



Jane's Story: Full Hearts–Full Pantry

I have always thought that FFT's services were only for individuals living with AIDS. However, last summer after being hospitalized, my neighbor received services from FFT and couldn't stop praising how helpful the grocery deliveries were. I was struggling with my own financial hardships as well as health issues that could improve with access to better nutrition. Fortunately, I was referred to FFT by my health clinic.

Since connecting with FFT, my family's life has transformed. We were dealing with the challenge of getting enough food, a struggle made worse after I had to leave a job that was awful for my physical and mental health. The healthy food we now receive from FFT has been a game changer for my family. They cater to our specific medical and personal dietary needs, which is vital for both my wellbeing and my

children, who have sensory issues that limit the kind of food they will eat.

Every interaction with FFT's staff and volunteers has been incredibly heartwarming for my family. Living far from FFT without a car makes their delivery service invaluable.

“The healthy food we receive from FFT has been a game changer for my family.”

The consistent kindness and non-judgmental approach of FFT's staff and volunteers means world to us. Their inclusivity and unwavering support have not only nourished us physically, but have also fostered a sense of belonging and community,

which my children and I deeply appreciate.

I hope to give back to FFT in some way when I am healthier. Meanwhile, I always encourage those around me to support Food For Thought in anyway that they can, given the important role Food For Thought plays in our community.

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



A Message From Ron . . .

In 2023 Food For Thought provided 325,000 meals to 4,000 clients throughout Sonoma County. If you are reading this, you are probably someone who contributed to the effort, and I thank you very much for your help!

FFT serves people who have a serious medical condition as well as food insecurity.

“We would really like your help as a volunteer.”

For many of our clients, it’s a struggle just to have enough food to eat.

Unfortunately,

that is also the case for thousands of other people in Sonoma County—many more than we can serve. In the short term, we would like to increase our capacity to serve more people, while also advocating for more local, state, and federal attention to the problem of food insecurity in our community and beyond.

We would really like your help as a volunteer. Whether you have a few hours, or the ability to help on a regular basis, we can use you. Volunteers help in the food bank to fill orders, package dried foods and vegetables, and stock the shelves. We have over 40 delivery routes throughout Sonoma County that are filled by volunteer drivers. You can take a weekly route or become a fill-in driver when someone has to cancel. Outside the food bank, we have food drive volunteers who work a shift at a grocery store. Other opportunities include helping in our garden, doing administrative work, or helping t with events and other fundraising tasks.

For 35 years, FFT has been on a steady path of growth, continuing to provide more and better services to our community. I’m confident that with your help, we will continue our path of growth and improvement.

Ron Karp, Executive Director

Ways to Give

Donate Online

Every donation, whether big or small, plays a crucial role in expanding Food for Thought's reach. Online contributions, in particular, enable us to swiftly allocate resources to those in need. Scan the code or visit



FFTfoodbank.org/donate-now to make a donation today.

Give Every Month

Our GEMs (Give Every Month donors) play a critical role in our growth, sustainability, and impact. GEM donors create a reliable financial foundation, enabling us to improve health outcomes, advance health equity, eradicate food insecurity and malnutrition, reduce hospital visits and medical costs, and strengthen our regional health care safety net for thousands of Sonoma County residents.

Major Gifts

Although all donations are important, one-time, single donations of \$1,000 or more are a vital source of revenue for Food For Thought. These gifts significantly bolster our ability to serve those living with serious medical conditions, and allow us to expand programs and services, build capacity, support major projects, and respond swiftly to community wide hunger crises. In short, major gifts play a critical role in amplifying our impact.

Donate online at FFTfoodbank.org/donate-now or send your gift via check to:

Food For Thought
6550 Railroad Ave.
Forestville, CA 95436

Double Your Donation!

Did you know you may be able to double your impact with Food For Thought! Many companies have corporate giving programs to match charitable contributions made by their employees. Visit FFTfoodbank.org/employee-matching/ to see if your donation is eligible for an employer match! Visit FFT URL to learn more and see if your employer offers a donation matching program.

Questions?

If you have questions about any of the ways to give, please contact John Liang, Development Director, at (707) 887-1647 ext. 102 or John.L@FFTfoodbank.org



Roasted Potato & Kale Salad

1 1/2 pounds small red or fingerling potatoes

2 tablespoons olive oil

1/2 teaspoon garlic powder

1 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

1 bunch kale, thinly sliced

1/2 red bell pepper, diced

2 tablespoons red onion, diced

2 tablespoons parsley, minced

1 tablespoon lemon juice plus more to taste

1 clove garlic, minced

1 teaspoon kosher salt plus more to taste

1/4 cup olive oil

1 teaspoon Dijon mustard

Freshly ground black pepper



- Preheat the oven to 425 degrees Fahrenheit.
- Clean potatoes, cut into 1-inch diced pieces and place in a large bowl. Toss with the olive oil, garlic powder, salt and pepper and spread out evenly on a parchment lined baking sheet. Roast, stirring once halfway through, until lightly caramelized and crisp tender, approximately 15 to 20 minutes.
- When potatoes are cool, place in a bowl large enough to toss all ingredients. Add kale, bell pepper, onion and parsley and toss.
- Whisk together the lemon juice, garlic, mustard, salt and oil in a small bowl. Pour a portion over potatoes and kale and toss, add more dressing if needed. Taste for seasoning, adjust as needed, and serve.

Volunteers: The Foundation of FFT



FFT was established by a group of kind-hearted friends who wanted to help homebound neighbors suffering from AIDS and isolation and without adequate food. These selfless volunteers founded FFT on the core values of food, love, and compassion. Today, our volunteers uphold those same values. Because of our volunteers, we are able to meet Sonoma County's growing need for comprehensive nutrition services, including medically tailored meals and groceries and nutritional counseling and education.



We need your support now more than ever to:

- Fill custom grocery orders in our food bank
- Deliver food to our homebound clients
- Tend to our organic garden
- Solicit food and monetary donations at food drives
- Support our fundraising and special events



Visit FFTfoodbank.org/volunteer-opportunities or scan to learn more.

For more information about Volunteering, contact our Volunteer Program Manager Liv Chaaban at LivC@FFTfoodbank.org or (707) 887-1647 ext. 109

Why I give

Several years ago I was randomly asked “why I surf.” The more I thought about it, the more I realized there was no easy or simple answer. For me, surfing is in many ways a spiritual practice. The numinous pull of the ocean, riding waves, and connecting to something much bigger than myself is both humbling and fulfilling.

I share this because why I surf is why I give to Food For Thought.

Metaphorically speaking, when we give, we are both wave and rider. Our donations, like the first ripple of a swell, can seem small or insignificant in isolation. However, the more we give—individually and collectively—the bigger and stronger our wave grows. And of course, our difference-making impact.

As FFT donors, we are the beautiful synergy of so many forces coming together to create powerful waves of social good. In return, we get to ride these exhilarating waves of purpose, meaning, and compassion knowing we are connected and contributing to something much larger than ourselves. I joined FFT because, like the ocean, I was drawn to the mission, vision, and values. I donate to FFT for the same reason.

Whether through a major gift, a recurring monthly GEM donation, a Legacy gift, or a single contribution, I hope you too will paddle out with us and experience the joy and thrill of making and riding waves of positive change for the people we serve.

John Liang, FFT Donor and Development Director



Upcoming Events

Our Long Table
AN EVENING OF FOOD, FRIENDS, & MUSIC
BENEFITING FOOD FOR THOUGHT

Sunday, June 9, 2024
4:00 pm - 8:00 pm
Vine Hill House,
Sebastopol

Food For Thought
healing with food+love

3rd Annual:
Grow Love
& Give Back

Plant Sale

a Food For Thought benefit

Sat. & Sun., April 20 & 21
10 a.m. - 4 p.m.
6550 Railroad Ave. Forestville, CA 95436

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

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

Please support our generous business and in-kind partners.



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