



Food For Thought
healing with food+love

2025 Impact Report

*To all of the lovely people at
Food For Thought,*

*Thank you all for your loving help. It
has been a great blessing. I am so very
grateful for it and for all of the nutritious
food you have given me.*

*I thought I was only going to have the
donations for one month and was so
surprised and happy for finding out it
will be for 3 months!*

I really, really appreciate you.



*Thank you for
keeping me alive with
dependable weekly
deliveries. You all
were there when I
needed that kind of
help the most.*



*Thank you
from the bottom
of my heart FFT for all
of your help, kindness,
and support toward my
health and healing. Your
services have helped me
immensely and I am
eternally grateful.*



Dear FFT supporter,

Enclosed please find our 2025 Impact Report. As you review these pages, we hope you feel a deep sense of pride in what your generosity has made possible.

Because of your steadfast support, thousands of Sonoma County residents living with serious medical conditions received fresh groceries, medically tailored meals, and loving support this past year.

Nearly 40 years ago, Food For Thought was founded by neighbors who believed no one facing illness should go without the food they need to heal. What began as a grassroots response serving a small number of individuals has grown into a countywide lifeline reaching thousands each year. While our scale has expanded, our foundation remains the same: community members caring for one another. It is still neighbors—supporters like you—who ensure that no one who is seriously ill must worry about access to nutritious food.

Today, Food For Thought operates with a dedicated staff of fewer than 30 people, working in partnership with committed volunteers and community collaborators. Though small in size, our team delivers extraordinary results. We are disciplined stewards of every contribution entrusted to us, carefully managing resources to maximize impact and uphold the confidence you place in our work.

As we look toward 2026, your continued partnership will be essential to advancing this mission. With your renewed investment, we will expand our Full Belly program so pregnant women receive consistent, health-sustaining nutrition throughout pregnancy and for up to two years after their child is born—an essential period for lifelong wellbeing. We will also continue removing barriers to access so individuals across every region of Sonoma County can obtain medically supportive food without cost, stigma, or delay.



Your generosity strengthens families, improves health outcomes, and reinforces the wellbeing of our entire community.

We respectfully ask you to consider making a meaningful gift to Food For Thought today. Together, we can ensure that every neighbor facing serious illness receives the nourishment and care they deserve in the year ahead.

With sincere appreciation,

Ron Karp

Ron Karp, Executive Director

SERVING SONOMA COUNTY SINCE 1988



6550 Railroad Avenue • Forestville, CA 95436 • (707) 887-1647 • www.FFTfoodbank.org

2025 Impact Report

378,210
MEALS PROVIDED

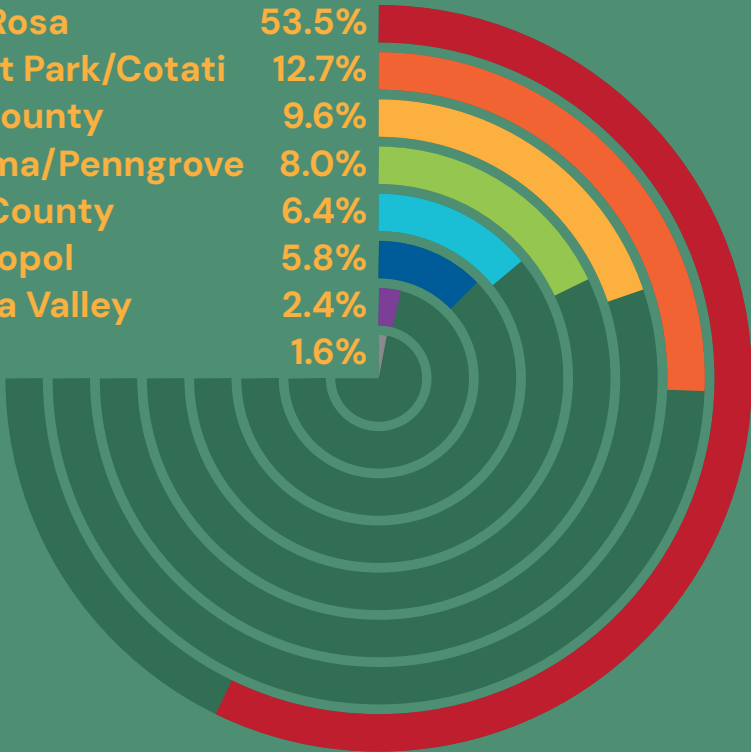
2,000
PEOPLE SERVED

816
VOLUNTEERS



Clients by Location

Santa Rosa	53.5%
Rohnert Park/Cotati	12.7%
West County	9.6%
Petaluma/Penngrrove	8.0%
North County	6.4%
Sebastopol	5.8%
Sonoma Valley	2.4%
Other	1.6%



41
WEEKLY
DELIVERY
ROUTES

20,700
VOLUNTEER HOURS

Meals by Program

Bags of Love	Oncology	Welcome Home	Full Belly	Community Supports	HIV Nutrition
19,415	22,806	39,249	55,933	91,875	148,806

FFT Garden
3,732
SERVINGS OF FRESH FRUITS
& VEGETABLES HARVESTED

