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Feeding families, fueling hope

IFM

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July 2015



**Summertime, and the living is easy....
but not for everyone**

Doing good isn't seasonal - hunger is a year long problem

GRANTS

Grass Valley Elks Lodge



Officers and Trustees of Grass Valley Elks Lodge #538 gathered at the Interfaith Food Ministry on May 13th to present a check in the amount of \$2,000. The funds were obtained from The Beacon Grant program offered by the Elks National Foundation. The lodge has 114 years of continuous service to the community and is one of the oldest and still operating Elks Lodges in the nation. Charitable grants such as the Beacon Grant are part of the many programs the Elks provide to the community. Pictured above, from the left are Jim Moore, Cindy Homa, Bill Convis, Will Grenz, Jim Darnell, Sue Van Son (director of IFM), Kathy Mollet (treasurer of IFM), Darlene Grenz, Bill Heck, Suzie Haskins, Dan Davis, Kathy Sandiforth and Eddie Haskins.

Save Mart



Thank you as well to SaveMart Cares for their \$3000 grant presented to Sue Va Son by Grass Valley Store Manager, Ryce Hopkins (right) and Senior Director of Customer Experience (left). The grant allows us to continue our peanut and egg program for families with children.



United Way

Thanks also to United Way for their \$9,000 grant! In dispersing their money, United Way has a strategic plan focusing on the impact areas of Basic Needs (food, access to health care, and emergency shelter) and IFM fits perfectly into that category.



GROCERY OUTLET'S INDEPENDENCE FROM HUNGER

Grocery Outlet Presents Independence from HUNGER, July 1st-31st. Donate cash and/or food and help us fight hunger. When you are paying for your groceries just tell your checker you would like to donate. All donations stay in our local community and will go to support Interfaith Food Ministries. Thank you!



CALLING ALL COOKS!

We need gently used crockpots in excellent condition. We are hoping to have our next series of cooking classes for clients focused on crock pot recipes. Ideally, we would like to be able to give a crockpot to everyone who needs one, as well as the ingredients for one of the recipes presented. Crockpots can be brought to IFM and marked for my attention.

Thanks, Sue Van Son



Volunteer Positions Open

Assistant Treasurer

Qualified person needs experience with finances and computers. Will handle IFM bank deposits, as well as logging deposits into IFM's donor management computer system. Shares the responsibility of sending quarterly letters.

Drivers

Must have truck and a strong back for lifting boxes.

Fund Raisers

Fundraising help: Highly organized people who work well with others are needed to help with our annual fundraising event.

Facility Manager

Maintain building subcontractor and service schedules. Main contact for service vendors and provide direction to them as needs arise. Establishes bid process for subcontracted work for board approval. Provides direction for yearly "volunteer days". Outlines specific needs for IFM, what tools are required, number of volunteers needed and directs individuals to those tasks

.
Works closely with the Maintenance Helper, Supply Purchaser, and the Executive Director.

Handy People

Seeking people who have a skill associated with the maintenance of our building and are interested in helping out when needed. Please contact Sue if interested in being added to our on-call list of helpers.



The United Way of Nevada County announces a new State Championship BBQ contest. The annual Backyard BBQ Competition and car show is being expanded to include a professional level BBQ Championship. The event is entitled “Grills and Grilles” and will take place on August 8, 2015 in Western Gateway Park in Penn Valley, CA just minutes from the old gold towns of Grass Valley and Nevada City nestled in the Sierra Foothills. Free public admission. Samples from BBQ Teams will be made available for purchase by the United Way of Nevada County.

There will be a disc golf championship at 9 a.m. The event typically begins at 11:00 a.m. with barbecue tastings beginning at noon. It will end around 4 p.m. with announcements of raffle prize winners of barbecue competitions.

Event website: www.grillsngrilles.com. Keep up with event details on Facebook -<https://www.facebook.com/events/445043222338393/>

www.uwnc.org/documents/2015%20BBQ%20Rules_Registration.pdf

The poster features a blue background with a sunburst pattern. At the top left is the United Way of Nevada County logo. To its right, the text reads "UNITED WAY OF NEVADA COUNTY PRESENTS:". In the center is a red oval containing a white chef's hat and various grilling tools. Below this, the title "GRILLS 'N' GRILLES" is written in large, bold, black letters with a white outline. Underneath the title, the date "AUGUST 8th, 2015" and the location "WESTERN GATEWAY PARK~PENN VALLEY" are displayed in white text. At the bottom, there are logos for the "KCBS KANSAS CITY BARBECUE SOCIETY" and the "CALIFORNIA BBQ ASSOCIATION". The main text at the bottom reads "Sanctioned Competition & Backyard BBQ" and "1st Annual Derek Sorensen Memorial Disc".



Golf Championship

Foreign Car & Motorcycle Show



**Live Music Beer/Wine Vendors
Kid's Area Raffle Prizes**

For more information call (530) 274-8111 or visit:

WWW.GRILLSNGRILLES.ORG

PLATINUM SPONSOR:



**B&C True Value Chris' Collision Repair DC Solar Electric
Len Steven's Construction Magnussen's Auburn Toyota Parts For Imports
Plaza Tire SRC Party Rentals Tess' Kitchen Store Volz Bros**

SHRED DAY A SUCCESS!!!

We surpassed last year's total of \$3,321.00 with a total of \$3,679.00!! Thanks to you and everyone from Owens for making this such a great fundraiser for IFM.



HANDS AGAINST HUNGER

We want to thank these sponsors for their support at our Hands Against Hunger: Celebrating a Community of Caring fundraising dinner. Please support these local businesses and thank them for their partnership in providing food for local families struggling with hunger.

Dessert Auction Donors

Back Porch Market

Baskin Robbins

Brew Baker's Family Café

Diego's

Emily's Catering & Cakes

Flour Garden

Happy Apple Kitchen

Lise Hinman

Holbrook Hotel

Matteo's Public

Ray Moore

Nevada City Chocolate Shoppe

Debbie & Spike Newby

Raley's

Safeway Brunswick

Save Mart

Joanna Thurman

The Truffle Shop



Live Auction Donors

Antonio Ayestaran Catering

Disney Resorts

Emerald Cove Marina

Guenther and Debbie Hofen

Rick and Rita Kahil

NFL Properties, Inc.

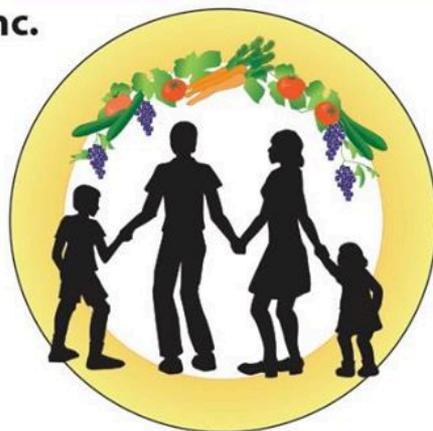
Debbie Newby

Smith Vineyards

Wayne Terres

Bob and Joanna Thurman

Utopian Stone



Foods That Affect Our Mood

By Julie DeHollander, RD- Nevada County Public Health Nutritionist

Ever wonder why many of us reach for food when we are upset? Research indicates that many of us reach for crunchy foods when we're feeling angry, sugary foods when we're feeling depressed, soft and sweet foods when we're feeling anxious and

salty foods when we're feeling stressed.

Carbohydrate rich foods (grains, fruit, dairy, etc.) increase serotonin, a neurotransmitter in the brain that regulates mood and appetite. Foods rich in carbohydrates create a feeling of calmness. High sugar carbohydrates supply a short burst of serotonin, which can make us feel good for a little while, but can also create a spike in blood sugar, followed by a crash. This can leave us depleted and increase cravings for more sugar. Complex carbohydrates, such as whole grains, fruits, vegetables and legumes, contain fiber which helps keep blood sugar balanced. Eating a meal higher in complex carbohydrates in the evening can help to promote better sleep and relaxation. Foods that are high in protein increase the amino acid tyrosine, which is a building block for dopamine and norepinephrine, neurotransmitters that help the brain to focus. Thus, eating a protein rich breakfast with a little carbohydrate promotes energy, concentration and alertness throughout the day.

Essential fats play another important role in regulating our mood and brain function.

Low omega-3 fats have been linked to depression, anxiety, inability to concentrate, irritability, low frustration tolerance, fatigue and poor sleep in adults; and increased ADHD and other learning disabilities in children. Low DHA (docosahexaenoic acid) an omega-3 fat, may impact reading, memory and behavior in children. Sources of omega-3 fats include: fish (especially cold water fish such as salmon, sardines, herring and pollock), fish oil, flaxseed, algae and walnuts. Aim for 2-3 servings of cold water fish per week, or consider talking to your health care provider about supplementation.

The timing of when you eat also has an impact on how you feel. Keeping your blood sugar balanced throughout the day can help with mood stability and sustained energy. Eating a little carbohydrate and protein at least every 4 hrs during the day can help to keep your blood sugar stable. Depending on your meal schedule, you may need to add snacks if your meals are more than 4 hrs. apart. Skipping meals or going too long between meals may increase your risk of irritability, fatigue, food cravings and over-eating. A piece of fruit paired with nuts or nut butter, Greek yogurt or cottage cheese with fruit, nuts with dried fruit or smoked salmon with crackers are examples of balanced snacks to help you keep your energy and mood up throughout the day.

Brought to you by Nevada County Public Health- Nutrition Education and Obesity Prevention Program

Strawberry Spinach Salad with Sesame Seed Dressing

1 bag (10 oz.) fresh baby spinach, rinsed
1 quart strawberries, hulled, halved and sliced
1/2 cup thinly sliced mushrooms
1/2 cup mandarin orange slices
1/3 cup red onion, thinly sliced
Salt and pepper to taste

Mix together all ingredients and refrigerate until ready to use. Toss with dressing.

Sesame Seed Dressing

2 Tbsp. sesame seeds
1 Tbsp. poppy seeds
1/2 cup sugar
1/4 cup vegetable oil
1/4 cup olive oil
1/4 cup white wine vinegar
1/4 tsp. paprika
1/4 tsp. Worcestershire sauce
1 Tbsp. finely chopped onion

Whisk together all ingredients. Refrigerate for at least 1 hr. prior to serving.



A special note received from one of our donors.

"Thanks to all those involved in the dedication of taking care of the less fortunate among us. This enormous task is an acknowledgement of the strength of this community in providing food and hope for those struggling to live normal lives and provide for their families."

THANKS A BUNCH!

A shout out to Forest Springs Mobile Home Community, 10084 Forest Springs Drive, Grass Valley, for their continuing contribution of paper bags and egg cartons. A community made up largely of elderly residents they sometimes walk to IFM to bring their donations.



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