Mission

Food For Thought’s mission is to foster health and healing through nutrition and compassion.

Programs and Clientele

Food For Thought’s programs serve people living with HIV and their dependent children (HIV and Children’s Pantry programs); people who are food insecure and have recently left the hospital (Welcome Home program); people with congestive heart failure (Medically Tailored Meals program), and homeless people who are ill (Bags of Love program).

Services

Food For Thought’s services include:

- Weekly groceries, including fresh produce, high-quality protein, healthy grains, vitamins, and medically tailored meals (enough for 21 meals per week per person)

- Delivery throughout Sonoma County to homebound and homeless clients who cannot travel to the food bank

- Individual nutrition counseling and group cooking classes with a registered Dietitian

- Congregate lunch program three days per week

- Regular check-in with a case manager