

Food For Thought Annual Report

2020

2020 was undoubtedly the most demanding year in the history of Food For Thought. It presented unique challenges requiring us to make unprecedented adaptations.

Once COVID-19 spread to Sonoma County, we had to make some tough decisions in order to continue serving our clients safely. We could no longer allow anyone other than staff into the facility and hired additional staff to fill the essential role of the hundreds of volunteers previously working in the food bank. We quickly pivoted to serving clients curbside in FFT's parking lot, expanded our dedicated team of delivery drivers to bring groceries to homebound individuals and asked volunteers to work remotely on key projects, including sewing masks for clients.

In addition to continuing to serve people living with HIV, congestive heart failure, patients recently released from the hospital at risk of malnutrition and homeless individuals with medical conditions, we launched our COVID-19 Nutrition Program and began serving low-income individuals with a positive diagnosis as well as their household members.

Demand for our services continued to grow and we quadrupled the amount of clients we served from 2019 to 2020. The sense of teamwork and the community support we received from our volunteers and donors was amazing. We are incredibly grateful to everyone who helped feed our clients.

We received a tremendous amount of funding from many long-term supporters as well as new foundations and organizations. One fundraising highlight was purchasing and installing a new generator that will enable us to stay open during future power outages.

The pandemic and tragic murder of George Floyd in 2020 were both stark reminders that our country is still plagued by institutional racism. In Sonoma County, the COVID-19 pandemic's impact on the Latinx community was tremendous: 88% of our COVID-19 Nutrition Program clients were Latinx. This past year, we established a Diversity, Equity and Inclusion (DEI) Committee to look at ways that we as an agency can do our part to make our community more equitable.

While 2020 was an incredibly challenging year, we are proud that with the support of our donors and volunteers, we were able to stretch to serve more people living with serious illnesses than ever before. Looking ahead, we are preparing for the eventual return to normal operations and are in the final steps of expanding our "food is medicine" services to new populations of our neighbors in need.

There is still much work to be done to fight food insecurity in Sonoma County. We look forward to partnering with you to foster health and healing with food and compassion.

With deepest appreciation,



Ron Karp,
Executive Director



Rodney DeMartini,
President, Board of Directors

Food For Thought



healing with
food+love

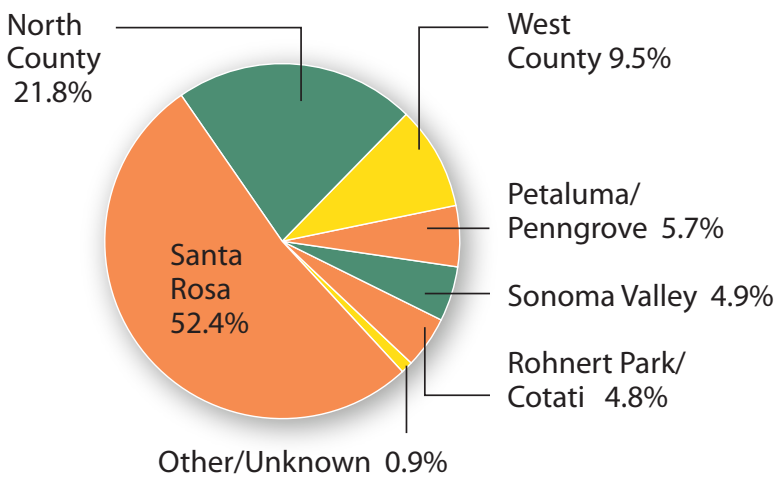
P.O. Box 1608
6550 Railroad Ave.
Forestville, CA 95436
(707) 887-1647
FFTfoodbank.org



2020 Who We Served

Your Donations Help People THROUGHOUT SONOMA COUNTY

Clients by Region



CLIENT IMPACT

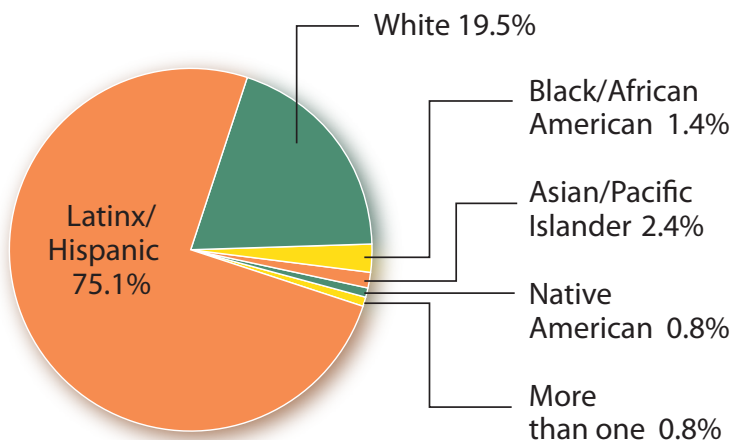
“I never thought I’d get COVID, but I did. The worst part was that my nine-year-old daughter was positive too. I had to stop working, but we had to pay rent, and we didn’t have money for food. The healthy food we get from Food For Thought helps so much. And to people helping Food For Thought with funds, you are amazing. Amazing! I don’t know what to say... but you are all angels!”

—FFT client Elideth



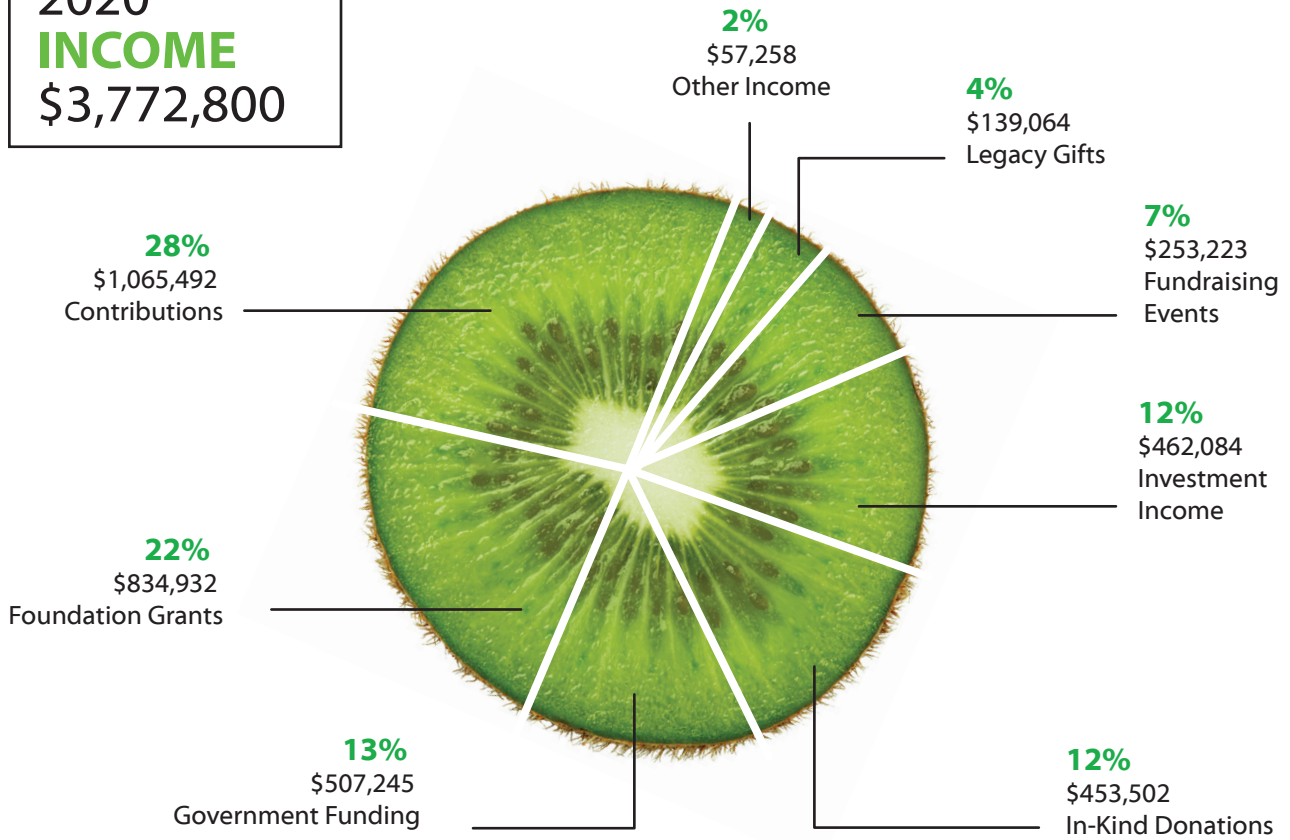
TOTAL 2020 CLIENTS: 4,259

Clients by Ethnicity

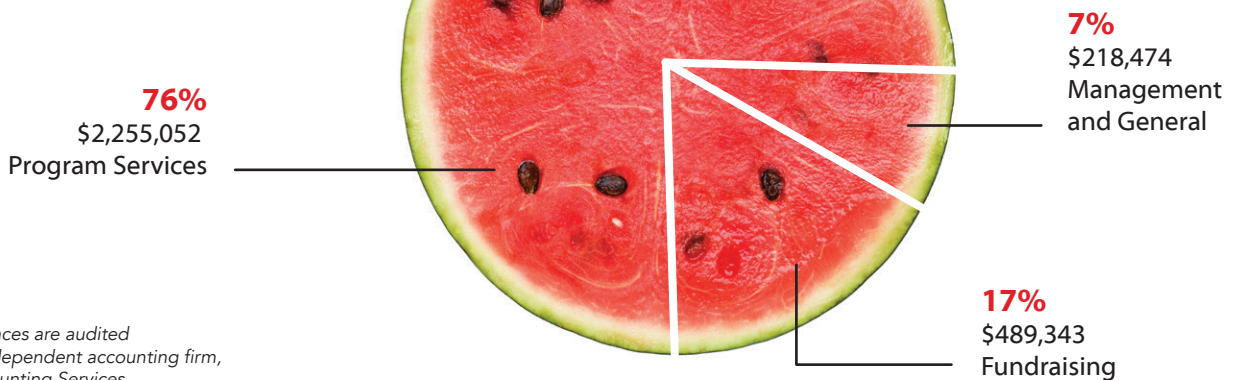


Income and Expense 2020

2020
INCOME
\$3,772,800



2020
EXPENSE
\$2,962,869



Our finances are audited by an independent accounting firm, VM Accounting Services

2020 Our Impact

VOLUNTEER IMPACT



730

Volunteers

9,700

Volunteer Hours

\$276,838

Value



FOOD IMPACT



Weekly Grocery Orders Filled:

13,630

Home Deliveries Made:

8,970

Value of Food Donations:

\$453,502

Total Meals Provided:

330,315





CIRCLE OF GIVING 2020

\$25,000+

Anonymous (1)
Community Foundation
Sonoma County
County of Sonoma
Estate of Tom Fleming
Federal Emergency Management
Agency / United Way
of the Wine Country

Charles A. Frueauff Foundation
Gilead Sciences, Inc.
Carolyn Jean Johnson
and Rick Theis
The Joseph and Vera Long
Foundation
G. Paul Matthews
and Maria Cardamone

Meals on Wheels America
Project Open Hand /
California Department
of Health Care Services
Ron Rubin Winery
Safeway Foundation

Santa Rosa Community Health /
United States Health
Resources and Services
Administration (Ryan White)
SCAN Health Plan
May and Stanley Smith
Charitable Trust

\$10,000 – \$24,999

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CannaCraft

CVS Health
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M.A.C. VIVA GLAM Fund /
Estée Lauder Companies
Charitable Foundation

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NORCAL Group Foundation
PG&E
Mert Preston
Mary Ann Rovai
S.L. Gimbel Foundation Fund
Mark C. Short and Carl Ray

Sonoma County Vintners
Foundation
St. Joseph Health Community
Partnership Fund
Jack and Diane Stuppin
Estate of Frank Thomas
Whole Foods Market—
Northern California

\$5,000 - \$9,999

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Coddling Foundation
Dorothy Cournale
Emily Davis
Jane and Herbert Dwight
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Patricia London

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McKee Concrete Pumping /
Josh McKee
Laurie Plant
Redwood Credit Union
RiskPress Foundation /
Charlie Pendergast
and Kevin Connor

Russian River Sisters
of Perpetual Indulgence
Sonoma County Economic
Development Board
Summit State Bank
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and Duane Wakeham
United Way of the Wine Country
Richard Yonash

\$2,500 – \$4,999

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Michael and Sue Rataj

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Evan Wright
Frank Zwolinski

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\$1,000 - \$2,499

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Maureen Lyn Farey

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Wren Gannon
Gantz Family Vineyards /
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Kent Ritchie
Estelle Rogers and Hal Kwalwasser
Lou Rosenberger and Gary Hagen
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 Misti Wood
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\$100 - \$499

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 Pat Bearden
 Shannon Beaudoin
 David Beck and Marjorie Clark
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 Jennifer Becker
 Bee Garden
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 Brien Bell
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 Candace Benny
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 Ed Berger
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 LuAnn Berkley
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 Marjorie Caldwell and Thornton Bunch
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 Rebecca Christiansen
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 Marcia Clayburg
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\$100 - \$499 continued

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Gail Fadenrecht and Walter Flom
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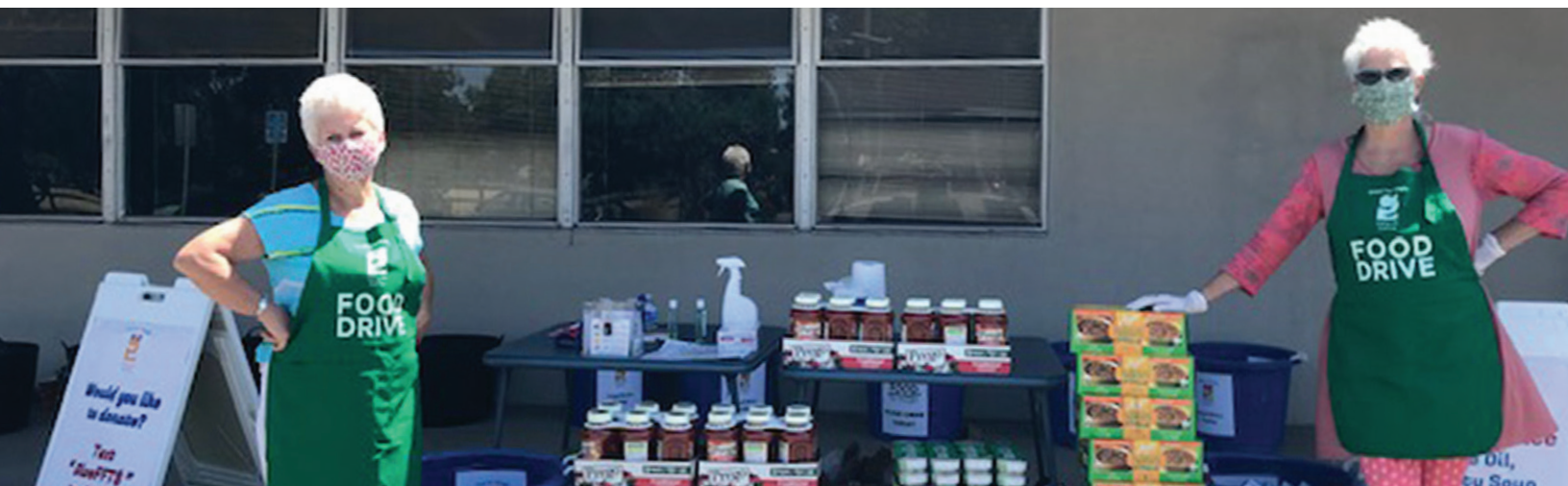
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CLIENT IMPACT

“The connection with Food For Thought was a godsend for me. Having access to all the fresh fruits and vegetables, healthy grains, quality meats and fish was amazing. It really helped me recuperate and gain strength.”

—FFT client John



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Robert Fliedner and Dale Graves	Vicki Knirck	and Abby Gale	Rachel Vail
Jennifer Foley and Naomi Metz	Tim and Michelle Konrad	Nancy Proctor	Suzanne Waxman
George J. Fossett and B. Gretter	Wally Krampf	Nancy Rapalus	Nansi Weil
Thomas Freeman	Jane Lang	Linda Rarey	Jack Welch
Mary Ann Furda	Carol A. Larson	Kirk Read	Bill Welsh
Glenn Gardner and Donna Senn	Don Lewin	Jackie and Tim Reuling	Jon Western
Janet Gardner	Nancy Lewis	Victoria Richardson	and Elaine Ramires
Sarah Garrison	Fran and Rick Hill	Gideon Richardson	Joseph Wiedman
Ric Giardina and John Ross	Diana Madison	Estelle Rogers	Evelyn Williams
Maureen Glancy	Shan Magnuson	and Hal Kwalwasser	Nancy Wilson
Susan Gleason	Barbara A. Mannering	Joseph Rollheiser	Heather Wise
Mark Green and Nemea Laessig	Laura Margolis and Bruce Myers	Ken and Linda Rosen	Barbara Wishard
Shannon Greene	Linda Marietta	Mary Ann Rovai	Misti Wood
Mary P. Gustafson	Myra Mayesh	Sue Rutherford	Debra Wright
Nancy and Mike Haiston	Kenneth McCauley	Jane Saunders	Eric Wycoff
Ann and Brad Hall	Michael F. McCauley	Bob Sayers	Julie Zak
Bill Hanson and Noi Lonalu	Snow McNaughton	William W. Scott	Nancy Zanolini
Susan Hartz	Greg Mitchell and Ross Modlin	Mark C. Short and Carl Ray	Cara Zichelli
Jess Hazlewood	Barbara Moulton and Tom Helm	Larry and Rodrigo Smith	Loretta Zweig
April and Mark Heemer	Jessie Mowry	Tonisa Mary Smith	
Jude Henning	Betty Mullen		



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.

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 patients released from the hospital and at risk of malnutrition.

COVID-19 Nutrition Program

Provides healthy food and nutrition counseling to low-income individuals with a positive diagnosis and others living in their households.

HIV Nutrition Program

Nutritious food for people living with HIV.

Bags of Love

Ready-to-eat food for individuals experiencing homelessness.