



THE FOOD BAG

IN GRATITUDE

This is a time for us to be thankful. As your president for the Food Bank, I am thankful for an incredibly supportive community which gives so much to help those in need! Did you know that over half of our income comes from local businesses and individuals just like yourself? With those contributions, we are able to do so much. In 2010, we distributed over *one million* pounds of food to eligible low income residents of Mendocino county. We provide food to 8 other food banks in Mendocino county, as well as 5 soup kitchens, one homeless shelter and one low-income sober-living facility. We've done a lot of good for a lot of folks this year too, but we couldn't have done any of it without you! Dietrich Bonhoeffer said, *"In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only in gratitude that life becomes rich. It is easy to overestimate the importance of our own achievements in comparison with what we owe others."* We owe much to you, and will do our best to serve others through your continued support. With sincere gratitude for this giving community,

Dan Fowler, Food Bank President

If you have much, give of your wealth. If you have little, give of your heart.



SAFEWAY HELPS END HUNGER



Our local Safeway store is helping the Fort Bragg Food Bank end hunger in our community! Throughout this holiday season Safeway will offer a \$10 bag of food items especially chosen with Food Bank clients in mind. You can purchase the bags at the checkout stand and Safeway will deliver them to the Fort Bragg Food Bank. This is a simple yet thoughtful way to help out local families. **Thank you, Safeway!**

THANK YOU HARVEST MARKET



Tim and Jennifer Bosma of Harvest Market give a cart of food to Food Bank driver, Doug Duncan

Harvest Market has been a constant source of support for the Food Bank over the years. They contribute significant quantities of surplus food to us six days a week all year long. This is food that is on its way to being slightly past its prime but that is still nutritious and in good condition. Tim Bosma, store manager, says "We are always glad to support something so critical for getting food to people who need it. We'd rather the food gets used to feed people than go to waste." **Thank you Harvest Market!**

KEEPING THE TRUST

We take very seriously the trust placed in us by our community. We are entrusted with donations of food, money, time and talent with the expectation that we will use them to serve our friends and neighbors in need with integrity and to the best of our ability. Every year we undergo a financial audit to ensure that we are using the resources entrusted to us honestly and effectively. Our programs are also audited annually by the Redwood Empire Food Bank in Santa Rosa. The audits have been positive experiences and we always come away having learned something to improve our operations.

VOLUNTEER CORNER



Jesus and Mary



Bill



Angela

We are so grateful to our wonderful volunteers who give so generously of themselves.

LOCAL GROCERS MAKE A BIG DIFFERENCE

Each year we distribute a little over a million pounds of food (Yup! That's 500 tons!) An amazing 35% of this comes directly from local grocery stores and other food establishments that donate surplus food to us daily. The greatest amounts, of course, come from the larger local supermarkets, **Safeway** and **Harvest Market**, who have been loyal supporters of the Food Bank for many years. We also receive generous regular donations from: **Café Beaujolais**, **Colombi's Market**, **Corners of the Mouth**, **Purity Market**, **D'Aurelio's**, **Thanksgiving Coffee**, **Mendocino Bakery** and others. In addition to food quantity these businesses provide welcome variety for our clients. When donated food comes in quantities or portion sizes better suited to soup kitchens than food banks we pass these donations on to Hospitality House, the Lighthouse Four-Square Church Soup Kitchen, or Gleanings Soup Kitchen (at the Catholic Church). For example, Harvest Market Deli regularly donates leftover prepared foods which we collect and give to the Hospitality House to be used in the hot meals they serve daily. We are also most grateful to **Coastline Produce**, **Mendocino Coast Produce** and the **North Coast Brewery** who bring us quality fresh produce weekly.

If you can't feed a hundred people, then feed just one.

Mother Teresa



WHOLE LOTTA MOVIN' N' SHAKIN' GOIN' ON

The joint is jumpin' down at the Food Bank! We currently have three different construction projects going on at the same time! In the last year we were successful in obtaining over \$83,000 in grant funding - enabling us to employ local construction crews to install a new walk-in freezer and generator and to build a shelter over our produce-sorting area. We are grateful for the funding from the Community Development Block Grant and the USDA Rural Development agency. And we owe a BIG thank you to Fort Bragg City staff, especially Jennifer Owen, for all the demanding and detailed work it took to help us obtain the CDBG grant and to Lee Welty, engineer, for generously donating his time as construction manager for the CDBG projects.

We were also very fortunate to be able to purchase a much-needed forklift with a gift from Betty Stechmeyer. Thank you, Betty!

OUR VISION: People coming together to create hope for a dignified, abundant life for everyone

OUR MISSION: To provide nutritious food that supports people in creating a healthy and better life



MENDOCINO FOOD & NUTRITION PROGRAM – THE FORT BRAGG FOOD BANK

910 N Franklin St, PO Box 70, Fort Bragg CA 95437 * 707-964-9404 * www.fortbraggfoodbank.org

Board of Directors: Dan Fowler (*Pres*), Thom Adams (*VP, Secretary*), Ginnie Claus (*Treas*), Glendie Johnson, Kristen Carr
Staff: Nancy Severy (*Exec Dir*), Jim DiMauro (*Warehouse Mgr*), Amanda Friscia (*Client/Volunteer Coordinator*), Holly Hawkins (*Ass't Coordinator*), Joe Odegaard (*Driver*), Doug Duncan (*Driver/Warehouseman*), Hilary Miller (*Admin Ass't*)

*We are a 501(c)(3) non-profit organization. Donations are tax-deductible. Tax ID#: 94-2577092.
Please make checks payable to The Fort Bragg Food Bank. We accept MasterCard & Visa*

THE GIFT OF GIVING

For that hard-to-shop-for person



Let us know that your donation is in honor of a loved one and we will send a card telling them that you have made a generous donation in their name. Or, for a donation of \$20 or more, you may choose to give your loved one a small token of your donation in their name in the form of a festively decorated jar of 15-bean soup mix, popcorn or other edible. The attached gift tag lets them know you have made a donation to the Food Bank in their name. (Gift Jars are available at the Food Bank, 910 N Franklin St.)

HOW YOU CAN HELP – ALL YEAR 'ROUND

- ❖ Come volunteer your time.
- ❖ Send a check – big or small – everything helps!
- ❖ Plant a row in your garden for the food bank.
- ❖ Bring us your used paper and plastic grocery bags.
- ❖ Drop a can or two in our Food Donation Barrels around town.
- ❖ Collect food for the Food Bank at your workplace, church, neighborhood or choir rehearsal.
- ❖ Drop off a case of food or a bag of groceries.
- ❖ Bring us your collection of motel shampoos and other toiletries.
- ❖ Love one another!

NEW FACES AT THE FOOD BANK



In the past year we welcomed three new employees. Jim DiMauro, our new warehouse manager, brings great experience as a former supermarket manager. Holly Hawkins, our new assistant client/volunteer coordinator, serves our clients face to face as they pick up food weekly. Doug Duncan, our new local driver and warehouseman, rounds out our capable crew.

We also welcomed three new board members, Ginnie Claus, Glendie Johnson and Kristen Carr.

"The Food Bank has been a life saver. There's times I'm down to the last can of tuna." - A Food Bank client



FOOD DISTRIBUTION HOURS

910 N Franklin St, Fort Bragg

General (All Ages)

Mon, Wed, Fri: Noon – 3:00 pm

Seniors (60+)

Mon, Wed, Fri: 10:45 – 11:15 am

WHO WE SERVE

At the Fort Bragg Food Bank we provide weekly groceries to 1,100 client households on the Mendocino coast from Westport to Elk. Our clients include seniors, families with children, singles and homeless people. It is our great privilege to serve all people with dignity and without judgment.

MEET THE TURKEY CHALLENGE !

Local businesses provide matching funds to make your donation go further



It is our wish, this holiday season, that all Food Bank client homes be filled with the aroma of a roasting turkey and the shared conversation of friends and family. To help us

provide holiday turkeys, your donation of \$200 or 20 turkeys or more will be matched (up to \$6,000) through the generosity of the following local businesses:

- ❖ Richard McDonald Roofing
- ❖ Savings Bank of Mendocino County
- ❖ Team Insurance and Financial Services
- ❖ Mendocino Coast European Auto
- ❖ Rick McMillen DDS
- ❖ Sports Chrysler Jeep Dodge

(Please write "Turkey Challenge" on your check so that your donation will be matched.) Thank you!



Fall 2011

Newsletter of the Fort Bragg Food Bank

Turkey Dan Says:

"BUY A TURKEY FOR THE FOOD BANK !"



When shopping for your own holiday meal, please take time to remember our friends and neighbors who are struggling to make ends meet - by buying a turkey for a Food Bank family. At Harvest Market, you may pay for a turkey at the checkout stand and the good people at Harvest will see that it gets delivered to the Food Bank in time for the holidays. Or pick up an extra turkey wherever you shop.

P.S. Watch for a special appearance by Turkey Dan (Board President, Dan "Fowl"-er's alter-ego) at Safeway (Sat., Nov 19) and at Harvest Market.



The Fort Bragg Food Bank, PO Box 70, Fort Bragg CA 95437

Non-Profit Org
ECR WSS
US Postage
PAID
Aireek

Residential Customer

To complete a delicious and nutritious holiday meal, we also need other food items such as:

- ✓ Cranberry Sauce
- ✓ Canned Pumpkin
- ✓ Gravy Mix
- ✓ Poultry Stuffing
- ✓ Hot Chocolate

Donations may be dropped off at the Food Bank or non-perishable items may be dropped in our Food Donation barrels at businesses around town.



Thank you!