



Food For Thought

healing with food+love

THE DISH

SPRING 2025

WE SERVE
**SONOMA
COUNTY**

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Upcoming Events

For more information about events and ways to participate, please contact Michelle Glead, Events Manager, at MichelleG@FFTfoodbank.org.

Garden Tour & Plant Sale

Fri & Sat, May 9 & 10
Fri & Sat, ~~May~~ 16 & 17

9:00 am–1:00 pm

Guided garden tour at noon each day.

6550 Railroad Ave
Forestville, CA 95436

See how our garden grows! Enjoy a self-guided tour or guided tour at noon. Veggie starts grown in FFT's greenhouse will be available for purchase.

Our *Long* Table

SUNDAY, JUNE 8, 2025

Join us for our 7th annual fundraising gala, with live music, wine tasting, delicious food, and a live auction.

Tickets on sale in April.

*Vine Hill
House*
AT O'CONNELL VINEYARDS

PARK AVENUE
CATERING


TASTE WEST COUNTY

From Our Executive Director

Dear FFT supporters and friends,

National Women and Girls HIV/AIDS Awareness Day, on March 10, is dedicated to raising awareness about the impact of HIV on women and girls. Despite women accounting for 22 percent of all HIV cases in the US, women continue to encounter significant obstacles in accessing HIV prevention and treatment services, due in part to limited federal funding. This is not new—women were not first enrolled in HIV clinical trials until 1993, 14 years after the beginning of the AIDS epidemic.

At Food For Thought, we are proud to offer support to women living with HIV through our dedicated HIV Nutrition Program. By providing life-sustaining nutrition, we aim to support the health and well-being of women and all our HIV clients, improving their health and quality of life.

We are immensely grateful to you, our donors, volunteers, and partners, who make this important work possible. Your generosity has enabled us to provide nutritious food and critical services to Sonoma County's HIV community for over 36 years. We rely on your continued support to enable us to overcome any funding obstacles and continue our work for many years to come.



As we continue to raise awareness and support women living with HIV, we remain committed to creating a future where every individual can thrive regardless of their HIV status.

With gratitude,

A handwritten signature in blue ink, which appears to read "Ron Karp". The signature is fluid and cursive.

Ron Karp, Executive Director



FOR YOUR KITCHEN

Roasted Beets with Rosemary

Ingredients

- 4–6 medium beets, or a few large beets
- 2 tbsp olive oil
- 1 tsp rosemary, chopped
- 1 clove garlic, minced
- Salt and pepper, to taste

Instructions

Pre-heat oven to 375°F. Scrub all dirt off the beets and cut off ends. Chop into bite size pieces.

In a large bowl, add the oil, garlic, rosemary, salt, and pepper. Add beets and toss until coated.

Place beets on a baking sheet lined with parchment paper or foil and roast for 45–50 minutes until tender but crisp.



Donya's Story: A Path to Hope & Healing

When I found out I was HIV positive through a routine blood test, it was like my whole world collapsed. Before receiving the results, I had been enjoying the honeymoon phase of a new marriage, just beginning to build a life with my new husband and my two kids. We were happy and excited about the future—and then it all came crashing down. I didn't know at the time, but my husband was HIV positive. Betrayed and trying to come to terms with this life-changing diagnosis, I decided to leave him and take my children with me.

At first, I was in denial. I couldn't accept the diagnosis and was dealing with it in unhealthy ways. But deep down, I knew I had to survive, not just for me but for my sons. I was on welfare at the time, and the little money I had didn't cover all my expenses, especially when it came to raising two kids. There were days when I didn't eat, just so they could. I mentioned this to one of my case managers at Community Care HIV/AIDS Program (CCHAP) and they told me about Food For Thought.

I remember the first time I visited the food bank so clearly: From the moment I walked in, I couldn't believe my eyes. The lush garden, the fresh produce, the assortment and quality of food—it was name-brand stuff, nothing generic. The amount of food I received was incredible, and I could tell it was high-quality. That was the beginning of a huge change in my life.

There have been times in my life where I was in really bad shape. I was underweight and my health was in jeopardy. I didn't have the strength to take care of myself. I couldn't go to the grocery store, let alone carry the groceries inside or cook for my family. Food For Thought started delivering to me, which was an immense relief. At times when my medication made me so nauseous I couldn't eat and was sick quite often, they provided me nutrition drinks that I could keep down and lessened the sickness.

Over the past 20 years, Food For Thought has been a constant source of support. There are so many times I believe I would've gone hungry and died without their help. Their generosity has literally kept me alive. To this day, people are in awe of the food I receive and often ask me, "Where do you get these groceries?" I always respond, "It's a special place."

Why I Give

BY ELISA BAKER, FFT BOARD MEMBER & VOLUNTEER



I've been involved with Food For Thought for as long as I can remember. I became a donor and volunteer during the AIDS crisis because I saw what was happening in the community and I knew I needed to help however possible. Living in Forestville, I was aware of how Food For Thought was helping local neighbors.

Being the volunteer manager for 10 years, I saw firsthand the incredible impact that our volunteers make. FFT could not exist without them! Now I deliver food, volunteer at food drives, in the food bank, at events, and am on the Board and chair the fund Development committee...they can't get rid of me! I am so proud to be a part of this amazing group of people.



One of my first memories was when I met Rodney DiMartini, who at the time was board President. He was in the food bank cleaning the bathroom. I remembered thinking to myself, "If the board members are not above pitching in anywhere, even cleaning the bathrooms, this is the place I want to be."

I continue to donate and volunteer because I know both are important. Please join me in supporting an organization that is focused on our neighbors in need of nutritious food and healing.

P.S. Did you know in 2024, 720 volunteers donated over 20,000 hours of their time to support the services provided by Food For Thought. That is over \$750,000 in volunteer hours!

Ways to Give

There are many ways to support FFT's mission. Visit our website for all the ways to give.

If you have questions about giving, please contact us at donations@FFTfoodbank.org



Donate Online



Volunteer



More Ways to Give

Thanks to our generous sponsors:

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FAMILY VINEYARDS AND WINERY



DuMOL



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