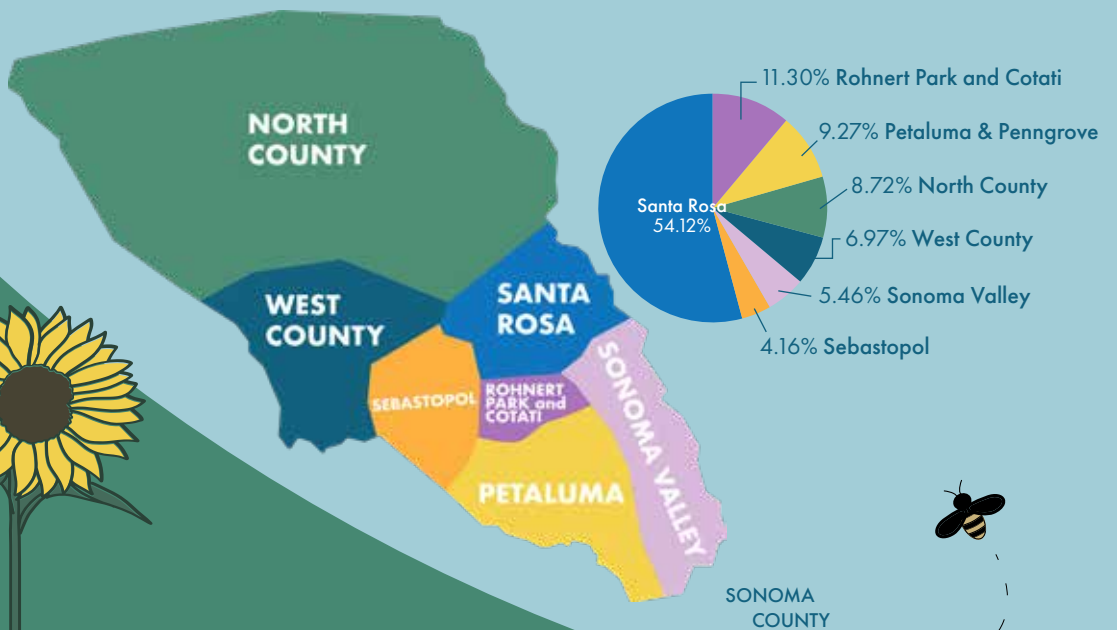


Annual Report

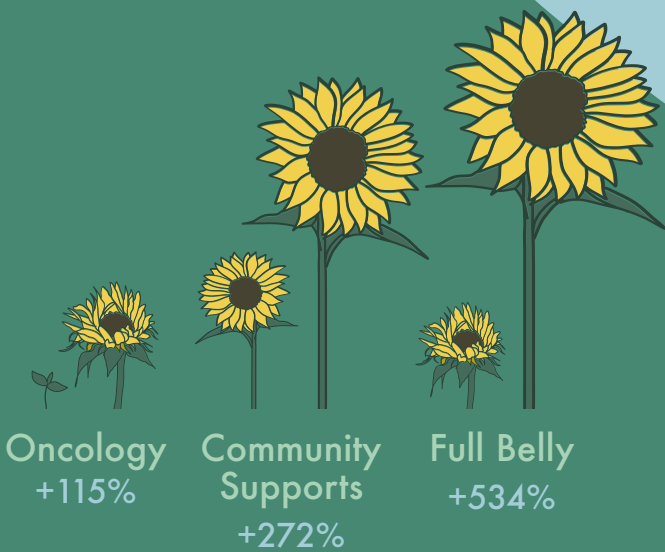
Thanks to our donors and volunteers, Food For Thought provided over 335,000 meals to more than 5,000 Sonoma County neighbors who are at risk of malnutrition and living with a variety of medical conditions. Our comprehensive services provide up to 21 meals per week per person, all based on each individual's unique medical conditions, cultural preferences, and ability to prepare food. Each household gets to customize their order, providing not only healthy meals but also choice, which is essential to dignity.

PEOPLE SERVED (BY SONOMA COUNTY REGION)

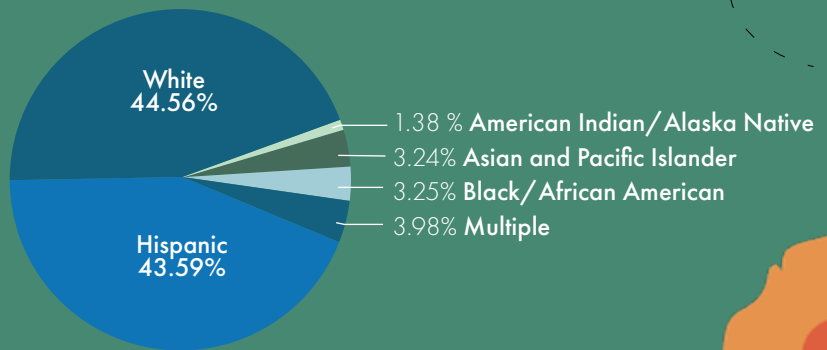


PROGRAM GROWTH

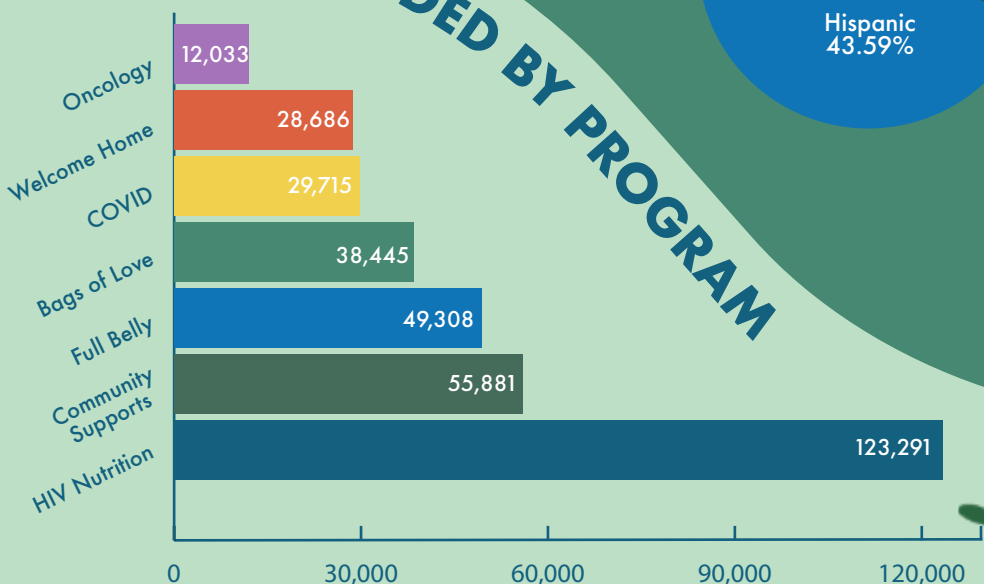
by number of people served



ETHNICITY OF PEOPLE SERVED



MEALS PROVIDED BY PROGRAM



VOLUNTEER IMPACT

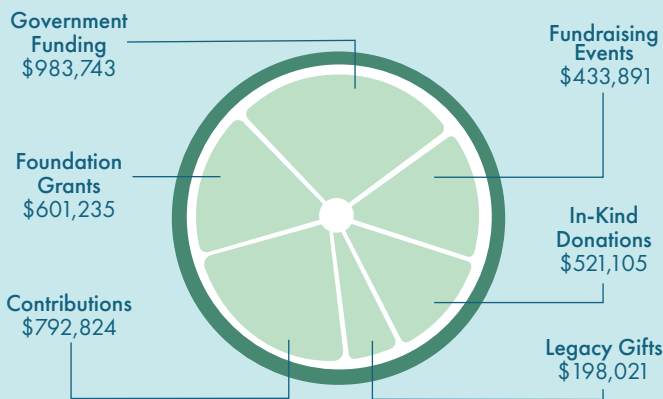
17,938
HOURS

700
PEOPLE

\$669,446
\$ VALUE

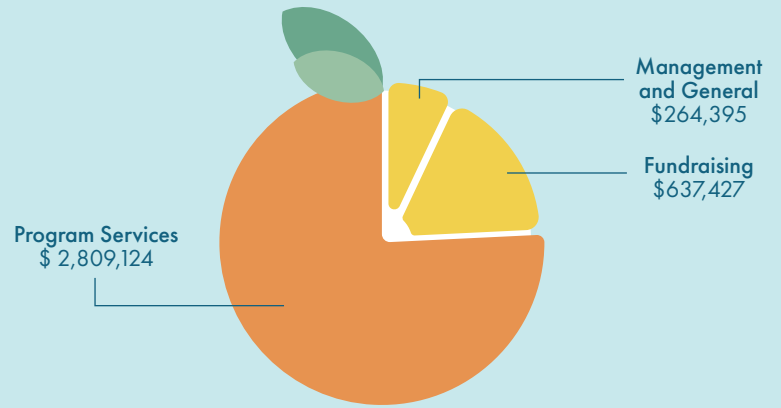


2022 INCOME



TOTAL: \$3,530,819*

2022 EXPENSES



TOTAL: \$3,710,946

*Food For Thought has a conservatively managed portfolio of stock and bond investments. In 2022, the overall market dropped significantly, and our portfolio declined. We remain committed to a long-term prudent investment policy. Due to this decline in investment income our total net income is \$2,866,999.



"I WAS HOMELESS, WITH TWO KIDS. FOOD FOR THOUGHT GAVE ME FOOD THAT ACTUALLY WORKED FOR MY SITUATION—THINGS THAT WERE EASY TO STORE AND PREPARE WITHOUT A KITCHEN. WHEN WE MOVED INTO OUR NEW APARTMENT, WE HAD NOTHING. FFT GAVE ME HEALTHY GROCERIES EVERY WEEK, AND THEY ALSO GAVE ME EVERYTHING I NEEDED FOR MY KITCHEN: A MICROWAVE, COFFEE MAKER, DISHES, SILVERWARE, TOWELS AND MORE! I DON'T KNOW WHERE MY KIDS AND I WOULD BE IF WE DIDN'T HAVE FOOD FOR THOUGHT." ~ CHARMAINE, FFT CLIENT.

A MESSAGE FROM THE PRESIDENT

Dear Food For Thought Community,

It is my privilege to thank you for the wonderful support you gave FFT over this past year. By volunteering your time in the food bank, at food drives, delivering food to clients, and participating in FFT's fundraising events like Our Long Table and Dining Out For Life, you enabled us to expand our services and fulfill our mission of "healing with food and love."

The pandemic challenged us individually and as a team, and although there were many challenges, we greatly expanded our services and clientele. In 2022, the Covid-19 nutrition program served over 1,500 people, and the Full Belly program

grew to serve more than 571 people. We continue our legacy HIV Nutrition program and have expanded programs that serve medically-tailored meals and groceries to individuals undergoing cancer treatment, as well as Bags of Love for homeless clients.

Under Executive Director Ron Karp's leadership, Food For Thought met the challenges that our Sonoma County community faced. Our staff grew with the increasing number of programs and clients we serve.

On behalf of the Board of Directors, I thank you for your continued support of Food For Thought.

Mitch Savitsky

Mitch Savitsky
President of the Board

