



# THE FOOD BAG

## YOU MAKE A DIFFERENCE

As I write this little note, I have a smile upon my face. Our surrounding community once again has come through so wonderfully, helping us purchase a brand new truck for the Food Bank. As a result, we can gather more food and feed more people. Your continuing support of our mission, *"To provide nutritious food that supports people in creating a healthy and better life"* means so much to me, to all the other board members and staff here. But most importantly, your support means the world to those who cannot make ends meet, who worry about putting food on their tables every day, and who would go to bed hungry were it not for this place. And so I speak mostly for them, saying, *"Thank you. You have made a difference!"*

- Rev. Dan Fowler, Board President

## SUMMER KID'S BAG PROGRAM

With a little help from our friends

The Mendocino Coast Children's Fund has generously funded a summer program which allows us to provide an extra bag of nutritious food every week this summer to Food Bank client families with school-age children. This is especially needed as, during school vacation, subsidized school lunches are not available for these children. Our thanks to this great organization which cares so lovingly for our local kids.



## FOOD BANK WEBSITE

[www.fortbraggfoodbank.org](http://www.fortbraggfoodbank.org)

We have a website where you can find lots 'o good info about the Food Bank. Please take a look to see the latest news, photos, info for clients, financial audits and more! For your convenience, donations may be made on our website through PayPal.



**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.



## LONG TIME COMIN'

**New truck will serve community for years to come**

We have the great good fortune to finally replace one of our old worn-out trucks. It just didn't make sense to keep pouring money into a truck whose capacity we had outgrown. So after years of planning, and with one last appeal to our generous community we were able to purchase a brand new 2013 Freightliner truck with an 18 foot refrigerated box. This truck will carry over 9,000 pounds of food, as compared with 3,400 pounds by our old refrigerated truck. We're already realizing its benefits - hauling back **additional tons** of fresh produce, dairy products and other donated foods each week from Santa Rosa. The new truck has reduced our fuel costs per pound of food by 55% (by 73% for refrigerated food)! Now we begin work on replacing our very rusty old van which we use for deliveries and pickups around town.

## HOW YOU CAN HELP

We very much need your continuing support through the lean summer months. We are most grateful for donations of cash and food. We also need donations of paper and plastic grocery bags. Thank you!!

# MENDOCINO FOOD & NUTRITION PROGRAM – THE FORT BRAGG FOOD BANK

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**Board of Directors:** Dan Fowler, *Pres*, Thom Adams, *VP, Sec.*, Ginnie Claus, *Treas*, Glendie Johnson, Kristen Carr, Amanda Durigan  
**Staff:** Nancy Severy (*Exec Dir*), Jim DiMauro (*Warehouse Mgr*), Amanda Friscia (*Client/Volunteer Coordinator*), Holly Hawkins and Leilani Levy (*Ass't Coordinators*), 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*

## PENNIES ON THE POUND

An efficient food delivery system



In 2011 we distributed 1,180,000 pounds of food (yep, that's over a million pounds). When we look at the cost/benefit ratio of our work with your support, we find that for every \$1 we spend – we distribute \$6 worth of food. This includes all

direct and indirect costs. So all-in-all, we're a pretty efficient delivery system and we're always on the lookout for ways to be more efficient and effective so we can provide more nutritious food to our community members in need.



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

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Residential Customer

Summer 2012

Newsletter of the Fort Bragg Food Bank

## MILK FOR KIDS



We have been granted \$8,200 from First5 Mendocino so we can provide milk consistently every week to Food Bank families with children age 5 and younger.

## SOUP AND CHILI COOKOFF

Mark Your Calendar: October 26

We invite you to join us for warm and yummy homemade soup and chili along with silent auction, raffle prizes, music, no-host bar and lots of good company! We are looking for individuals, groups and restaurants to enter the contest for the best soup or chili. For more info, call 964-9404



*I'd like to voice my appreciation for the Food Bank and the incredible difference it makes in my life.*

*– A Food Bank Client*

## THE RIGHT TOOLS FOR THE JOB

Our thanks to the Community Foundation of Mendocino County for a grant which allowed us to buy a new refrigerator to stage perishable food for our distribution line, two new pallet jacks, and a warehouse cart. These replaced old, worn-out, unsafe or ineffective pieces of equipment that had reached the end of their useful lives.



## NEWSLETTER BY EMAIL?

If you prefer to receive future newsletters by email, please let us know by emailing us at: [fortbraggfoodbank@mcn.org](mailto:fortbraggfoodbank@mcn.org)

