, our staff gardeners, to make sure that our gardens are beautiful and productive, so that they continue growing fresh, life-giving fruits, vegetables, herbs, and flowers for our clients.

As Diana says, "One of my passions is to make sure that the clients get healthy produce and learn how to prepare it. By working in the garden, I can contribute to

that effort, while working inside gives me the opportunity to talk to the clients who benefit from our labor of love."

Vino finds being in the garden accomplishes several things at once: "My favorite thing about the garden is that it connects me with others. Gardening is a beautiful way to give back, it's a way to commune with nature. It's meditative whether you weed or harvest or sift compost or plant, and I enjoy it very much."

The garden continues to grow and feed even more people thanks to our hard-working garden fairies, who are here no matter how hot, rainy, or chilly it is.

When you step into the garden, you know immediately you're in a special place: one that's designed for nourishment and healing. What was once a blackberry patch in inhospitable soil is now a beautifully designed garden full of fruit trees, berries, vegetables, and culinary and medicinal herbs.

The garden continues to grow and feed even more people thanks to our hard-working garden fairies, who are here every week no matter how hot, rainy, or chilly it is.



Orny Wilcox



Nicole Wissler



Jude Henning



Jacob Kowalick-Allen

Photos: Elisa Baker

ANNUAL REPORT INSIDE!

ONLINE AT WWW.FFTFOODBANK.ORG



FOOD FOR THOUGHT BOARD OF DIRECTORS

Diana Laczkowski
President

Larry Needleman
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Dena Bliss

Michael Collins

Frederick Kasl

Larry Prager

Mark Short

Sandy Younglove

FOOD BANK

Tuesdays-Saturdays

10 am-5 pm

(707) 887-1647

6550 Railroad Avenue

PO Box 1608

Forestville, CA 95436

FFTfoodbank.org



11 am-5 pm every day
2701 Gravenstein Hwy S.
Sebastopol, CA 95472
(707) 823-3101

FFTantiques.com



Dave Hall Photography

WATCH OUR GARDEN GROW

by Ron Karp, Executive Director

Many happy synchronicities have shaped and supported this grassroots organization. In 1996, James Carney left us his condo and pick-up truck as part of a legacy gift. His gift came at a time of great need—the truck saved us tens of thousands of dollars, and we still use it!

Our world-class organic gardens came to be thanks to another synchronicity. In 1999 as we were constructing our current facility, the county required us to install landscaping.

All the available options were institutional, bleak, and unwelcoming.

Our garden continues to provide a space for beauty and healing, and produces organic produce and flowers for our clients.

Out of the blue, I got a call from then-volunteers Doug Gosling and Rachel Gardner. They wanted to know if we could work together to create a beautiful and healing garden all around the building. Now, 17 years later, our garden continues to provide a space for beauty and healing, and produces organic produce and flowers for our clients.

As we continue to support our clients living with HIV and welcome clients with other serious illnesses, we know the garden will continue to grow and serve the community, just like Food For Thought.

WHY I GIVE By Rebecca Guarda

There is an old Italian saying, “*Chi mangia bene, vive bene,*” which means “the person who eats well, lives well.” This is true at Food For Thought, where I’m a Saturday garden volunteer. Its garden is a place where lifelong friendships are formed among its plants—and it always has room to welcome more!

I’d like to be remembered in this place, too, which is why I wrote FFT into my will.

The spirit of kindness at FFT brings me back every week. It gives me strength in times of hardship, and I’ve seen it transform the lives of others. I deeply believe that growing and sharing food with love can help people heal from illness, grief, and suffering.

I’ve lost FFT friends to illness, but their memories live on. I’d like to be remembered in this place, too, which is why I wrote FFT into my will. I know this simple act will have a positive impact on many lives, helping people eat well and live well long after I’m gone. I earnestly hope others will join me.



Photo: Karen Gardner

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 bags 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.

SAVE THE DATE!

TICKETS NOW AVAILABLE FOR CALABASH

A silent auction of fine gourd art to benefit Food For Thought

Sunday, October 2 1–5 pm



Attend one of Food For Thought's most beloved fundraising events! Held at our world-class organic gardens, attendees enjoy fine wine, food, and live music played on hand-made gourd instruments as they view generously donated gourd, garden, and book art made by local artists. Tickets are \$50 in advance, \$55 at the door.



Photos: John Hershey

Sponsorship opportunities are now available. Contact Mary Bigelow-Gale at MaryB@FFTfoodbank.org or (707) 887-1647 ext. 107 to learn more.

Thanks to our presenting sponsors:

KAISER PERMANENTE **thrive**



The RUBIN FAMILY of WINES
A BEAUTIFUL EXPERIENCE

DINING OUT FOR LIFE

Thursday, December 1

Dine Out, Fight AIDS

Dine out at over 80 amazing eateries in Sonoma County and 25–50% of your purchase will go directly to Food For Thought's life-giving nutrition services. It'll be the most satisfying meal you'll have all year!

Want to sign up as a sponsor or participating restaurant? Contact Mary Bigelow-Gale at MaryB@FFTfoodbank.org or (707) 887-1647 ext. 107.

Want to be a Dining Out For Life Ambassador to help us raise funds in individual restaurants? Contact Elisa Baker at Volunteer@FFTfoodbank.org or (707) 887-1647 ext. 103.



Oxide Design



McBoat Photography



VOLUNTEER ANNIVERSARIES

APRIL-JULY 2016

24 years!

Marty DeKay Bemis
Doug Gosling

22 years

Orny Wilcox
Nancy Scott-Hunnicut
Jineen Summerton

21 years

Will Fulwider

20 years

Diana Lobush

19 years

Will Brown

17 years

Ron Cagle

Rose Cohen

16 years

Joe Arcangelini

John Dempcy

14 years

Daniel Clark

Suzanne Reta

13 years

Gar Cross

Rodney Rovai

Amanda Wood

12 years

Peaches Henning

Leslie Tuttle

11 years

Lisa Albertson

Jeffrey Fox

Remi Newman

The Oncken Family

Ron Ottley

10 years

Gloria Turchi

Angela Sturr

9 years

Sandra Palmer

8 years

Jackie Mendoza

Nancy Wright

7 years

Marion Dutra

Lynn McCarthy

Susan Rice

6 years

Liberty Breaw
Jonathan Cooper

5 years

Terri Blackley
Dolores Castellanos
Darcie McNally
Geno Russo

4 years

Melinda Feinstein
Sean Fleming
Linda Hall
Paty Hermosillo-Perkins
Michael Reilly
Margaret Walter

3 years

Glen Blackley
Robbie DeLaRiva
Rita Kent
Briana Lehane
Chris Moisenco
Kathleen Pettis
Martin Rossiter
Cindy & Mike Tucker
Mia VonKnorring

2 years

Chris & Alex Azevedo
Albert Carey
Skipper Cassady Jr.
R. Michael Collins
Lisa Dragna
Nyla Fleig
Anthony Garcia
Dana Higgins
David Hobler
Jacob Kowalick-Allen
Connie Malczynski
Margaret Pinkham
Kirk Read
Amanda Sims
Oceana Spotleson
Barbara Wishard

1 year

Cristina Campbell
Barbara George
Stephanie O'Connell
Ken Paradise
Terry Wilson



FFT volunteers celebrate their anniversaries.

Photo: Elisa Baker

IN MEMORY OF MEL DAVIS



Generous donor Mel Davis, husband of FFT volunteer Emily, passed away early this June. Mel was known for his kindness, generosity, and civic devotion. He served for many years as City Manager of Sebastopol and volunteered for many local causes. He was a beloved friend as well as a generous supporter of Food For Thought, and we will miss him greatly.

DONATIONS HAVE BEEN RECEIVED

IN HONOR OF

Elizabeth Cotton
Rodney DeMartini and Frederick Kasl
Jackie Dono
Barbara Gerber
Parke Hafner
Dave Hall
Jim Humrich
Peaches Henning and Katherine Kendall
Shelley Rust
Jack Welch
Sandy Younglove

IN MEMORY OF

Dexter R. Clary, Jr.
Steve Cohan
Melvin Davis
Sue Engel
Ellis M. Gans
Brian Kelly
Erik Orav
Dennis Paynter
Stuart Peot
Joel Robinson
Rabbi Michael A. Robinson
M. H. Sariaslani
Stewart Scofield
Robert Screes
Ron Tokunaga
Russell Wherritt

VOLUNTEER OPPORTUNITIES

FOOD DRIVES: 2 1/2 HOURS OF YOUR TIME CAN MAKE A HUGE DIFFERENCE

Each food drive brings in an average of \$2,500 in food and cash. In fact, food drives account for 1/3 of our annual food budget. We need your help to keep them going throughout the year.

To sign up or learn more, contact Ali Archer at AliA@FFTfoodbank.org or call (707) 887-1647 ext. 116.



Cristina, Keiran, and Kadence at the Sebastopol Safeway

Photo: Karen Ahn

Volunteer orientations are held the third Tuesday of every month at the food bank: 6550 Railroad Ave., Forestville, CA 95436. Stop by September 20 or October 18 to learn how you can help. Contact Elisa Baker for info or to RSVP: Volunteer@FFTfoodbank.org or (707) 887-1647 ext. 103.

WANTED: VOLUNTEERS WITH STRONG BACKS & BIG TRUCKS



Photo: Elisa Baker

Keith loads up his truck with much-needed supplies for our clients.

We're always picking up lots of groceries from our food drives and generous donors around Sonoma County, and we need volunteers who are ready, willing, and able to make those pick-ups to make sure our clients get fed.

If you'd like to volunteer for FFT but can't take on a regular weekly shift, this is the perfect fit for you.

Contact Elisa Baker at Volunteer@FFTfoodbank.org or (707) 887-1647 ext. 103 to learn more.



Photo: Elisa Baker



Photos: Karen Ahn



Photos: Karen Ahn

IN THEIR OWN WORDS: DOUGO & SEAN SPEAK ABOUT THE GARDEN

Garden Manager Doug Gosling and Garden Assistant Sean Fleming talk about what makes our world-class organic garden so special.



Photo: Elisa Baker

Dougo

I really believe the garden has a reciprocal relationship with Food For Thought. This is an extraordinary garden: It's unusually abundant and exuberant, and it has to do with the energy and love that radiates from here. You can feel it when you walk in the gates—it feels like a magic garden.

There's something about the garden that embodies the message of FFT, which is that we care about your mental, spiritual, emotional, and physical health. The garden is very reassuring to people, especially clients. The garden sends a message that we value a whole vision of health, which includes a relationship to the land and to where food comes from.

This garden is unusually abundant and exuberant, and it has to do with the energy and love that radiates from here.

The fact that FFT embraces the garden and never questioned building it is visionary and unusual. For a food bank to really understand that complete health is about having a holistic vision of the health of the planet is profound.

Sean

The garden mainly serves two purposes: one, we want to provide clients of Food For Thought with healthy, organic, locally produced fruits and vegetables. Two, we want to provide an example of what can be grown in the area. Plus, if people see some different foods, maybe they'll be more willing to try them.

We want to provide clients of Food For Thought with healthy, organic, locally produced fruits and vegetables.

Beyond the availability of nutritious food and nutritional counseling, this organization has always provided a loving, safe area of support. There's always a lot of love that just flows out from all the volunteers and the staff members. From the minute I was a client here, I have been impressed by how loving the staff and volunteers are toward the clients. For clients, FFT provides an island of stability and loving support.

I've been involved with many different nonprofits, and I have to say, Food For Thought treats their clients in a more humane manner than many others. It really blew me away. This is really and truly a special place.



Photo: Elisa Baker

WAYS TO GIVE



Become a GEM

Monthly donors ensure that our clients will always know where their next meal is coming from. As a GEM, you'll receive special benefits like limited mail solicitations, invitations to special donor events, and the joy of helping feed people in need. For more information, visit FFTfoodbank.org.



Leave a Legacy

Did you know Food For Thought's permanent home and our antiques store are the results of legacy gifts? By including us in your will or trust, you can ensure that Sonoma County residents dealing with HIV and other serious illnesses don't have to go hungry well into the future.

For questions or suggested language on how to include FFT, contact your estate planning professional or Ron Karp at RonK@FFTfoodbank.org.



Celebration Pathway

This lovely memorial walkway is an important part of our organic gardens. For either a \$100 or \$200 donation, you can install a 4" x 8" or 8" x 8" plaque inscribed with a special message and the names of loved ones. It's a wonderful way to celebrate life events, from anniversaries to milestones to passages. For more information, contact Karen Gardner at KarenG@FFTfoodbank.org.



Contribute Now!

Food For Thought exists solely because of the generosity of donors like you. 40% of our funding comes from small, private donations. Make a difference right away by contributing to Food For Thought—just use the enclosed envelope to send in a donation. Any amount is welcome!

Left, staff member Karen Gardner holds a check from Sonoma County Wine Country Weekend, which donates to many local nonprofits.

Feeding People Throughout Sonoma County

Our Donors and Volunteers Make It Possible

DID YOU KNOW...

That FFT delivers food to 275 homebound and homeless men, women, and children throughout Sonoma County?



Photo: Elisa Baker

That the majority of our clients are located in Santa Rosa?



That donors and volunteers are our lifeblood?
In 2015 alone:

- 597 volunteers contributed 28,936 hours (that's the equivalent of 15 full-time staffers)
- Over 3,000 donors contributed \$560,889



Photo: Elisa Baker

That our clients receive these services for free and for as long as they need them?



Photo: Greg Sherwood Cohelan

By the Numbers: Food For Thought's Life-giving Nutritional Support

We Provide Food and So Much More

Here's what we accomplished together in 2015:

**Distributed 15,350 weekly grocery orders
(enough food for 322,350 meals)!**



Dave Hall Photography

**Delivered 6,214 grocery orders
to homebound and homeless clients**



Dave Hall Photography

**Served 3,554 lunches through
our Congregate Lunch Program**



Photo: Elisa Baker

**Led 21 group classes on healthy
& nutritious cooking**



Photo: Karen Ahn



Photo: Karen Ahn

**Distributed 12,374 bottles
of vitamins & supplements**

2015 Annual Report

Making Smart Financial Decisions for Sustainable Growth

In 2015, Food For Thought realized a long-held dream of expanding our mission: to continue to feed our HIV+ clients and provide those same life-giving nutritional services to Sonoma County residents dealing with other serious illnesses as well.



Dave Hall Photography

Thanks to the prudent long-term planning of our board and staff, Food For Thought is financially well positioned to slowly and steadily continue on this journey. Our ultimate vision is that no one in Sonoma County who is sick should have to go hungry.

We were fortunate to have received several large, one-time legacy gifts during the past few years and we made sure to invest these funds strategically. This allowed us to cover the necessary expenses we incurred this year in order to build a fiscally sound foundation.

One example is our investment in Food For Thought Antiques, Gifts, and Garden. We made improvements to the building and signage in order to be more visible and profitable well into the future. We thank you, the donors and volunteers of Food For Thought for your gifts of time, money, and commitment—we couldn't do it without you!

Frederick W. Kasl

Frederick W. Kasl, Outgoing President of the Board of Directors

Endowment Income Appropriated for Operations

\$71,000 • 4%

Antique Store Income
\$246,596 • 12%

Fundraising Events
\$248,344 • 12%

Grants
\$213,745 • 10%

Contributions
\$493,700 • 24%

In-Kind Food Donations
\$712,451 • 35%

Bequests
\$67,189 • 3%

TOTAL 2015 INCOME: \$2,053,025

Administration

\$105,434 • 4%

Antique Store
\$259,445 • 11%

Fundraising
\$314,326 • 13%

Food Bank Program
\$1,721,148 • 72%

TOTAL 2015 EXPENSES: \$2,400,353

Large one-time legacy gifts from the past two years covered the new, necessary expenses we incurred this year, allowing us feed more people in need in our community.

Our finances are audited by an independent accounting firm: Dillwood, Burkell & Millar, LLP

Circle of Giving

Food For Thought - healing with food + love

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)

Abacot Fund / Lisa Clyde and Elsa Garcia
Ron and Linda Backstrom
David Baylor and Theresa Helmer
Bethlehem Foundation
Broadway Cares/Equity Fights AIDS, Inc.
Estate of Ruben Carrillo
Community Foundation Sonoma County

Estate of H. Lance Cook
Electra D. De Peyster
Charles A. Frueauff Foundation
Gilead Foundation
Larry L. Hillblom Foundation
Horizons Foundation

Estate of George W. Lord
M.A.C. AIDS Fund
Kathleen and Frank Mayhew
Gary and Marcia Nelson
Laurie Plant
Mert Preston

RiskPress Foundation / Charlie Pendergast
Mary Ann Rovai
Rubin Family of Wines
Estate of John Smith
Sonoma County Wine Weekend
Estate of J. Russell Wherritt

Gold Circle (\$5,000 or more)

Julie and Tom Atwood
Mark K. Cooper
The Elder California Foundation
Exchange Bank
Steven Haggard

The Heck Foundation
Philip Kuo and Del Ray Hankins
Lazy Bear Fund, Inc.
Little Red Hen Foundation

Patricia London
Sonia Miller
Clay Nesbitt
Estate of David Robinson

Russian River Sisters of Perpetual Indulgence
Joseph Tse Charitable Works / Jeff Tse
and Monique Dubois
Jane and Nelson Weller

Silver Circle (\$2,500 or more)

Banfield Charitable Trust
Alan Beckstead
Burr Pilger Mayer
Clif Bar Family Foundation
Emily and Melvin Davis
Tom Garigliano and Jim Dugan

Harvest for the Hungry Garden
Meleana Holroyde and Kathryn Toms
Kaiser Permanente
Katie Killefer
Diana Lobush and Jim Penpraze

Larry Prager and Linda Myszak
Redwood Hill Farm and Creamery
Rialto Cinemas / Ky Boyd
Mark Short and Carl Ray
William and Arlene Smith

Lynn Spaulding
Jim Stacy
Summit State Bank
Harold Torres and Jimmy Mallett
Sandy Younglove

Bronze Circle (\$1,000 or more)

AcCounting on Computers / Lisa Ireland
Winifred and Harry B. Allen Foundation
Sigmund and Susan Anderman
Animal Hospital of Sebastopol / Nicole Canon
Kelly and Phil Beffrey
Barry and Gail Ben-Zion
Michael Bielawski and Alison Hannah
Steve and Robin Black
Terri and Glen Blackley
Lee Boyack
California Water Service Company
Michael Calvelli
Leslie Carter
Marie Chandoha
Coddling Foundation
Jona Consani
Rob Cooke
Elizabeth and John Cotton
Gar Cross and George White
Arnaldo Delucchi

Rod DeMartini and Frederick Kasl
John and Patricia Dervin
Digital Ciggy
Barbara and Mike Doyle
Dan and Stephanie Dumbrell
Jane and Herbert Dwight
Lisa Fischer
Forestville Pharmacy / Mark and Pamela Olson
Forestville Planning Association
Barbara and Gary Gerber
Charlotte Griswold-Tergis
Parke and Sarah Hafner
Jeffrey and Terri Hamilton-Gahart
Laura L. Hormel and Andrew L. Weisskoff
Ruth Anne Johnston
Jim Laufenberg and Mike Daly
Francis Lum
Diane and Leslie Lynch
Doris and John Lyons
Risty Marckx

Nancy H. Markell
Laura and Larry Martin
David McAuliffe
Montgomery Village
Myers Restaurant Supply
Harry Nesbitt
Oxford Construction / Tim Oxford
Bruce and Renae Perry
Dennis R. Petri
Preston of Dry Creek / Lou and Susan Preston
Rainbow Cattle Company
Michael Randolph
Gerald Rape
Michael and Sue Rataj
Redwood Credit Union
Bill and Mary-Louise Reinking
Kent Ritchie
Russian River Festivals
Russian River Utility Company
Salmon Creek School

Nancy Schaub
Lucia and Jim Schultz
William Scott
Daniel Shanahan and Dale Miller
John and Elizabeth Sheela
Jim and Kathleen Sparling
Stuart Foundation
Jack and Diane Stuppin
Anjali and Ray Sussman
John Sutherland
Richard Sutherland and Duane Wakeham
Hugh Trutton
Vanguard Properties
Michael Vellard and James Dern
Cara Christina Widmer
Willow Creek Wealth Management
Evan Wright
Nancy and King Wright
Yunhee Yoo

Copper Circle (\$500 or more)

Ray Allen
Susan and Norman Amidon
Dee Arias
Linda and Rachel Bauer
Jennifer Lynn Bice
BoDean Company
Chris Bramble
Larry and Cecilia Bridges
Steve Bromer
Ren Brown and Robert DeVee
Larry Campbell
Ken Changus and Chuck Donaldson
Paula Chiotti
Jeff and Stacey Civian
Robert Clegg
Milo Coccimiglio
Rose Cohen
Congregation Shomrei Torah
Peter Copen
Nancy Crowe
Michelle Davey and Scott Nickel
Steven Deas and Jane Rosenberg
Jim and Kathleen Dolinsek
Barry Eddy
Gary Eisman and Brent Fisher
J. Yusuf Erskine and David Taff

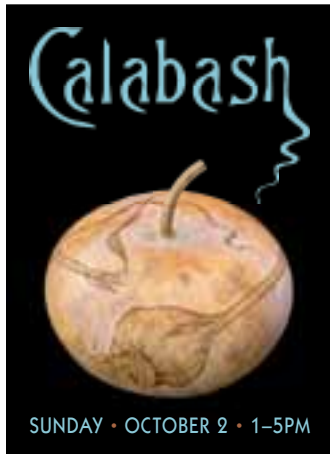
John F. Ewing
Alice Fielder
Robert and Jan Fisher
Lynn and Jim Fitzwater
Tom Fleming
Fred and Liz Flynn
George Fossett and B. Gretter
John and Debra Franzman
Greg C. Fritz and Bruce Westland
David and Nancy Gerber
Harold V. Geritz and Margaret Griffin
William Grasse
Ron and Bea Griffiths
Robert and Catherine Hanson
Ann Hatch and Paul Discoe
Jeffrey Hayes and Paul Cardus
Pattie and David Heisser
John Hershey
William and Flora Hewlett Foundation
Gail and Bob Hight
Jim and Carolyn Hinton
Paul Hoge and Alan Porter
Ambassador James C. Hormel
Pete Hosier and Don Reeser
Sally Hurd
Carolyn Jean Johnson and Rick Theis

Patricia Couryer Johnson
Barry Judge
Ron Karp and Ann Dolin
Neal M. Katz and Jan Zeitlin
James King
Wally Krampf
Jane Krensky and Peggy Tourje
Mark and Raylene Leavitt
Margaret Livingston and Shirley Liberman
Jesus Lozano
Chris Markell
Linda Marietta
Jan Marks / Don Blaugrund LGBT Fund
Mary Jo McBride
James and Sandra McCambridge
John McGuirk and Richard Knaggs
Edith P. Mendez
Peter Mirkovich
John Mitchell and Randy Lofquist
Phil and Maureen Murphy
Howard Needleman
Thomas Nelligan
Veronica Ng
Patti O'Brien
Berta and Ron Pecoraro
Jan Postma and David Karp

Stephen Resnick
John Ross
Russian River Rotary
Robert Sargent
Jane Saunders
Fred Schneider
Stephen and Deb Scholey
Sebastopol Chapter of Realtors
Donna Seid
Patrick and Cris Simmons
Timothy Stevenson and David King
Regina and Tim Sullivan
Vrenae Sutphin and David Gray
Terri Tachovsky and Karen Knudson
Kelly Temple and Mark Erickson
Ted and Elizabeth Theiss
Curtis Thomson and Sonny Childers
Jay Tripathi / Gardenworks, Inc.
Christine Tsai
Charles Wallis
Sue and Hugh West
Jon Western and Elaine Ramires
Caryn Woodhouse and Gene Lamka
Christian Wright
Doug Yule

Food For Thought
PO Box 1608, Forestville CA 95436

Address Service Requested



Gourd Art: "Garlic" by Linda Gamble • Photo: John Hershey

Save the Date!

**Sunday,
October 2
1-5 pm**

See page 3 for more info

HAPPY BIRTHDAY TO FOOD FOR THOUGHT ANTIQUES, GIFTS, AND GARDEN!



CELEBRATE WITH A 20% OFF STOREWIDE SALE AUGUST 26-28

Food For Thought Antiques, Gifts, and Garden is nine years old! To celebrate, the store will have refreshments and raffle prizes every weekend in August.

Aug. 26-28, stop by for BBQ treats and a 20% off storewide sale!