



THE FOOD BAG



PROUD OF OUR TEAM

As president of the Fort Bragg Food Bank, I would like to express how proud I am of our staff – paid and volunteer. We have an excellent team that makes our operation run smoothly and efficiently. Thanks to our executive director, Nancy Severy, and warehouse manager, Jim DiMauro, the organization has never run better. Our board of directors is a capable, dedicated and passionate group with whom I am proud to work.

The Fort Bragg Food Bank is an important part of our community. We serve approximately 1,650 people in 925 client households each month. We provide food for about 500 clients households each week. And new clients sign up almost daily.

While we serve more clients all the time, donations haven't increased. We need your help more than ever. With your donations we are able to obtain food at an average cost of five cents per pound, i.e., every dollar buys 20 pounds of food to feed disadvantaged members of our community.

Please keep us in mind when considering donating to worthwhile causes.

Thom Adams

FAITH AT WORK



This year the Food Bank benefited from a little friendly competition between 3 local faith communities. The 1st Presbyterian Church of Fort Bragg, the Mendocino Coast Jewish Community and the Grace Community Church brought us hundreds of pounds of much needed protein in the form of tuna and peanut butter. And the winner was..... the Mendocino Coast Jewish Community! Thank you, all!

OUR PURPOSE

We believe that adequate nutrition is a prerequisite for maintaining the level of health and energy needed by people to provide for themselves and their families. Many of our clients, due to issues of health, aging, disability or economic crisis find themselves unable to provide adequately for all of their needs. Our goal is to make sure that food, the basic engine of good health, is in adequate supply to sustain our clients through these times.

THE MOST BANG FOR THE BUCK

We are able to secure the greatest quantity of food on behalf of our clients by seeking out donated food and by qualifying for food from government



programs. We augment these "free" food supplies with grants to purchase food to fill nutritional gaps. For all food sources collectively our direct costs are about 5 cents per pound.

THANK YOU, HARVEST MARKET

And thank you, Harvest Market shoppers, for your tremendously appreciated support of the Food Bank through the **Grocery Bag Token Program**.

KID'S VACATION BAGS

A big thank you for the continuing support of the Mendocino Coast Childrens Fund which allows us to provide an extra weekly bag of nutritious kid-friendly food to Food Bank client families with school-age children during periods of extended school holidays when subsidized lunches are not available.



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 CORNER



Dean & Jerry



Sandi



Laura



Josh



Bob



Stan

Pictured are just a few of our wonderful crew of dedicated, big-hearted volunteers.

THANK YOU, VOLUNTEERS! WE COULDN'T DO IT WITH OUT YOU!

FOOD BANK FOLK PULL TOGETHER



With the expert, yet gentle, guidance of Food Bank volunteer, Stan Halvorsen, we have formed the **Food Bank Rowing Team**. We are fortunate to have use of a 26 ft rowing surf boat owned by the Traditional Small Craft Assoc., Lost Coast Chapter. On our first outing, blisters were formed. On our second outing a passing fishing boat tossed us a large, very fresh fish. Happily, by our third outing, the word "flailing" had mostly left our vocabulary and we even ventured out of the safety of the Noyo River and into the harbor.

Alone we can do so little; together we can do so much.
- Helen Keller

Board of Directors: Thom Adams (Pres), Ginnie Claus (Treas), Amanda Durigan (VP,Sec), Glendie Johnson, Rosalie Scott, Bob Toy, Julie Whipple, Marty Johnson

Executive Director: Nancy Severy. **Warehouse Manager:** Jim DiMauro. **Volunteer/Client Coordinators:** Holly Hawkins, Sarah Naples. **Drivers/Warehouse Staff:** Doug Duncan, Felicia Molina

MENDOCINO FOOD AND NUTRITION PROGRAM INC
THE FORT BRAGG FOOD BANK

910 N Franklin St, Fort Bragg CA 95437 * 707-964-9404 * Email: 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.
 PayPal donations may be made on our website: www.fortbraggfoodbank.org.

FRESH PRODUCE FOR REMOTE RURAL COMMUNITIES



This year we received a \$6,000 grant through the **Community Foundation of Mendocino County** which allows us to take fresh produce monthly to small food

pantries in Gualala, Point Arena, Boonville, Leggett, Laytonville, and Covelo. Most of these little pantries serve their communities only once or twice a month and lack adequate storage and transport capability. With the help of this grant, and using any extra available capacity in our Freightliner truck, we pick up produce (and other food items) from the Redwood Empire Food Bank in Santa Rosa and deliver it to these pantries who have expressed a lot of appreciation for this extra food for their clients.

2014 BREAKFAST CLUB RAFFLE



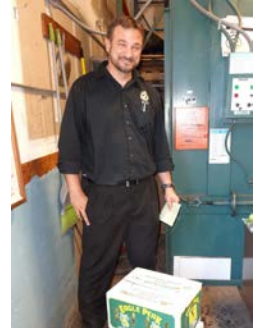
Raffle winner, Heather Baxman (in yellow), will enjoy Breakfast-for-Two from the following donating restaurants: Little River Inn, Sandpiper House, JJ's Family Dining, Laurel Deli & Desserts, Queenie's Roadhouse Café, Cucina Verona, Headlands Coffeehouse, David's, Flow, MacCallum House, Mendocino Hotel and Eggheads.

Visit our website:
www.fortbraggfoodbank.org

WHAT A TOWN!

Tremendous Community Support

Local grocers, bakeries, restaurants, other food-related businesses, home gardeners and community gardens provided over 300,000 pounds of food to the Food Bank last year. Wow! We are so grateful for this regular weekly source of food that provides so much nutrition and variety for our clients. Here's a list of businesses that contribute regularly: Harvest Market, Safeway,



Joshua, North Coast Brewing Co, delivers pears



David of Fort Bragg Bakery brings us bread

Mendocino Produce, Café Beaujolais, Purity, Corners of the Mouth, Fort Bragg Bakery, North Coast Brewing Co, Colombi's Market, Little Debbie, Thanksgiving Coffee, D'Aurelio's, Flow, Starbucks, Mendocino Cookie Co., Garden Bakery, El Yuca, Rite-Aid, and Hopper Dairy.



Whse Mgr, Jim, receives food from Angel Pat of El Yuca



MEET THE TURKEY CHALLENGE

Double your donation!

Your donation of \$200 or more will be matched by these generous local businesses:

- Savings Bank of Mendocino County
- Hawthorne Timber Co
- Paul & Barbara Clark – Century 21
- Mendocino Coast European Auto
- Team Insurance and Financial Services

Your donations will be used to purchase turkeys and hams for Thanksgiving and Christmas. (Please be sure to write "Turkey Challenge" on your check.)

FOOD DISTRIBUTION SCHEDULE

910 N Franklin St, Fort Bragg * 964-9404

General Distribution (All Ages)

MON, WED, FRI: Noon – 3; WED: 4:30 – 5:30

Senior Distribution (60+)

MON, WED, FRI: 10:45 – 11:15 am

FORT BRAGG FOOD BANK

PO Box 70, Fort Bragg CA 95437

Non-Profit Org
ECRWSS
US Postage
PAID
Express-It

Postal Customer



To ease another's heartache is to forget one's own. – Abraham Lincoln

Fall 2014

Newsletter of the Fort Bragg Food Bank

A PLACE AT THE TABLE

The holidays are a lonely time to be left out in the cold. Our goal is to be sure that everyone has the opportunity to pull up a chair and share in a delicious and nutritious holiday meal. We can use your help collecting these foods needed for a complete meal:

- | | |
|-----------------------|-------------------|
| Poultry Stuffing | Canned Pumpkin |
| Gravy – Mix or Canned | Cranberry Sauce |
| Chicken Broth | Canned Vegetables |

WITH YOUR HELP

- ♥ Children are well nourished and better able to learn and grow.
- ♥ Stress and worry are relieved for families with out-of-work parents.
- ♥ Seniors need not make the hard choice between food and medicine.
- ♥ Folks with the added burden of illness, disability or addiction have a better chance to turn their lives around.

HOW YOU CAN HELP – ALL YEAR 'ROUND

- ❖ Send a check – big or small. We can turn your cash donation into a lot of food!
- ❖ Come volunteer your time.
- ❖ Drop off a case of food or a bag of groceries.
- ❖ Plant a row in your garden for the Food Bank.
- ❖ Collect food for the Food Bank at your church, workplace, book club or neighborhood.
- ❖ Bring us your collection of motel soaps & shampoos.



BUY-A-TURKEY FOR THE FOOD BANK

While shopping for your own holiday turkey, please consider buying a turkey for a Food Bank family. You can drop your turkey off in person at the Food Bank. Or, at the check register at Harvest Market, you can make a donation that will be used especially to purchase turkeys for the Food Bank. Thank you!