

See our upcoming events and simple ways that you can help.



# Interfaith Food Ministry

## Feeding Families, Fueling Hope

### Hunger To Health

For 25 years Interfaith Food Ministry (IFM) has worked diligently to meet the needs of those in our community who do not have enough food, and a fine job we have done. IFM is now moving forward to assist our clients in using the food we give in the most nutritionally sound manner.

Placer Food Bank (PFB), where IFM purchases much of its food, in addition to donated fruits and vegetables, recently received a grant from the Kaiser Foundation to improve nutrition. A part of this was to present a class on nutritional resources for PFB's partners; Lise Hinman attended this class as a representative of IFM. Lise and Susie Fatheree then met to sketch out how IFM might work to improve the nutrition of our clients.

Thus far a steering committee of Susie Fatheree, Lise Hinman, Nancy Koring, Lydia Blecksmith and Barbara Atkinson has been developed. Recently, they met to identify what might be their first step and decided that a client survey about their cooking and food storage resources and interest in such activities as classes would be a great place to start. It is also hoped that simple yet nutritious recipes can be developed to be given out with foods that are distributed. (e.g. What can I do with all of these potatoes? What is a rutabaga and how do I cook it? Etc.) A volunteer will be needed to chair this activity.

Interested in helping with this project? Please contact Susie Fatheree at 477-1705 or email her at [grandmotherree@yahoo.com](mailto:grandmotherree@yahoo.com). Hope to hear from you!

### Upcoming Events

**May 10th, 5:00 PM**

**Paulette's Country Kitchen Spaghetti Dinner**

Paulette's Country Kitchen

875 Sutton Way, Grass Valley, CA

Paulette's Country Kitchen is hosting a spaghetti dinner fundraiser for their Relay for Life team. They have helped us so much in the past and now we have an opportunity to support them! The cost is \$10 and tickets can be purchased at the door from 5 to 8 PM. Relay for Life is a wonderful fundraiser in support of the American Cancer Society. Purchasing a ticket enables you to enjoy a great dinner with friends, support Paulette's

team, and support the American Cancer Society. A win-win no matter how you look at it!

**May 11th, 2:00 PM**

**Grass Valley Male Voice Choir Spring Concert**

Sierra Presbyterian Church

175 Ridge Rd, Nevada City, CA

Here is an opportunity to enjoy a concert presented by the Grass Valley Male Voice Choir and IFM will receive 1/2 of the ticket proceeds when ordered on the web or through Phil Hart (see information below for details) This year the Male Voice choir will feature a spectrum of American music centered on spirituals and folk song classics. Join the community for a memorable and uplifting musical journey through old South spiritual and blues music, traditional and "square-note" hymns plus mountain and Americana songs. There will be a couple of Cornish pieces to round out a Male Voice experience that will touch your heart.

If this is of interest to you just go online to <http://www.gvmalevoicechoir.org/> Then click on Partners on the menu bar. Make sure to put IFM on first line of order for organization. You may also call Phil Hart to order tickets at 530-272-6870 or email [philhart115@gmail.com](mailto:philhart115@gmail.com)

**May 21st, 11:00 AM**

**Volunteer Luncheon**

Twin Cities Church

11726 Rough and Ready Hwy, Grass Valley, CA

Let's celebrate together!

Please bring your favorite salad for 6-8 people. Lunch meats and cheese, rolls and condiments, dessert and beverages will be provided by IFM. Come enjoy food, games, entertainment and the fellowship of other IFM volunteers. You are welcome to bring your spouse or interested guest.

**May 27th**

**Memorial Day**

Interfaith Food Ministry will be closed for the Memorial Day holiday.

## **Client Corner**

The first quarter of 2013 was a busy one at Interfaith! With the help of our crew of devoted volunteers and the donation of food and funds from the community we were able to provide a total of 16,865 grocery bags to those in need. Wow, that is a lot of food! By

the end of March, we had a total of 2,770 families registered which is an increase of 11%, or 278 families. This level of giving cannot be sustained without you, our committed volunteers!

## Newsflash!

As you probably know, we had our annual Spaghetti Dinner Fundraiser at Paulette's Restaurant on April 5<sup>th</sup>. It was a huge success! We sold the most tickets ever and brought in a profit in excess of \$6,500.00! Wow – this was the best Spaghetti Dinner yet. Huge thanks to Paulette and her team. Also thanks go out to our volunteers who helped in so many ways – from selling tickets to baking desserts, collecting and donating raffle prizes, serving and bussing tables, and buying tickets to join in at the dinner. Great job everyone.

## Help Wanted



**VP of Operations:** We need someone with the ability to lead! Looking for a volunteer with a strong understanding of the overall operations of IFM (front office, distribution and packing), good organizational and communication skills and time available to help the Executive Director oversee weekly workings.

**Receptionists Needed:** Energetic and efficient volunteers for the reception desk. Must work a minimum of two shifts per month on distribution days (Monday, Wednesday or Friday from 9:45 to 1:00 pm) Good computer skills are required.

**Distribution Scheduler:** We are in need of an organized and efficient person to schedule the distribution volunteers each month. This task involves working with the leaders of each church's volunteer team and scheduling the volunteers that work in the back on distribution days.

**Drivers Wanted:** We need additional drivers to do the local grocery store pick-ups. This is an early morning commitment and it is best if you have a truck. Requires some heavy lifting. Can you give IFM one or two mornings each month?

Interested in any of these volunteer opportunities? If you are already a volunteer but want

to help out in one of these areas, give Bernie Kringel a call at 274-2543 or email her at [bkringel@gmail.com](mailto:bkringel@gmail.com). If you haven't yet signed up to volunteer, you can pick up a form at Interfaith Food Ministry or fill out the form using this link:

[http://www.interfaithfoodministry.org/volunteer\\_time\\_application.html](http://www.interfaithfoodministry.org/volunteer_time_application.html)

## Simple Ways to Help

How many of these are you already doing?

- SPD Community Card – Ask a cashier at SPD for a Community Card. When you complete the form, designate IFM as the recipient of your donations. You must write in Interfaith Food Ministry on the form. When you do this, SPD will donate 3% of your eligible purchase to IFM every time that you shop! Easy!
- Save-Mart Card – As a cashier at Save-Mart for a card or pick one up at IFM. Again, designate IFM as the recipient and each time you shop, a portion of your purchase is donated to IFM!
- Waste Management Recycling Centers – Designate that this money be given to IFM (you can just tell them this when you drop off your recycling – this makes for a quick and easy donation!)
- Include IFM in your will.
- Facebook – “Like” Interfaith Food Ministry’s Facebook page. Each time another person ‘likes’ our page, it gives us more exposure to the community. Also, you will have more visibility of what is going on at IFM. You will then be able to share the IFM posts with your Facebook friends if you choose to.
- Sponsor a fundraiser or food drive. Do you belong to a club, are you working, or active in a church? These are great places to sponsor a small food drive. It is easy to place a barrel and advertise your IFM food drive within your group. If you are interested in doing this, email us at [info@interfaithfoodministry.org](mailto:info@interfaithfoodministry.org).
- Donate: No amount is too small or too large! Send a check to IFM at PO Box 1174, Grass Valley, CA 95945
- Donate: Visit our website and donate through PayPal using this link: [http://www.interfaithfoodministry.org/donate\\_funds.html](http://www.interfaithfoodministry.org/donate_funds.html)

## Wish List

- Decaf coffee for the volunteers.
- Brown paper grocery bags (so we don't have to buy them!)

## Inspirational Corner

*"You make a living by what you get. You make a life by what you give."*

Winston Churchill

**PLEASE NOTE:** IFM maintains a database of all of our volunteers. We greatly appreciate each and every one of you. If you move, change your telephone number or email address, please be sure to let us know. In the event that you are no longer able to volunteer for us, we need to know that as well. Any of this information can be sent to Bernie Kringel at [bkringel@gmail.com](mailto:bkringel@gmail.com), or give Bernie a call at 274-2543.



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