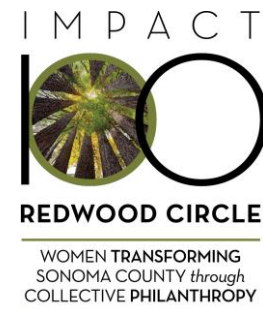


FOR IMMEDIATE RELEASE

Contact: Jan Houts, (707) 579-5860



FOOD FOR THOUGHT RECEIVES \$100,000 GRANT FROM IMPACT 100 REDWOOD CIRCLE

- Monies will be used to support a pilot program -- the "Vital Nutrition Project"

May 10, 2017 – Santa Rosa, CA – Impact 100 Redwood Circle has awarded its second \$100,000 grant to Food For Thought, a Forestville-based nonprofit that has been nourishing and supporting Sonoma County by providing healthy food and compassion to people living with HIV/AIDS for 26 years.

Food For Thought will use the funds to support a pilot study, where they will serve people affected by other critical illnesses, such as heart disease and diabetes, by providing them with the same comprehensive services that their current clients receive. "We strongly believe in our model of listening to the needs of individual clients and giving them the life-supporting foods, nutrition education, and sense of community that they need and deserve," said Ron Karp, Executive Director.

Under its current model, the organization can provide one year of service to a client for less than the cost of a one-day hospital stay. In a study of 43 current clients, the organization found that ER visits decreased by 65% and hospitalizations decreased by 50% over one year. "Our model has proven that, by providing comprehensive nutritional services, our clients are less-likely to require expensive medical care," says Karp.

The pilot program will include 80 clients affected by serious illnesses and at great risk of malnutrition. It is Karp's hope that the program will help demonstrate that access to nutritious, medically appropriate food lowers health care costs, reduces suffering and should be a part of our medical system.

"We are so inspired to support a forward-thinking organization like Food For Thought," said Melissa Kelley, President of Impact 100 Redwood Circle. "Our \$100,000 grant will allow the organization to collect solid data in support of their belief that food is medicine".

“\$100,000 is the largest grant we have ever received,” says Karp. “It is exactly what we need and what our community needs. No one who is sick should go without food, and Impact 100 Redwood Circle is doing just what they set out to do – helping a small agency with big ambitions make a big impact for individuals and the community.”

Impact 100 Redwood Circle was launched in early 2015 and is a fund of the Community Foundation Sonoma County. The group currently has over 150 members and has given out \$225,000 in Impact and Community grants. More information about Impact 100 RC is available at <http://impact100redwoodcircle.org/>.

#