



# Food For Thought

healing with food+love

## 3rd Annual: Grow Love & Give Back

# Plant Sale

*a Food For Thought benefit*

**Saturday & Sunday, April 20 & 21**

**10 a.m. - 4 p.m.**

**6550 Railroad Ave. Forestville, CA 95436**

Celebrate Earth Day weekend with Food For Thought and use your green thumb to make a difference. It's not just a sale, it's a celebration of sustainability, health, and hope!

All proceeds benefit Food For Thought, providing food + love to thousands of Sonoma County residents living with serious medical conditions and facing food insecurity.

**Buy organic  
veggie starts,  
herbs, native  
plants,  
& flowers!**



Learn more at  
[FFTfoodbank.org/plant-sale](https://fftfoodbank.org/plant-sale)

or contact: Kristen Power  
(707) 887-1647 ext. 126  
[KristenP@FFTfoodbank.org](mailto:KristenP@FFTfoodbank.org)