



# THE FOOD BAG

## HARVEST MARKET DONATES TRUCK



The Food Bank was thrilled to receive a 2005 Isuzu truck generously donated by Harvest Market. The truck is in excellent condition and will serve the Food Bank and our community for many years to come. Thank you, Tom, Jennifer and Tim!

## WE STILL NEED BAGS!

We wholeheartedly support the town's effort to minimize use of plastic bags. That said..... if you do happen to end up with any plastic or paper grocery bags, we sure need 'em! We'd much rather spend our funds on food than supplies!



## BOTANICAL GARDENS FUND-A-NEED



The Mendocino Coast Botanical Gardens have been bringing us wonderful fresh produce for years. This year they held a very successful Fund-a-Need project to fund improvements and expansion of their vegetable gardens – in order to provide even more fresh vegetables to the Food Bank. Needless to say, we are thrilled. Thank you, Botanical Gardens!

## FOOD-BANKING IN MENDOCINO CO.

This year the Mendocino County Grand Jury took a look at hunger and food-banking in our county. From their report: *"In Mendocino County, 20% of the 90,000 population is below the poverty level and needs help obtaining additional food. In the past four years, the demand on food bank services has increased while government funding and donations for food programs have diminished. All three Food Banks are dependent on community contributions. Each agency is working with limited resources and in spite of the challenges, the Grand Jury was impressed with the accomplishments each has achieved. All clients interviewed expressed gratitude for what they receive."* Regarding the Fort Bragg Food Bank: *"The food available to clients observed by the Grand Jury was fresh.... The Fort Bragg Food Bank has an up to date, transparent and informative website that includes budget and agency tax returns. The Grand Jury was impressed with the administration of the Fort Bragg Food Bank."*

## IT'S IN THE BAG !

Harvest Market does it again! Just when you couldn't think of another way they could find to support our Food Bank! At the checkout register you have the opportunity to donate your 10 cent credit for using a re-useable bag (or the 10 cents you pay for a large paper bag) to one of four local good causes, including the Food Bank. Your checker will give you a wooden token that you take to the Customer Service counter and place in the box of the charity of your choice.

Visit our website at:  
[www.fortbraggfoodbank.org](http://www.fortbraggfoodbank.org)



**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 \* fortbraggfoodbank@mcn.org

**Board of Directors:** Dan Fowler (*Pres*), Thom Adams (*VP, Sec*), Ginnie Claus (*Treas*), Glendie Johnson, Amanda Durigan, Rosalie Scott, Bob Toy, Julie Whipple. **Staff:** Nancy Severy (*Exec Dir*), Jim DiMauro (*Warehouse Mgr*), Holly Hawkins & Sarah Naples (*Client/Volunteer 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*

## 2<sup>ND</sup> ANNUAL SOUP & CHILI COOK-OFF



**October 19 at 5 pm  
PORTUGUESE HALL**

**We're looking for  
Soup Makers !**

For more info: 964-9404



PO Box 70 Fort Bragg CA 95437

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Summer 2013

Newsletter of the Fort Bragg Food Bank

## BREAKFAST CLUB RAFFLE

*Win Breakfast for Two - Once a month for a year!*

Breakfasts donated by: Café 1, David's, Eggheads, Headlands Coffeehouse, Home Style Café, JJ's Family Dining, Laurel Deli, Little River Inn, MacCallum House, Mendocino Hotel Garden Café, Queenie's Roadhouse Café and Sportman's Dock Restaurant.



Great odds! Only 100 tickets will be sold.

Tickets: \$50 at Harvest Market and at the Food Bank.

The drawing will be held Sept 2

## FOOD DISTRIBUTION SCHEDULE

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

## GOT ZUKES ?



Dear Home Gardeners, We'd love to share in your bumper crop of zucchinis, apples, plums or whatever else you may have in over-abundance! Please drop off donations at the Food Bank at 910 N Franklin St. Thank you!

**WANTED  
SMOOTH OR CHUNKY**



**PROTEIN**

**FOOD BANK'S  
MOST WANTED**



**PROTEIN**

