

Meet the Turkey Challenge Double your Donation!

Donate **\$200 or more** and these generous donors will match your donation:

- Adventist Health Mendocino Coast
- Mendocino Coast European
- Team Insurance
- Savings Bank of Mendocino County
- Jenny's Giant Burger
- Vinny's Pizza
- Beautiful Earth
- Sport Dodge
- Thompson Gas
- Erin Keller Home
- Terry & Desiree Ramos
- Marty Sexton
- Matson's Building Materials

THANK YOU TURKEY CHALLENGE FUNDERS!

PLEASE WRITE TURKEY CHALLENGE ON YOUR CHECK OR DONATE ONLINE



FORT BRAGG FOOD BANK
P.O. Box 70
Fort Bragg CA, 95437

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Postal Customer

HELP FILL OUR HOLIDAY DISTRIBUTION BOXES

- Stuffing
- Gravy
- Chicken Broth
- Green Beans
- Peas
- Corn
- Yams
- Pumpkin Pie Filling
- Cranberry Sauce
- Canned Milk
- Flour
- Sugar
- Hot Chocolate Packets
- Apple Cider Packets
- Candy Canes

Donate to our
Holiday Barrel at Curbside!



CONTACT THE FORT BRAGG FOOD BANK

707-964-9404 | FortBraggFoodBank.org | info@fbfoodbank.org | 910 N Franklin St, P.O. Box 70, Fort Bragg CA 95437

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. Donations may be made on our website.

MENDOCINO FOOD AND NUTRITION FORT BRAGG FOOD newsletter

FALL 2021

Volunteer Spotlight Fall 2021-Nancy Kann



From time to time I get a chance to chat with Nancy when she is volunteering at the Food Bank. We always have a good time

laughing and smiling together. Most of all I love her stories about all her adventures at the Food Bank over the years. Nancy started volunteering in 2019 and hasn't missed a beat. With a sparkle in her eye and a smile on her face Nancy truly is a one of a kind volunteer. You name it she's willing to do it. Bagging up coffee, helping in the kitchen, running deliveries, or sorting through donations she is always smiling.

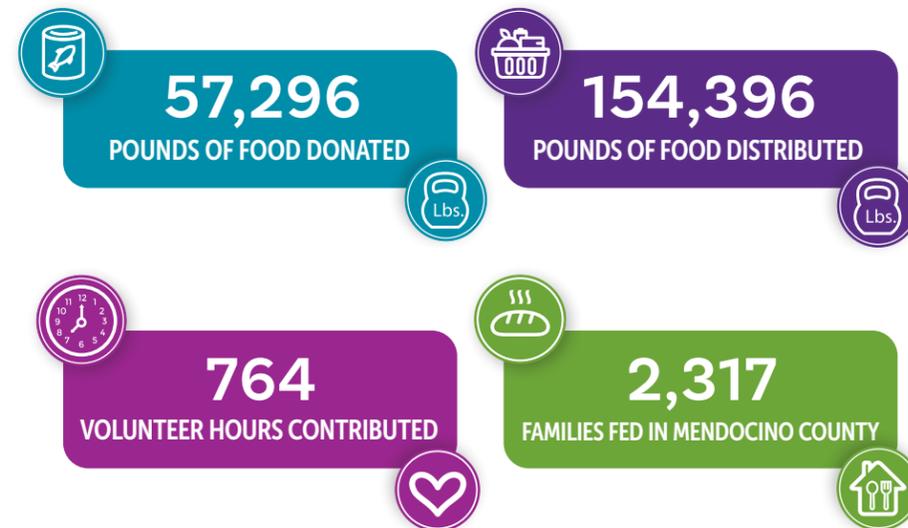
As long as I have known Nancy she has been donating her time for the benefit of others. While volunteering she doesn't waste any time. Nancy often says *"Well I'm here. I might as well also pick up food for other seniors who live in my apartment complex who don't have transportation."*

During the pandemic Nancy also coordinated a drop-off lunch program for Food Bank Volunteers. Many of the volunteers who couldn't come into the Food Bank during the pandemic were searching for a way to connect and continue to give back. Each week Nancy takes them shopping and they prepare delicious casseroles and entrees for the volunteers at the Food Bank. Not only has this provided lunch to our volunteers but it has kept the spirit of volunteering alive.

The Food Bank has been blessed by her giving spirit. Thank you Nancy for your generous heart and continuous commitment to making a difference.



In 2021 Each Month We Averaged...



VOLUNTEERING AT THE FOOD BANK

Our volunteers are always having a good time. With a great team like this how can you resist volunteering at the food bank.

THANK YOU VOLUNTEERS!

CURBSIDE DISTRIBUTION IS BOOMING!



Now that we have had a chance to really adapt to a new way of distributing food the popularity has caught on. Our new check in process greets you with an IPAD and makes the check in process quick as ever. With the ability to tailor each visit to the clients dietary needs this new process is working great.

Each client will receive a box of USDA commodities, a fresh bag of produce, a kids bag, and the refrigerated foods like milk, eggs, cheese, and meat. We have options for vegetarians, gluten free, dairy free, as well as items that do not require cooking. To top it off if you're still missing something across the street, Farm stand is open and offers a shopping experience that will let you choose from an array of Produce, canned goods, and refrigerated items. A big thank you to our wonderful curbside team!

Mendocino County Food Distribution



FOOD PANTRY LOCATIONS

- 1 - Anderson Valley
- 2 - Fort Bragg Food Bank
- 3 - Gualala
- 4 - Laytonville
- 5 - Leggett
- 6 - Mendocino Community Pantry
- 7 - Point Arena
- 8 - Round Valley
- 9 - Ukiah
- 10 - Willits

SOUP KITCHEN LOCATIONS

- 1 - Gleanings Fort Bragg
- 2 - Hospitality House
- 3 - Plowshares Ukiah
- 4 - Trinity Lutheran Church
- 5 - Willits Daily Bread

FOOD DISTRIBUTION HOURS

Monday - Friday - 11am to 4pm
 Curbside and Farmstand
 Open until 5:30 on Wednesdays
 Clients may pick up food once a week.

Note from Director Amanda Friscia



I have been reflecting on the progress the Fort Bragg Food Bank has achieved over the last year and I will admit I am amazed. Our team has grown and continues to inspire me everyday. We all work together so well and

it couldn't be a more fun environment to be a part of. Our community has supported us with open arms and open hearts. Thanks to our strong community involvement and generous donors we have been able to grow in strides over the last year. Not only do we distribute food at the Fort Bragg Food Bank 5 days a week but we also deliver emergency food to each of the Pantries and Soup Kitchens located throughout Mendocino County. In total we serve a total of 10 Food pantries and 5 Soup Kitchens. There are so many ways our great community has made a difference in the last year at our Food Bank. Thank you to the local businesses for donating food, local farms for growing and donating fresh produce, volunteers of all ages for giving us your time, and to every person who chooses to donate their dollar please know that you are helping to provide food to someone who really needs it.

Our Team is Growing...

Welcome to the Food Bank Family. You make a great addition to our team!



Andi Whitlow
Warehouse Worker



Tricia Fernandez
Calfresh Outreach



Mark Veregge
Distribution Assistant

OUR STAFF

Amanda Friscia Executive Director	Jeff Hock Distance Driver	Angela Dominguez Office Manager	Andi Whitlow Warehouse Worker
Jim Dimauro Warehouse Manager	Lisi Martinez Operations Coordinator	Kristin Hock Distribution Assistant	Tricia Fernandez Calfresh Outreach
Kris Russell Distribution Assistant	Rachelle Sutherland Outreach Coordinator	Carl Audo Distribution Assistant	Mark Veregge Distribution Assistant

OUR BOARD OF DIRECTORS

Thom Adams Board President	Peter Tocchini Treasurer	Gary Mason Board Member	Kathleen Alexander Board Member
Marty Sexton Vice President	Desiree Ramos Secretary	Theresa Timmer Board Member	

Thank You Donors! We Couldn't Do It Without You!

Thank you to our monthly donors!

- | | |
|---------------------------------|----------------------------------|
| Marilyn Anderson | Darby Haines |
| Luna Armstrong | Harvest Market |
| Andrew and Linda Banta | Louis Johnston |
| Mildred Bohannon | Linda Kalman |
| Jeanette Boyer | Carolyn Lurie |
| Thomas Casey | Del Miller |
| John B. Cinnamon | Ken and Cheryl Pogue |
| Divine Assistants International | Margaret Roberts |
| Judith Edwards | Marty Sexton |
| Fidelity Charitable | Sharon Bowers & George Reinhardt |
| Richard and Cecilia Goswell | Mitchell A. Sprague |
| Stephen and Emily Gross | The Blackbaud Giving Fund |

Thank you to our generous grantors and foundations:

- | | |
|---|---|
| Adventist Health Mendocino Coast | Mendocino Masonic Lodge #179 |
| Albertsons Companies Foundation | Pacific Gas & Electric Company Foundation |
| California Association of Food Banks | Redwood Empire Food Bank |
| California Department of Social Services | Rotary Club Of Fort Bragg |
| Coastal Mendocino Association of Realtors | Sandberg Goldberg Charitable Support Fund |
| County of Mendocino Do Gooders | Savings Bank Of Mendocino County |
| Dorine A Real and Lee Tepper | Schwab Charitable |
| East Bay Community Foundation | Trinity Lutheran Church |
| Fidelity Charitable | The Blackbaud Giving Fund |
| Pedal for Protein | The Community Foundation of Mendocino County |
| First Presbyterian Church | The Sage Fund Of The Goldman Sachs Philanthropy |
| George and Ruth Bradford Foundation | Vanguard Charitable |
| James G Cummings Foundation | |
| Mendocino Coast Children's Fund | |

Welcome New Donors of 2021!

- | | | |
|--------------------------------|------------------------|------------------------------|
| Albertson's Company Foundation | Jeffery Goss | Roskopf |
| Adrienne Ardito | Jane Graham | Catherine Rossi |
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| Joseph Beardsley | Jed Katxel | Shayna Schonauer |
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| Cal Fire Local 2881 | Sachiko Kusachi | Eashan Shinde |
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| Carolyn Glubok | David Rapheal | Woody's Weld-All |
| | Stephanie Roberts | |
| | Roland Pesch and Kathy | |

Local businesses that donate all year!

- | | | |
|----------------------------|-----------------------------------|--------------------------|
| Cafe Beaujolais | Garden Bakery | Mendocino Cookie Company |
| Corners of the Mouth | Goodlife Bakery | Noyo Food Forest |
| D'Aurelios | Harvest at Mendosas | Nye Ranch |
| Dollar Tree | Harvest Market | Princess Seafood Market |
| El Yuca | Little River Market | Purity Supermarket |
| Flow Restaurant | Meadow Farm | Roundman's SmokeHouse |
| Fort Bragg Bakery | Mendocino Cafe | Safeway |
| Fort Bragg Fire Department | Mendocino Coast Botanical Gardens | Thanksgiving Coffee |
| Fort Bragg Library | Mendocino Coast Produce | Vinny's Pizza |

Your Donations at Work

