



2019

Food For Thought Annual Report

Although it seems like ancient history, 2019 was an outstanding year for Food For Thought. Our dedicated volunteers and highly effective staff worked together to make the year one of our most productive ever. We are incredibly grateful to our donors and volunteers, who went the extra mile in providing much needed funding to help us serve our clients.

In addition to continuing to offer our *HIV Nutrition Program* and *Medically Tailored Meals Program* for people with congestive heart failure, we launched two unique programs to improve health outcomes and serve people in severe need:

Welcome Home, which serves people who have just been released from the hospital and are at risk of malnutrition.

Bags of Love, a specially tailored food support program for homeless people who are struggling with a serious illness. We partner with local health providers to provide these very vulnerable individuals with nutritious food.

We also debuted a new gala event, *Our Long Table*, and had our most successful *Dining Out For Life* event ever!

The agency did however face some significant challenges. We were forced to close for a week due to the devastating fires and PG&E power outages in October, and our food bank lost thousands of dollars' worth

of groceries at that time. Fortunately, we have now raised enough funds to install a generator, which will enable us to stay open and serve clients if we experience a power outage again.

2020 is proving to be the most challenging year in the history of the agency. We've had to completely revamp our operations in order to keep staff, volunteers and clients safe from COVID-19. We have created a new program, the *COVID-19 Nutrition Program* for individuals with a positive diagnosis and others living in their households. In total, we're serving twice as many meals per week as we were in early March of 2020.

We are deeply grateful to our volunteers and supporters, without whom this essential work could not go forward.

With deepest appreciation,

Ron Karp,
Executive Director



Rodney DeMartini,
President, Board of Directors



Food For Thought



healing with
food+love

6550 Railroad Ave.
Forestville, CA 95436
(707) 887-1647
FFTfoodbank.org

Photos: Dave Hall and Sorrel Allen



2019 What We Accomplished

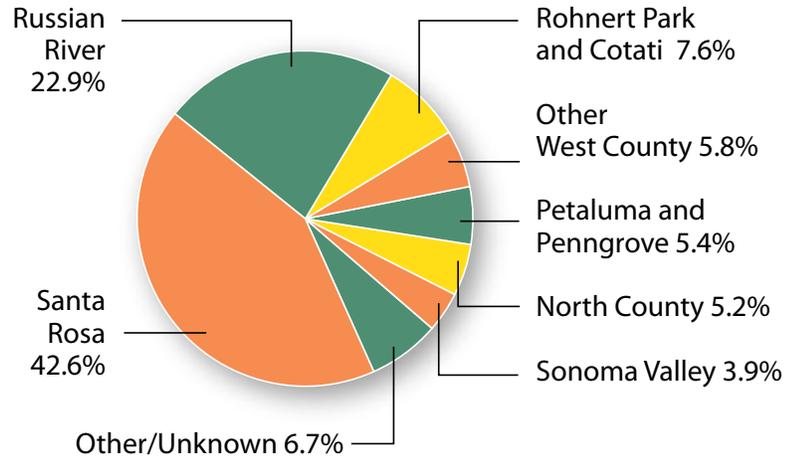
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Your Donations Help People THROUGHOUT SONOMA COUNTY

Clients by Region

**TOTAL
2019
CLIENTS**
672



FOOD IMPACT



Weekly Grocery Orders Filled

12,843

Home Deliveries Made

5,966

Value of Food Donations (Food Drives)

\$131,509

Value of Food Donations (Non-Food Drives)

\$305,461

Lunch Program Meals Served

3,749

Total Meals Provided

273,452

Cost to Clients

\$0

VOLUNTEER IMPACT



550 Volunteers

25,000 Volunteer Hours

\$635,750 Value

CLIENT IMPACT

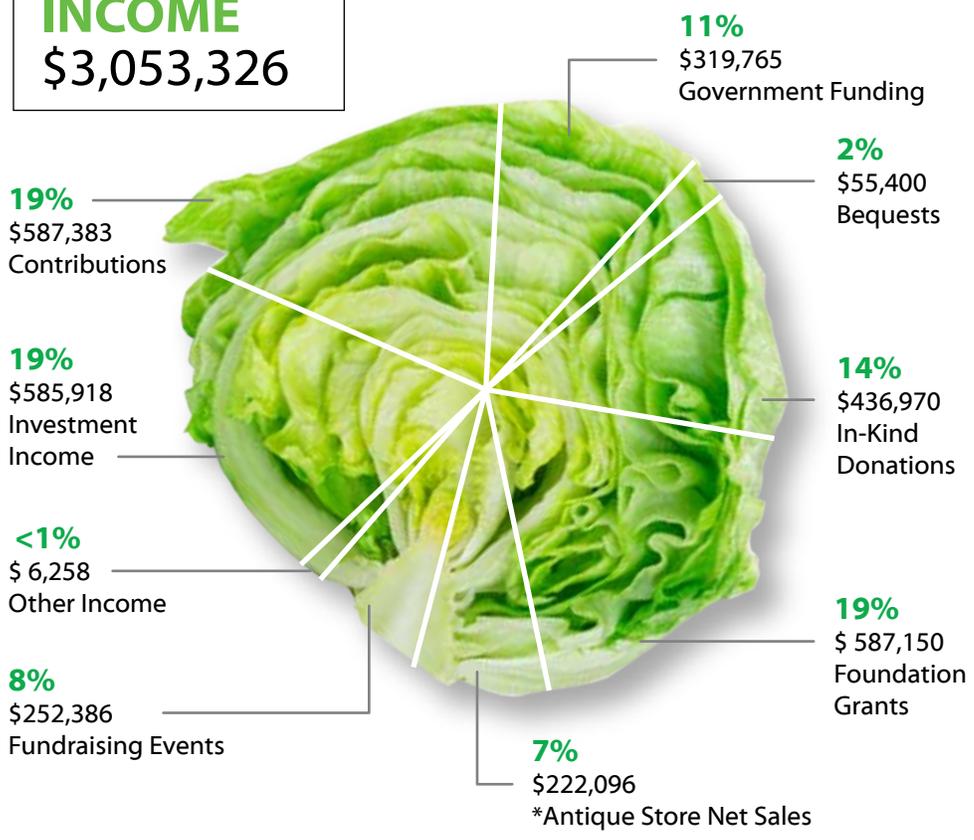


"During my recovery, one of the difficult parts was loneliness and isolation. And to have these kind people coming by, volunteering their time, and bringing the food by that I dearly needed... it meant the world to me."

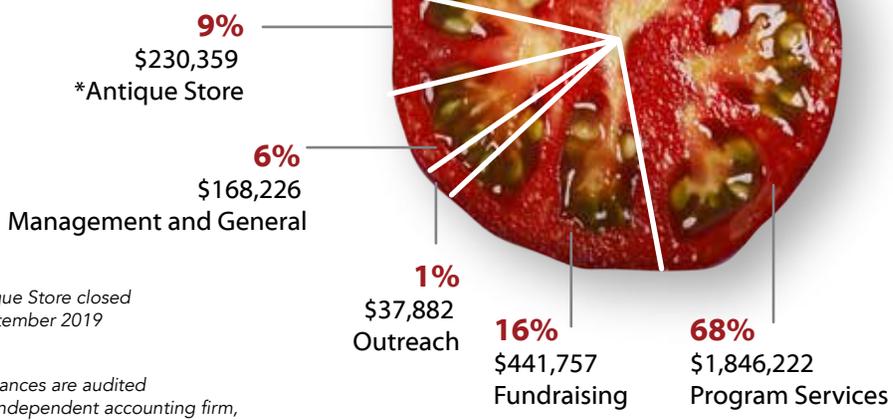
— Hans, Food For Thought Client

Income & Expense 2019

**2019
INCOME
\$3,053,326**



**2019
EXPENSE
\$2,724,446**



* Antique Store closed in September 2019

Our finances are audited by an independent accounting firm, Goranson & Associates, Inc.

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Food For Thought: *healing with food + love*

Food For Thought provides healing food and nutrition to people affected by serious illnesses in Sonoma County. We offer life-sustaining services at no charge to qualified clients who are at risk of malnutrition.

HIV Nutrition Program

Nutritious food for over 525 Sonoma County residents living with HIV.

Medically Tailored Meals Pilot Program

Provides healthy food and nutrition counseling to Medi-Cal patients affected by congestive heart failure.

Welcome Home Nutrition Program

Three months of nutritious food for Sonoma County residents released from the hospital and at risk of malnutrition.

Bags of Love

Nutritious, ready-to-eat food for homeless individuals in Sonoma County.