Although it seems like ancient history, 2019 was an outstanding year for Food For Thought. Our dedicated volunteers and highly effective staff worked together to make the year one of our most productive ever. We are incredibly grateful to our donors and volunteers, who went the extra mile in providing much needed funding to help us serve our clients.

In addition to continuing to offer our HIV Nutrition Program and Medically Tailored Meals Program for people with congestive heart failure, we launched two unique programs to improve health outcomes and serve people in severe need:

Welcome Home, which serves people who have just been released from the hospital and are at risk of malnutrition.

Bags of Love, a specially tailored food support program for homeless people who are struggling with a serious illness. We partner with local health providers to provide these very vulnerable individuals with nutritious food.

We also debuted a new gala event, Our Long Table, and had our most successful Dining Out For Life event ever!

The agency did however face some significant challenges. We were forced to close for a week due to the devastating fires and PG&E power outages in October, and our food bank lost thousands of dollars’ worth of groceries at that time. Fortunately, we have now raised enough funds to install a generator, which will enable us to stay open and serve clients if we experience a power outage again.

2020 is proving to be the most challenging year in the history of the agency. We’ve had to completely revamp our operations in order to keep staff, volunteers and clients safe from COVID-19. We have created a new program, the COVID-19 Nutrition Program for individuals with a positive diagnosis and others living in their households. In total, we’re serving twice as many meals per week as we were in early March of 2020.

We are deeply grateful to our volunteers and supporters, without whom this essential work could not go forward.

With deepest appreciation,

Ron Karp,
Executive Director

Rodney DeMartini,
President, Board of Directors
GEMS (Monthly Donors)

Tom and Anne Abrams
Jennifer Badde-Graves
Elisa Baker
Enid Barnes
Lucy Barnett and Bob Hardcastle
Susan Bartholome and Andy Levine
Alan Beckstead
Mike Bernard
Maggie and Doc Blanchard
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Lee Boyack
Muiz Brinkerhoff
J. Dennis Brown
Pam and Walter Bruszewski
Kim Buckman
Janet and Robert Cannon
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Katie Cleveger
Ezra Thomas Cole
Jona Consani
Rick Costa
Kim Cottingham and Connie King
Gar Cross and George White
Pat and Lee Davis
Emily Davis
Marty and Jeff DeKay-Bemis
Rodney DeMartini and Frederick Kasl
Lisa and Kory DeMartini Crawford
Karen Donaghy and Gary Helfrich
Loni Doucette
Patrick Duffy
Tom Dunbar
Marion Dutra
Michael Duvall
Ana Echenique and Ally Abisch
Mary Ely and Wayne Salk
Maureen and Joel Giddings
Robert Fliedner and Dale Graves
Jennifer Foley and Naomi Metz
George J. Fossett and B. Gretter
Randi Francis and Jane Kurtz
Mary Ann Purda
Ric Giardina and John Ross
Robert and Nancy Giddings
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Karen and Gary Holm
Linda Illsley and Jesse Bileu
Martie Jensen
Dan and Jim Jensen
Shannan and James Johnson
Patricia Courey Johnson
Sherry Jones
Ron Karp and Ann Dolin

Food For Thought Annual Report 2019

Your Donations Help People THROUGHOUT SONOMA COUNTY

Clients by Region

TOTAL 2019 CLIENTS 672

Santa Rosa 42.6%

Russian River 22.9%

Sonoma Valley 3.9%

North County 5.2%

Petaluma and Penngrove 5.4%

Other West County 5.8%

Rohnert Park and Cotati 7.6%

Other/Unknown 6.7%

FOOD IMPACT

Weekly Grocery Orders Filled 12,843

Home Deliveries Made 5,966

Value of Food Donations (Food Drives) $131,509

Value of Food Donations (Non-Food Drives) $305,461

Lunch Program Meals Served 3,749

Total Meals Provided 273,452

Cost to Clients $0

VOLUNTEER IMPACT

550 Volunteers

25,000 Volunteer Hours

$635,750 Value

CLIENT IMPACT

“During my recovery, one of the difficult parts was loneliness and isolation. And to have these kind people coming by, volunteering their time, and bringing the food by that I dearly needed... it meant the world to me.”

— Hans, Food For Thought Client

FFTfoodbank.org
**2019 INCOME**

$3,053,326

- **19%** $587,383 Contributions
- **19%** $585,918 Investment Income
- **<1%** $6,258 Other Income
- **8%** $252,386 Fundraising Events
- **11%** $319,765 Government Funding
- **2%** $55,400 Bequests
- **14%** $436,970 In-Kind Donations
- **19%** $587,150 Foundation Grants
- **7%** $222,096 *Antique Store Net Sales

**2019 EXPENSE**

$2,724,446

- **9%** $230,359 *Antique Store
- **6%** $168,226 Management and General
- **1%** $37,882 Outreach
- **16%** $441,757 Fundraising
- **68%** $1,846,222 Program Services

* Antique Store closed in September 2019

Our finances are audited by an independent accounting firm, Goranson & Associates, Inc.
## 2019 Honor Roll of Donors

### OVER $10,000

<table>
<thead>
<tr>
<th>Donor Name</th>
<th>Organization/Project</th>
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<tbody>
<tr>
<td>Julie and Tom Atwood</td>
<td>The Elizabeth Taylor AIDS Foundation</td>
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<td>Ron and Linda Backstrom</td>
<td>Ernest L. and Ruth W. Finley Foundation</td>
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<td>David Baylor and Theresa Helmer</td>
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<td>Bethlehem Foundation</td>
<td>Gilead Sciences</td>
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<td>Bothin Foundation</td>
<td>Grass Roots Gay Rights Foundation</td>
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<td>Broadway Cares/Equity Fights AIDS, Inc.</td>
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<td>Charles A. Frueauff Foundation</td>
<td>Hansen Family Foundation</td>
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<td>Mark C. Short and Carl Ray</td>
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<td>Whole Foods Market-Northern California</td>
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### $5,000–$9,999

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<td>Ron Rubin Winery</td>
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### $2,500–$4,999

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<tr>
<td>Parke and Sarah Hafner</td>
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<td>The Heck Foundation</td>
<td>River Road Vineyards and Winery / Ronald and Pam Rubin</td>
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<td>Home Instead Senior Care Foundation</td>
<td>Russian River Sisters of Perpetual Indulgence</td>
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<td>Ruth Anne Johnston</td>
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<td>Patricia London</td>
<td>Sonoma County Board of Supervisors</td>
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<td>Until There’s A Cure Foundation</td>
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<td>Gretchen Whisenand</td>
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### $1,000 - $2,499

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<td>Rodney DeMartini and Frederick Kasl</td>
<td>Marna and Richard Hill</td>
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<td>Emergency Food and Shelter Program / United Way of the Wine Country</td>
<td>Meleana Holroyde and Kathryn Toms</td>
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<td>Forestville Pharmacy / Mark and Pamela Olson</td>
<td>Katie Killefer</td>
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<td>Barbara and Gary Gerber</td>
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<td>and Duane Wakeham</td>
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<td>Cara Christina Widmer</td>
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<td>Willow Creek Wealth Management</td>
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<td>Steve and JoAnn Wilson</td>
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<td>Evan Wright</td>
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</tbody>
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*FFTfoodbank.org*
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$500 - $999

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Gary and Elinor Biller
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Steve Bromer
Ren Brown
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Pam and Walter Bruszewski
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Vesta Copesteads

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Karen Donaghy and Gary Helfrich
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Bob and Marcia Falsarella
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Christine Andreasen
Jean Anderson
Linda Anderson
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Susan Arbis
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Rachel Averbuck
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Christian and Phyllis Baldenhofer
Marge Baldwin
Andrea Noble Bandy
Sharon Barbee
Abby Bard
Enid Barnes
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and David Bassing
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Sylvia and Robert Bernard
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Karen Blount and Renee Harcourt
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David Wilson Brown

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Guy Conner
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William and Kim Cordell
Trina Corson Graham and Tim Graham
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Cheryl Costantini and Mikio Matsumoto
Kim Cottingham and Connie King
Tani Crabtree
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Lisa and Kory DeMartini Crawford
Gillian Cropped
Gar Cross and George White
Catherine Hanlon Cruz
CS Fund
Devin and Erin Cuning
Kern and Elaine Cunningham
Mary and Michael Cuioio
Marshall Cupp
Cathy and Rick Cutler
Jim Dale and Loren DeLorenzo
Gina Dallara
Edward and Laura Dangers
2019 Honor Roll of Donors

$100 - $499 continued

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Andrea Davis
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Stan and Lee Davis
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Nancy Dayton
Eva Dehlinger
Arnaldo Delucchi
Kate DeMartini
Veronica and Rich DeMartini
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Kenneth Desanto
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Justin Detray
L. Peter Deutsch and Michael J. Golub
Richard and Marilyn Dey
John Dierke
Judy and Russell Dieter
Kristi Kee Doden
James Doe
Jim and Betty Doerksen
Elaine Dollwet Strehl and David Strehl
Jan Dolnick
Christine D'Ottavio
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Food For Thought provides healing food and nutrition to people affected by serious illnesses in Sonoma County. We offer life-sustaining services at no charge to qualified clients who are at risk of malnutrition.

**HIV Nutrition Program**
Nutritious food for over 525 Sonoma County residents living with HIV.

**Medically Tailored Meals Pilot Program**
Provides healthy food and nutrition counseling to Medi-Cal patients affected by congestive heart failure.

**Welcome Home Nutrition Program**
Three months of nutritious food for Sonoma County residents released from the hospital and at risk of malnutrition.

**Bags of Love**
Nutritious, ready-to-eat food for homeless individuals in Sonoma County.

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