



Living life with gratitude and compassion

I do my best to practice healthy living. It hasn't always been easy for me as a long-term HIV survivor.

2011 was a hard year for me. I was strapped for cash, my life was lacking stability, and I didn't have access to healthy food. When I began receiving weekly groceries and nutrition consultations that year with Food For Thought, my health and quality of life improved dramatically. To this day, Food For Thought keeps me on track with a good diet and I am incredibly grateful.

Not only does FFT nourish my physical health, but the organization has great people, who genuinely care about others. I appreciate that FFT is just a phone call away, and the drivers who deliver my groceries each week

are always so kind. Not having a car can make it tough, so having my order delivered is a huge help!

I am a lifelong learner, and I really appreciate Food For Thought's approach to nutrition education. I get to have one-on-one consultations with Nina, the dietitian, and I always feel heard and seen. It is an empowering feeling.

I try to live my life with compassion and empathy for others, no matter what the world or other people throw at me.

As a long-time client, I can attest that this is exactly how Food For Thought treats their clients and community. There is so much compassion here at Food For Thought, and I am so grateful. – *Bob, FFT Client*

"I try to live my life with compassion and empathy for others, no matter what the world or other people throw at me."

This holiday season, FFT encourages all of us in our community to live with gratitude and compassion for others, just like Bob, and give back however we can.



A Message From Ron . . .

For 34 years, Food For Thought has served people with serious illnesses. Many of our core values date back to our beginning when our mission was to serve people with AIDS. At the time of our founding, people living with AIDS were feared. They were met with resistance from, or turned away by, some established service providers and food assistance groups.

"In 2021, Food For Thought served 300,000 meals to 6,000 clients."

Our founders wanted every client to be treated with dignity and respect, regardless of how

they contracted the virus. The values of compassion, kindness, and lack of judgment were embedded into the agency and taught to staff, volunteers, and clients.

These values were passed along through the generations to the present. Our goal today is to continue to treat each other and all who come here with these values in mind. Today we serve people with a variety of illnesses, focusing on improving the health of our clients with medically-tailored meals, groceries, and education. In 2021, Food For Thought served 300,000 meals to 6,000 clients, including over 400 clients with HIV.

The holiday season is a challenging time for many of our clients, especially those who live alone or are not feeling well. We will provide holiday cheer and ensure our clients have plenty to eat, including special food for holiday celebrations.

We ask for your support this holiday season, as a volunteer and as a donor. Your time and monetary contributions are the reason we can go the extra mile for our clients during the holidays and all year long.

In Service,

Ron Karp, Executive Director

Ways to Give

Ways to Give

Here are some ways you can help provide food + love to more than 6,000 of our Sonoma County neighbors in need:

End of the Year Giving

With the close of 2022 quickly approaching, we ask that you include FFT in your end-of-the-year giving plans. You can easily make a tax-deductible gift on our website: FFTfoodbank.org/take-action or mail in your contribution in the enclosed envelope.



The holiday season just warms my heart, and it's a time of year that makes me think of helping those in need. When I donate money, I like to support local charities, and I do what I can to help make sure that no one has to go without food around the holidays. I'll be supporting Food For Thought this holiday season, and I hope you will too.

– Mary Ann R.

Amazon Wish List & Amazon Smile

FFT provides household appliances to our clients in addition to groceries, to ensure that they can prepare the healthy food we give them. This holiday season, we ask you to help us restock these necessary items for our clients:

- Microwaves
- Toaster ovens
- Bathroom scales



When doing your holiday shopping, please consider adding an item from our Amazon Wish List (tinyurl.com/FFTwishlist) to your cart to support our neighbors in need.

Additionally, did you know that your everyday shopping can also provide funding for nonprofits? By signing up for Amazon Smile and selecting Food For Thought as the nonprofit you would like to support, Amazon will donate a percentage of each purchase to us every time you shop. Remember to always visit smile.amazon.com to support FFT when doing your online shopping!

Questions

If you have questions about any of these ways to give, please contact Karen Gardner, Development Director, at (707) 887-1647 ext. 102 or KarenG@FFTfoodbank.org

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SONOMA
— GOURMET —

From the Kitchen



Swiss Pumpkin

(Serves 6)

Ingredients:

6 mini pumpkins, or 1 pumpkin that is about 6-8 inches in diameter

1/4 pound Gruyere cheese, grated

2 slices sourdough bread, or equivalent sourdough baguette, sliced and toasted

Custard:

1 1/4 cup whole milk

2 large eggs

1/4 teaspoon salt

1 teaspoon ground black pepper

1/4 teaspoon nutmeg (optional)



Instructions:

Preheat the oven to 350 degrees.

Cut a 1-inch slice off the top of a large pumpkin, or cut out the tops of the mini pumpkins, creating a 3-inch diameter opening.

Set the top(s) aside. Remove and discard the seeds and strings. Inside the pumpkin cavity, add the toast and cheese in 2-3 layers, with the top layer being cheese.

Whisk together the milk, eggs, salt, pepper, and nutmeg. Pour the mixture into the pumpkin cavity, coating the layers.

Replace the top of the pumpkin and bake in a shallow baking pan on the middle rack of the oven until the pumpkin is tender (about 45 minutes for mini pumpkins and up to 2 hours for a larger pumpkin).

Set a timer for half the estimated cooking time and test whether the pumpkin is cooked. Continue checking every 10 minutes.

Mini pumpkins are individual servings. For the larger pumpkin, serve by cutting it into 6 wedges.

Holiday Giving

Happy holidays from FFT! We know some may not have the means to prepare a holiday meal. In addition to the typical weekly groceries we provide for clients throughout the year, we ensure that they can celebrate their holiday of choice by offering delicious festive dinner kits.

Meal kit choices include:

- Turkeys, chickens, or roasts with all the fixings
- Tamale-making kits
- Tofurkey with gluten-free sides

It is so important to us at FFT that our clients get to choose a holiday meal that brings them joy and that represents their culture and family traditions. Providing food + love means always making space for our clients to have a choice about the food they receive. We wish you and yours a happy holiday season.



HIV Nutrition Program

Since our founding in 1988, Food For Thought has been committed to helping community members living with HIV.

Medications have improved the lives of people living with HIV/AIDS, but there is still tremendous need. Food insecurity greatly increases mortality and medical experts agree that HIV speeds up the aging process, and can add up to 10 years to a person's age.

This is true in FFT's client population, where many of our HIV survivors also experience the following issues:

- Other illnesses, such as cancer, heart disease, kidney disease, or diabetes
- Dementia and other cognitive issues
- Social isolation and stigma, which unfortunately increase with age
- The majority of our senior clients live on less than \$18,000 per year.

With the ongoing need in our community, FFT continues to provide food and dignity to people impacted by the virus. Just last year, we distributed over 120,000 meals to HIV Nutrition Program clients throughout Sonoma County.



An average client's weekly grocery order

With the rising cost of food, and inflation at an all-time high, Food For Thought is so grateful to our donors for making this work possible.

"I heard about Food For Thought through a buddy of mine. I didn't realize that I would even be eligible by being HIV positive," says 54-year-old Shane F., an artist and freelancer. Shane was largely unfamiliar with FFT and other public services until only recently.

"The food is very healthy. It helps me and my partner to have healthier goals and healthier meals. FFT helps us try new things that we otherwise wouldn't have tried."

For more information about the HIV Nutrition Program, contact Client Services Director **Nina Redman** at NinaR@FFTfoodbank.org or (707) 887-1647 ext. 119

DINING OUT FOR LIFE SONOMA COUNTY THURSDAY, DECEMBER 1, 2022



Plan to dine at or order from these restaurants, breweries, and wineries on World AIDS Day, December 1, and a portion of your bill will be donated to Food For Thought.

BODEGA BAY

Ginochio's Kitchen
Terrapin Creek

COTATI

Jam's Joy Bungalow
Mi Pueblo
The Twins Restaurant

FORESTVILLE

A La Heart Kitchen
Canneti Roadhouse Italiana
Sonoma Pizza Co.
Sunshine Coffee Roasters

GEYSERVILLE

Catelli's

GUERNEVILLE

Koala's Fine Food
Smart Pizza

HEALDSBURG

ACORN Winery/Alegria Vineyards
Baci Café & Wine Bar
Chalkboard
Lo & Behold Bar + Kitchen
The Matheson Spoonbar
Valette

PETALUMA

Central Market
Cucina Paradiso
Ristorante Italiano
Magdalena's Savories & Sweets
McNear's
Quinoa Restaurant
Cocina Peruana
Risibisi Restaurant
Street Social
Tea Room Cafe

ROHNERT PARK

Bear Republic Brewing Company
Hana Sake Bar & Tasting Room

SANTA ROSA

Belly Left Coast Kitchen & Taproom
Blue Beagle Coffee
Carmen's Bistro & Bar
Dierk's Midtown Cafe
Hook & Ladder Winery
JoJo Restaurant & Sushi Bar
Mac's Deli and Cafe
Rosso Pizzeria & Wine Bar
Russian River Brewing Company
Sazon Peruvian Cuisine
The Spinster Sisters
TAMBAYAN Filipino Eatery
Tony's Galley Seafood & Bar
Vine Burgers
*Walter Hansel Wine Bistro
Wooden Petal
Zoftig Eatery

SEBASTOPOL

Acre Pizza
The Farmer's Wife
Gravenstein Grill
Handline
Himalayan Tandoori & Curry House
Hole In The Wall
Kathmandu Cafe & Grill
Khom Loi
Martha's Old Mexico

SEBASTOPOL (CONT.)

Mombo's Pizza
Namaste Kitchen
O & C China Bistro
Pascaline Patisserie & Café
Psychic Pie - Sourdough Pizza al Taglio
Ramen Gaijin
Retrograde Coffee Roasters
Rialto Cinemas Cafe
Sonoma Burger
Sonoma Wine Shop & La Bodega
Sunshine Coffee Roasters
Sushi Koshō
Sushi Tozai
Woodfour Brewing Company

SONOMA

Della Santina Trattoria

VALLEY FORD

Rocker Oysterfeller's

WINDSOR

PIZZALEAH
Qimura Sushi & Ramen
Russian River Brewing Company
Sweet T's Restaurant & Bar
Umé Japanese Bistro

DINE OUT. TAKE OUT. GIVE BACK.

KEY

Establishment's donations benefitting FFT:
25% of all sales
50% of all sales
100% of food-only sales
*100% of all sales

Reservations recommended. Please contact the establishments directly.

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Food For Thought's mission is to foster health and healing with food and compassion.

Food For Thought | (707) 887-1647 | info@FFTfoodbank.org | FFTfoodbank.org

