



Interfaith Food Ministry

Feeding Families, Fueling Hope

NEW BUILDING UPDATES



THE TIME HAS COME! IFM IS MOVING TO 440 HENDERSON STREET IN GRASS VALLEY

On March 29-30 IFM will physically move from Whiting Street to Henderson Street. We will be closed Monday, March 31 to settle into the new facilities. As of April 1st all operations at the Whiting Street facility will be ceased.

Wednesday, April 2 is the first day of distribution at the new Henderson Street location.

In order for all parts of IFM to run smoothly as we open our new facility and institute new procedures, we are asking volunteers come to one of the training sessions listed below. Please only come to the training session corresponding with the volunteer job you currently hold at IFM (there are two options for most). All training sessions to be held at the new location.

Drivers

March 20 or 22 at 10:30 am

2013 HIGHLIGHTS

- Demand for services trending up slightly
- Community incredibly generous with contributions
- Hunger to Health Initiatives implemented to support healthier eating habits
- IFM accepted as United Way affiliate
- New client check-in process with computers working well
- Henderson Street building purchase

Financial and Measurement Highlights

- Number of families registered at IFM – 3,628
- New families this year – 1,136
- 80,000 bags of groceries given out
- Biggest challenge is sustainable funding

Real Estate

- Construction at new Henderson Street building proceeding well – On budget and on schedule.
- 551 Whiting Street building is in escrow. All contingencies have been released and their non-refundable deposit has been increased.

Front Office/Client Area

March 25 or 26 at 12:30 pm

Distributors

March 24 at 12:30 pm or March 26 at 10:30 am

Packers

March 25 at 2:30 pm



MOVE VOLUNTEERS NEEDED

If you are interested in helping with the move on Saturday, March 29, 2014, there is a sign-up sheet at IFM or you can email IFM at info@interfaithfoodministry.org.

We also need volunteers to help with the clean-up of our Whiting Street building on Monday, March 31, 2014. If you would like to participate in the clean-up please sign up at IFM or email above address.

SECOND ANNUAL "TAKE A BITE OUT OF HUNGER" FUNDRAISING DINNER MAY 3RD

The "Take the Bite Out of Hunger" Fundraising Dinner will be held May 3rd at the Nevada City Elk's Lodge, 518 Hwy. 49 N. The intent of the Cajun themed event is to introduce new people to IFM and raise funds. We plan to use the funds generated to defray increased operating expenses in our new, larger facility and to allow families to return to receiving food every week, rather than every other week.

We are inviting businesses to underwrite this event

Help Wanted

Facilities Director

Facilities Director needed to oversee all aspects of the new facility (not necessarily to do it all but to make sure it is done).

Landscape Maintenance Person

Immediate help needed with leaf cleanup and landscape maintenance.

WE NEED YOUR HELP!

Shopping at SPD is a WIN for us! If you have a card - use it every time you shop. If you don't have a card, go to the store and get one today. It's free! You must designate IFM as the recipient of your donations on the sign up sheet at SPD.

Do you shop at Save-Mart? Use their loyalty card and IFM receives the benefit. You must get the S.H.A.R.E. cards at IFM. Just ask for a supervisor. They will provide you with a card.

Please take a few minutes to do this-we are counting on you! Thank you!

MESSAGE FROM THE HUNGER TO HEALTH COMMITTEE



Perhaps some of you are wondering why this article is in the volunteer's newsletter and not as a handout for IFM clients. The answer is that the Hunger to Health Committee considers you a part of our team and if you don't understand and support our recommendations it seriously weakens what

with multiple levels of opportunity. Individuals can sponsor tables of eight for \$400 with the idea being to invite people to attend who would like to learn more about IFM. If you are interested in underwriting or sponsoring a table contact us at info@interfaithfoodministry.org.

We need the following items for our bayou decorations:



- Cat Tails (tight, not fuzzy)
- Metal Gates
- Mason Jars
- L.E.D seed lights (very tiny)
- Battery operated L.E.D. pillar candles
- Spanish Moss
- Manzanita that is or can be cut
- Tropical looking, artificial plants/trees
- Fishing netting and cork floats
- Wooden Oars
- Wooden Row Boat (can be old and broken down, needs to be able to be transported)
- Canoe
- Ceramic Turtles or Frogs that would be put in gardens
- Portable Backyard Fountains
- Battery operated Camping Lanterns

Please call or email Nancy Koring if you have any of these items and are willing to let IFM borrow them at 530-273-5510 or seekoring1@suddenlink.net. Please put your name on the bottom of any item you would like to be returned. If you are available to help with set-up on Friday, May 2 or clean-up on May 4, please contact us at info@interfaithfoodministry.org.

THANKS FOR YOUR FINANCIAL SUPPORT!

With a larger facility and increased costs and our

we do. Others of you are possibly wondering if this means we are replacing white rice with brown. No, our objective is to only to encourage our clients to make better food choices, by providing brown rice as an option. Any food recommendations the Hunger to Health Committee makes will be weighed against promoting healthier food, the cost of such food and client acceptability.

The Benefits of Eating Brown Rice

Rice is one of the most commonly eaten foods in grain form. In fact, more than 50% of the world's population consumes rice as a staple food.

Rice is considered a good source of B vitamins as well as, iron, phosphorus and magnesium. While lower in protein than other grain cereals, its protein is considered to be good quality.

Unfortunately, this important food source is most frequently eaten in its least beneficial form as white rice. White rice is actually brown rice that has undergone many changes in the milling process.

Brown rice, on the other hand, has only the husk removed which is the least damaging to its nutritional content and avoids the unnecessary loss of nutrition that occurs with the further processing in white rice.

Brown rice is also considered to be a more nutritious choice when compared to white rice because it is rich in fiber which can reduce the risk of colon cancer, reduces high levels of cholesterol for optimal heart health and promotes more consistent levels of blood sugar control thus reducing the risk of Type 2 Diabetes.

It can be prepared in the same method as white rice but may require a little longer cooking time. However, brown rice has a much shorter shelf life than white. Use within 6 months of purchase for optimal taste

desire to return families to weekly food distribution rather than bi-weekly, there is a need for increased financial support. We recognize many of our families come to us on a temporary basis when their needs are great. Receiving food once a week helps them keep their heads above water during difficult times.

For those of you who have already donated perhaps you might consider increasing your donations, while those of you who have not donated in the past this would be a great time to start. In either case all donations, as always, are greatly appreciated.

Please consider sending a check to P.O. Box 1174, Grass Valley, CA 95945 or donate on-line at www.interfaithministry.org.

SHOPPING CART SPONSORS

New and additional shopping carts are desperately needed for food distribution. We would love to have individuals or businesses/organizations sponsor one or more carts. Each cart will have your name on it unless you request otherwise. We need twenty carts at a cost of \$180.00 per cart including shipping. If you are interested you can email at info@interfaithfoodministry.org or call Sue Van Son at 530-913-3063.



"We are all dependent on one another, every soul of us on earth." - George Bernard Shaw

and value.

PLACER COUNTY FOOD BANK COMMUNITY GARDENS PROGRAM

IFM purchases more food from the Placer County Food Bank than any other source. They offer good prices, as they buy in bulk, supplying food not only to us but many other agencies as well. They also deliver the food to IFM 2 days a week.



They are offering their services in our area:

Wanted: Anyone that might have 1/4 acre or more of land they would like to donate to be developed into a garden where the produce could be used for families at IFM. They are open to giving some of the produce to the land donor in exchange for its use and their oversight/care of the garden. Also, they would work with the land donor providing them with soil, seeds, coaching, and possible volunteers. In ground gardens are easier for them rather than raised beds. Contact them at 916 783-0481 or visit their website at <http://placerfoodbank.org/programs/community-garden-network/>.

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