



# THE FOOD BAG

## GENEROSITY FROM OUR COMMUNITY

It's been a great first year serving as your president for the Food Bank. We have seen such generosity from our surrounding community! We have a wonderful new refrigerated truck to help us do the most important thing we do- get food to those in need. (I think I will still be calling it "the new truck" a few years from now!) Donations of food and of paper and plastic bags are such a blessing. And our local businesses continue to show their heart for the less fortunate in their generosity. So many of you come down and give of your time as volunteers. The job of feeding so many could not be done without our community support. Thank you!

As you consider what you can give to help our work continue, I invite you to read the following anonymous poem:

*"It's not what you do with a million, if riches e'er be your lot. Rather what are you doing at present with the dollar and quarter you've got?"*

Whether your riches be great or small, thank you for whatever you can give to help us.

Blessings and thanks,  
Rev. Dan Fowler, Food Bank President



*It is our great privilege to serve all who come to our doors with dignity and without judgment.*



**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.



Volunteer, Maureen James, rides along with our new Freightliner driven by Doug Duncan in the Paul Bunyan Days Parade

## THE STATE OF THE FOOD BANK

At the Food Bank our daily focus (and passion) is providing good quality nutritious food to our friends and neighbors in need. We also need to take care to build an adequate infrastructure and maintain the resources that have been entrusted to us. Over the past two years, we have been able to perform some needed maintenance and to upgrade our facility and equipment. To re-cap, we've painted our warehouse, and repaired the roof and parking lot. We've purchased a new, larger refrigerated truck, a bigger and more efficient walk-in freezer, an excellent used forklift, a generator, a new refrigerator case, two pallet jacks and we've built a shelter for our produce sorting area. Generous contributions from our community have played a huge part in making this possible.

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



## FRESH FRUIT AND VEGGIES ABOUND !



Volunteer, Stan Halvorsen, tends fresh produce on the display rack constructed for the Food Bank by the men of Chamberlain Creek Conservation Camp.

Our clients are eager for good quality fresh produce. We are fortunate to have several sources of fresh fruit and vegetables. We receive donations of many tons of good produce each year from our ever-generous local grocery stores. Another wonderful source is the Farm-to-Family program (a program of the California Association of Food Banks) through which we can purchase a couple of tons of produce weekly at a cost to us of 3 cents a pound plus transport. In addition many local individual gardeners and community gardens bring us lovingly grown and wonderfully fresh produce weekly.



### LOCAL DONORS OF FRESH PRODUCE

- ❖ Safeway
- ❖ Harvest Market
- ❖ Harvest Market at Mendosa's
- ❖ Corners of the Mouth
- ❖ Purity Market
- ❖ Colombi Market
- ❖ Coastline Produce
- ❖ Mendocino Coast Produce
- ❖ North Coast Brewing Co
- ❖ The Botanical Gardens
- ❖ Noyo Food Forest
- ❖ Backyard Gardeners

## FOOD DISTRIBUTION SCHEDULE

910 N Franklin St, Fort Bragg 964-9404

### General Distribution (All Ages)

MON, WED, FRI: Noon – 3 pm

WED: 4:30 – 5:30 pm

### Senior Distribution (60+)

MON, WED, FRI: 10:45 – 11:15 am

## ONE LOVE SOCCER KIDS VISIT FOOD BANK



The Mendocino One Love Soccer kids brought us many lbs of food and cash they collected for the Food Bank. About 15 boys and girls came to learn about why we're here and what we do. Then they pitched in for a couple of hours helping us fill food bags. These kids sure

know how to work together as a team!

## TAX-TIME DONATIONS BUY PROTEIN

Ever wonder what happens when you check off the box on your California tax return to send a few of your tax refund dollars to the charity of your choice? Wonder no more! Every year the Fort Bragg Food Bank receives about \$6,000 of "Tax Checkoff" money to buy food. Needless to say we are delighted to receive this funding and use it to purchase foods in short supply – usually protein-rich foods like tuna or milk.

**Board of Directors:** Dan Fowler (Pres), Thom Adams (VP, Sec), Ginnie Claus (Treas), Glendie Johnson, Kristen Carr, Amanda Durigan.

**Executive Director:** Nancy Severy. **Warehouse Manager:** Jim DiMauro. **Volunteer/Client Coordinator:** Amanda Friscia.

**Staff:** Hilary Miller, Holly Hawkins, Joe Odegaard, Doug Duncan.

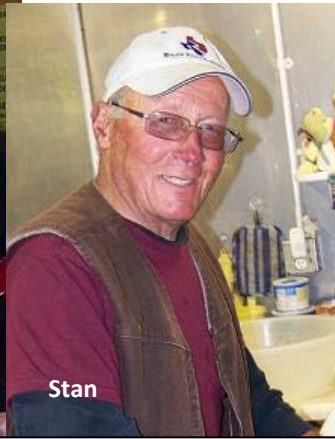




Mark



Bill



Stan



Maureen

## VOLUNTEER CORNER



Lupe



Barbara



Yukie

We are so grateful for our volunteers! We truly could not operate without them. Last year they donated over 12,000 hours of work for the good of the Food Bank! Wow! It's truly a delight to work with such generous good-hearted people. Pictured here are just a few of our many regular volunteers. **Thank you one and all !!**

### EXTRA NUTRITION FOR KIDS

*With a little help from our friends*



We are so grateful to the Mendocino Coast Children's Fund for funding our Kid's Summer Vacation program. With their help families with children received a generous extra bag of nutritious food every week. We're also grateful for a grant from First5 Mendocino to provide milk to families with children age 5 and under.

*I feel very grateful that folks down on our luck we can come and be fed. - A Food Bank Client*

### HOW YOU CAN HELP – All Year 'Round

- ❖ Send a check – big or small – everything helps!
- ❖ Plant a row in your garden for the Food Bank.
- ❖ Volunteer your time.
- ❖ Collect food for the Food Bank at your church, workplace, neighborhood or book club.
- ❖ Recycle at Pudding Creek and designate the Food Bank to receive the recycling payment.
- ❖ Drop an item in our Food Donation Barrels.
- ❖ Buy a case of food for the Food Bank next time you shop at a discount food store.
- ❖ Donate your used paper and plastic grocery bags.

MENDOCINO FOOD & NUTRITION PROGRAM INC

**THE FORT BRAGG FOOD BANK**

910 N Franklin St, PO Box 70, Fort Bragg CA 95437 \* 707-964-9404 \* [fortbraggfoodbank@mcn.org](mailto:fortbraggfoodbank@mcn.org)

*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*

# MEET THE TURKEY CHALLENGE!



Turkey Dan is lonely. He needs some turkeys to keep him company!

Your donation of \$200 (or 20 turkeys) or more will be matched (up to \$4000) through the generosity of the following local businesses: Team Insurance & Financial Services, Savings Bank of Mendocino County, Mendocino Coast European Auto and Century 21 – Paul & Barbara Clark.

FORT BRAGG  FOOD BANK

PO Box 70 Fort Bragg CA 95437

Non-Profit Org  
ECRWSS  
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Residential Customer

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Newsletter of the Fort Bragg Food Bank

## A WARM AND HEARTY MEAL FOR ALL

### *May no one go without*

This is the time of year when folks gather together with loved ones to share a holiday meal. We want to be sure that no one misses out on this experience. Here's a list of items we need for our Holiday Food Bags. Please consider adding an item or two for the Food Bank to your shopping cart as you shop for your own holiday feast:

- ❖ Turkeys
- ❖ Poultry Stuffing
- ❖ Canned Pumpkin or Other Pie Filling
- ❖ Gravy Mix
- ❖ Cranberry Sauce
- ❖ Hot Chocolate
- ❖ Any Traditional Holiday Foods



## WITH YOUR HELP

- ♥ Children who receive adequate nutrition are better able to learn.
- ♥ The worry of out-of-work parents for the welfare of their family is eased.
- ♥ Seniors live a healthier and more dignified retirement.
- ♥ Folks with the extra burden of illness, addiction, or disability have a better chance at turning their lives around.

## BAGS BAGS BAGS BAGS BAGS BAGS



As the plastic bag ban goes into effect, we need your used plastic and paper grocery bags more than ever!

Bring 'em on!!

Visit our website: [www.fortbraggfoodbank@mcn.org](http://www.fortbraggfoodbank@mcn.org)  
Donations can be made through PayPal