



## Judy's Story: A Helping Hand

Food For Thought has been a lifeline for me, offering support and a sense of community during a challenging phase of my life. After decades of teaching and volunteering, my health began to deteriorate. I found myself isolated, weakened by illness, and in need of help for the first time. That's when I was introduced to FFT.

The care and attention I received was not just about groceries or meals—it was about human connection and understanding. Staff members like Paul and Viviana went above and beyond, not only assisting me with my specific dietary needs but also helping me get the groceries into my car. They did so with warmth and genuine care that extended beyond their job description.

The relationship I built with FFT was both personal and healing.

Having the opportunity to personalize my groceries and choose food that aligned with my needs gave me a renewed sense of agency and a return to normalcy in my daily routine. FFT is more than a food bank—it's a community that

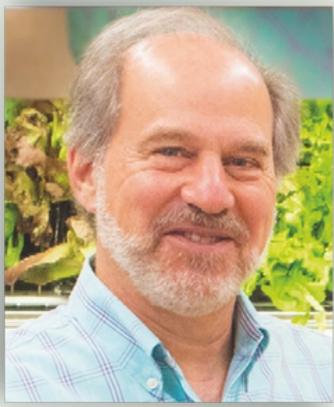
understood my specific needs and met them with sincere attention and care.

FFT's impact on my life has been healing in more ways than just physically. The staff and volunteers nourished not only my body but also my soul, making me feel like part of a community

again, and reminding me that kindness and compassion still exist in the world. FFT is more than a food bank; it's a place that genuinely cares. As I regain my strength, I hope to join them as a volunteer and give back to the community that gave so much to me.

*"The care and attention I received from FFT was not just about groceries or meals—it was about human connection and understanding."*

For more information about the Community Supports Program, contact our Client Services and Nutrition Director Nina Redman at [NinaR@FFTfoodbank.org](mailto:NinaR@FFTfoodbank.org) or (707) 887-1647 ext. 119



## A Message From Ron . . .

As supporters of Food For Thought, you have helped us grow, both in the number of clients and in the variety of programs we offer to meet the community's nutrition needs.

As food insecurity persists, we aim to serve as many neighbors in need as possible, and to reduce illness through increased access to healthy food and nutrition education.

*"We are collaborating with Partnership HealthPlan to supply medically-tailored groceries and meals to Medi-Cal patients in Sonoma County."*

You, as volunteers, donors, and supporters, play a vital role in achieving these goals.

The 2022 annual report, on pages three and four, shows the growth of our programs. Last year we also rebuilt the volunteer and food drive programs. And your contributions of \$1.4 million helped us to better serve the needs of the community.

We expanded our Client Services department and are collaborating with Partnership HealthPlan to supply medically-tailored groceries and meals to Medi-Cal patients in Sonoma County. This program, called Community Supports, is part of a new Medi-Cal pilot program that will, for the first time, cover the cost of medically-tailored food for qualifying clients. You can find more information on page five.

With your sustained support, I am confident that Food For Thought will continue to provide life-sustaining nutrition services for as long as needed.

Ron Karp, Executive Director

# Ways to Give

## Make an Online Donation

You can easily make a tax-deductible gift on our website: [FFTfoodbank.org/donate-now](https://FFTfoodbank.org/donate-now) or scan the QR code.



## Legacy Giving

Leave a Legacy! By including FFT in your estate plans, you ensure that FFT will continue to provide life-saving food and nutrition to our most vulnerable neighbors. Such planned gifts become a part of your legacy, echoing your values and commitment to our community. They create ripples of positive change, truly making a difference in the lives of future generations in Sonoma County.



*"Food For Thought is included in my estate plan because it is so important to feed people. No person should go hungry, especially during a medical crisis. Food For Thought makes the community stronger by*

*working to meet people's needs, which is primary to health and well being. It takes a village! Every day there's a miracle at Food For Thought."*

*- Margaret, FFT Legacy Donor*

## Gifts of Appreciated Stock

Donating appreciated stock to Food For Thought is an impactful way to contribute. When you gift appreciated stock, you avoid paying capital gains tax while receiving a charitable tax deduction, maximizing your donation's effectiveness. Through generous donations of appreciated stock, you become a vital part of our donor community.

## Questions?

If you have questions about any of these ways to give, please contact Kristie Cannady, Communications Manger, at (707) 887-1647 ext. 107 or [KristieC@FFTfoodbank.org](mailto:KristieC@FFTfoodbank.org)



## Watermelon Salad

### Ingredients:

3 pounds seedless watermelon, rind removed, cut into 1" chunks or scooped into spheres with a melon baller  
Zest from 1-2 lemons, finely chopped  
1 tablespoon lemon juice  
3 tablespoons olive oil  
¼ cup basil or mint leaves, chopped  
4 ounces feta cheese, crumbled  
Salt and pepper to taste  
Optional: up to 4 ounces arugula



### Instructions:

- Place the watermelon chunks in a large bowl. Add half of the lemon zest, lemon juice, basil or mint, olive oil, and arugula (if using).
- Toss until the watermelon is evenly dressed. Season lightly with salt and pepper. Since the feta cheese is salty, be cautious with the salt on this initial pass.
- Taste the salad and adjust the seasoning as needed. Depending on the sweetness of the watermelon, you may need a little more lemon juice or olive oil.
- Transfer the salad to a wide, shallow serving bowl or individual plate. Spread it out evenly.
- Crumble the feta cheese over the top. Sprinkle the salad with the remaining lemon zest, and add a few more grinds of pepper and additional salt if needed.

## Community Supports



*"I didn't have to worry about food. Going to dialysis three times a week made it difficult to eat well. With the Community Supports program, I always had healthy groceries available."*

- Taina, FFT Client

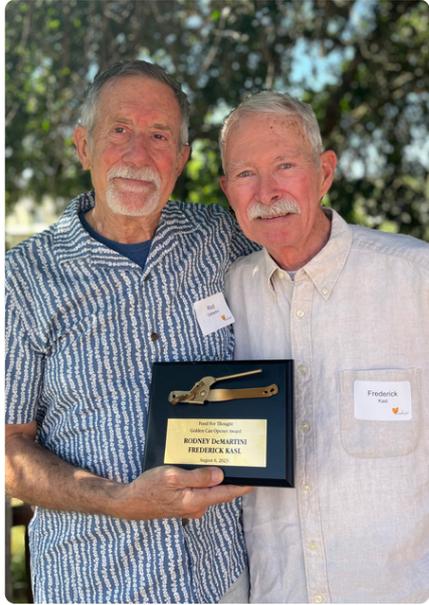
Food For Thought's Community Supports program is part of a five-year Medi-Cal pilot program, in which service agencies like ours can be reimbursed for providing medically-tailored groceries and meals to Medi-Cal patients referred by their doctor.

Medically-tailored food does more than fill hungry stomachs. This kind of nutritional support meets the specific dietary needs of patients living with chronic illnesses like diabetes, heart disease, and lung disorders, all of which require specific nutrition plans. When dietary needs are not met, due to reasons such as food insecurity or lack of housing, there's a high risk of the patient's health deteriorating, leading to readmission to the hospital, disease relapse, or worse. Our history of serving clients living with HIV and meeting their individual dietary requirements, based on their unique conditions, has prepared us for this momentous movement in our healthcare system.

**For more information about the Community Supports Program, contact our Client Services and Nutrition Director Nina Redman at [NinaR@FFTfoodbank.org](mailto:NinaR@FFTfoodbank.org) or (707) 887-1647 ext. 119**

# Volunteer Awards

## The Golden Can Opener Award



The Golden Can Opener Award is awarded to an individual or, in this case, a couple, who demonstrate extraordinary dedication and support to FFT that goes above and beyond expectations. We are honoring Rodney DeMartini and Frederick Kasl, both

of whom have been instrumental in their support since 2005. They have generously contributed both their time and financial resources, served on our board, and held the position of President.

“We both want to say thank you for this great honor. We understand the importance and the meaning of this award. We know others who have received this award and have been in awe of their contributions to FFT, so we are honored to be included in that group. Especially to be honored as a couple.” ~ Rodney & Frederick

## The Dennison Award



The Dennison Award is given each year to a volunteer who has provided over a decade of giving back to the Food For Thought community. This year's award goes to Mike O'Malley. Mike, like so many others, moved up here from San Francisco during the height of the AIDS

epidemic after losing many of his friends and family. He has volunteered here at FFT for 10 years. We are so grateful for his generosity of time and support. Without people like Mike giving back so generously, we could not do what we do. In Mike's own words, “I am so grateful for Food For Thought. Not only providing food but for providing a safe and caring space for so many that I have loved. I just wish I could do more to help and I am grateful that you let me give back.”

**For more information about becoming a volunteer, contact our Volunteer Program Manager Liv Chaaban at [LivC@FFTfoodbank.org](mailto:LivC@FFTfoodbank.org) or (707) 887-1647 ext. 109**



The Federated Indians of Graton Rancheria is a sovereign nation and federally recognized Indian Tribe, comprising Coast Miwok and Southern Pomo peoples, whose cultural and ancestral territories include Marin and Sonoma Counties. Since the Tribe's inception, the Federated Indians of Graton Rancheria have committed to serving their community, taking their responsibility as stewards of the people and land in and around Marin and Sonoma Counties to heart. Their partnership with Food For Thought is an example of the Tribe's mission of social justice and

environmental stewardship in action. The Federated Indians of Graton Rancheria support many volunteer organizations in the community and are proud to be supporters of Food For Thought.

“The Federated Indians of Graton Rancheria strive to make life better for those around us. We are proud to serve our community and support Food For Thought in providing healing nutrition and compassion to those living with serious medical conditions in Sonoma County.” – Greg Sarris, Chairman of the Federated Indians of Graton Rancheria

## Please support our Major Business Sponsors



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FEDERATED INDIANS OF GRATON RANCHERIA



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

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