

Plowshares Advocate

“That no one in our community go hungry...”

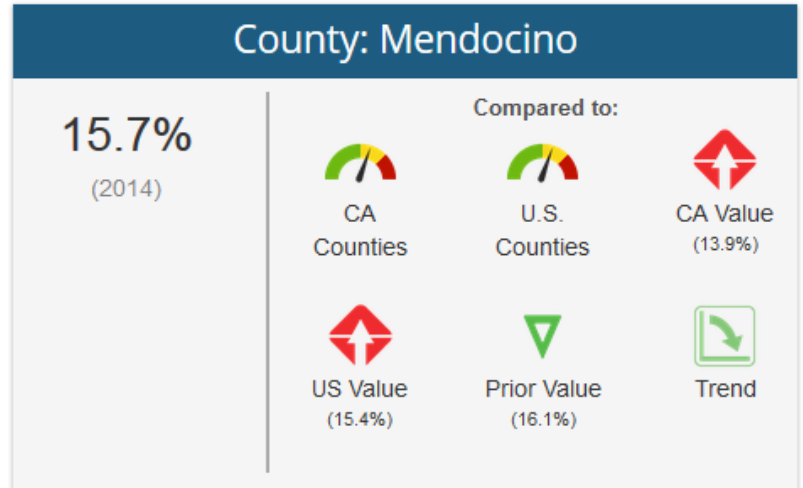
February 2017 Vol. 34, No. 2

Food Insecurity and the People in our Community who are Affected

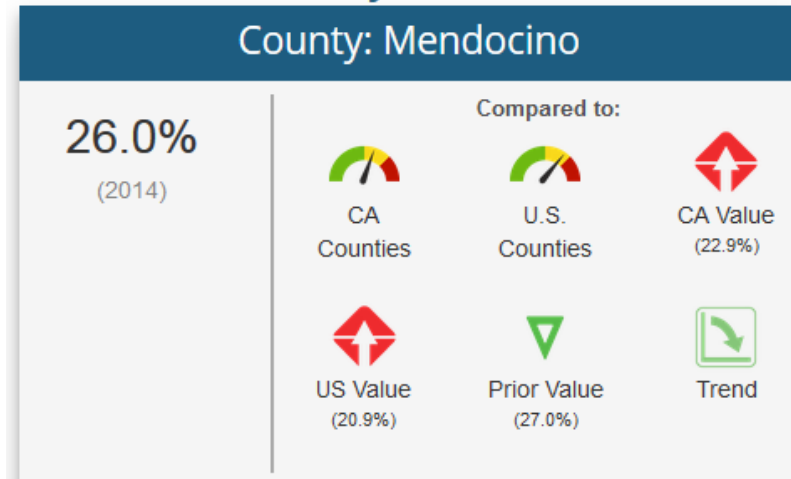
Both Plowshares’ Community Dining Room and Meals on Wheels delivery program are key programs in helping combat food insecurity in Mendocino County.

According to HealthyMendocino.org, food insecurity is an economic and social indicator of the health of a community. The U.S. Department of Agriculture (USDA) defines food insecurity as limited or uncertain availability of nutritionally adequate foods or uncertain ability to acquire these foods in socially acceptable ways. Poverty and unemployment are frequently predictors of food insecurity. Food insecurity is associated with chronic health problems in adults including diabetes, heart disease, high blood pressure, hyperlipidemia, obesity, and mental health issues

Food Insecurity Rate



Child Food Insecurity Rate



including depression. In Mendocino County 15.7% of the population experienced food insecurity at some point during the year compared to 13.2% of the population in CA.

Children exposed to food insecurity are of particular concern given the implications scarce food resources pose to a child’s health and development. Children who are food insecure are more likely to be hospitalized and may be at higher risk for developing chronic diseases such as obesity, anemia and asthma. In addition, food-insecure children may also be at

higher risk for behavioral and social issues including fighting, hyperactivity, anxiety and bullying. In Mendocino County 26% of children under 18 live in households that experienced food insecurity at some point during the year compared to 22.9% of the population in CA. This trend is showing a decrease as more non-profits and local agencies work on solutions.

Plowshares’ dining room program offers two hot nutritious meals each weekday. These programs also offer an opportunity for social contact to folks who may be isolated due to age, health conditions, or low income. It is an added benefit that a sense of community can strengthen better choices and health habits. By offering Plowshares as a place where people can meet and check in on each other we go beyond providing food. We also offer personal care products, pet food and referrals to other agencies. (cont. on page 2)

Save the Date

- **Human Race:** May 6, 2017
- **Empty Bowls:** May 13, 2017

Meals Served December 2016

	Total	Daily Average
Lunches - Adults	1316	60
Lunches - Children	45	2
TOTAL LUNCHES	1361	62
Dinners - Adults	1185	59
Dinners - Children	126	6
TOTAL DINNERS	1311	66
DINING ROOM TOTAL	2672	127
MEALS-ON-WHEELS	2887	131
TOTAL MEALS	5559	259

THE PLOWSHARES ADVOCATE

... is published eleven times a year and mailed to supporters of Plowshares, a 501 (c)(3) nonprofit corporation (#68-0218781). Donations are fully tax deductible as allowed by law.

Do you have a new address? Please let us know!

Plowshares Peace & Justice Center Location and Contact Information

1346 S. State Street 707-462-8582 phone
 P.O. Box 475 707-462-0302 fax
 Ukiah, CA 95482-0475 plowshares@pacific.net
www.plowsharesfeeds.org
www.facebook.com/PlowsharesUkiah

BOARD OF DIRECTORS

Kathleen Cervantes, - Pres., Karen Christopherson - V.P.,
 Madeline Sager - Treas., Tammy Kuny - Sec., Peter Janiak,
 Rick Johnson, Teresa Leon, Art Muñoz, Kyra Cash, Kail Loftus,
 Ron Hensell

STAFF

Marlene Kurowski	Executive Director
Rhonda De Los Santos	Operations Manager
Patrice Mascolo	Office Manager/Exe. Assistant
Blake Shupe	Evening Supervisor
Brett Albee	Program Assistant
Leonel Valenzuela	Program Assistant

To Donate with a VISA, Discover or MasterCard

Name: _____

Address: _____

City/ZIP: _____

Phone: _____

Card #: _____

Expiration Date: _____ CVV # _____

- This authorizes a \$25
one-time charge of: \$50
 Automatically charge \$100
 my card each month: other:
 \$ _____

- Please keep this donation anonymous.

*Send this coupon to Plowshares:
 PO Box 475, Ukiah, CA 95482,
 or call Patrice at 707-462-8582*

Wish List

- Cheese
 - Coffee
 - Butter**
 - Broccoli
 - Cauliflower**
 - Carrots
 - Cream of mushroom and chicken soup
 - Tomato Sauce
 - Pasta
 - Juice
 - Cooking oil
 - Cornstarch **
 - Sugar
 - Poultry seasoning
 - Broths: Beef, chicken and vegetable
 - Sandwich Ziploc bags**
 - Pump bottles of hand sanitizer
 - Socks
 - Travel shampoo, conditioner, lotion
 - Toothpaste, travel size mouth wash**
 - Deodorant
 - Q-tips
 - Denture cream and cleanser**
 - Dog & cat food**
- ** Items we are currently out of

Food Insecurity and the People in our Community who are Affected (cont.)

Our guests are a diverse group of individuals who might not fit a profile of who we think a guest at a Community Dining Room would be. We see a lot of folks who are working low wage jobs, trying to pay for their housing, vehicles, and medications not having enough money for food. There are students who are trying to better themselves and use our services to make ends meet.

Food insecurity affects children. While school lunch programs are helpful they do not cover all the food needs of growing children. With two parents working there is little time to carefully plan and prepare menus, as well as to efficiently shop for sale items. Plowshares has helped two local groups with the "BackPack Program" by helping them buy low cost foods from the Redwood Empire Foodbank. This program provides backpacks filled with non-perishable, child-friendly and nutritious food to children who are food insecure.

It is important to remember that much of the food at Plowshares gets donated by local markets. That food would have gone to waste due to overstocks or expiration dates that are coming up soon. Those donations along with the caring efforts of our team of cooks are what help us keep the promise of our Mission statement, "That no one in our community go hungry."

Thank You!

Winter Appeal 2016

Our 2016 Winter Appeal fundraiser surpassed our predictions and brought in a record

\$83,500. This annual appeal to the community is a bulk mailing to every address in Ukiah, Redwood Valley, Potter Valley, Talmage, Calpella, Boonville and Hopland. It is our largest fundraiser bringing in close to 20% of the income needed to run our Dining Room and Meals on Wheels Programs.

Job Available

We are searching for an Evening Supervisor here at Plowshares. If you are interested or know of someone who may be qualified please see the posting on our website at www.plowsharesfeeds.org

Come Fill your Bowls (and Theirs)



New Date for Empty Bowls 2017

May 13th

This will be our 11th annual Empty Bowls event and will be held on May

13th this year. Tickets will be available starting April 10th. Community partners, look for your sponsorship letter in the mail or call us to become a sponsor of this event. You will be able to buy tickets by calling Plowshares at 707-462-8582 or by come at 1346 S. State. We will also be able to purchasr your tickets from Brown Paper Tickets through our website at www.plowsharesfeeds.org. Tickets do sell out for this popular event. So buy your tickets early!

When it rains look for Rainbows, when its dark look for Stars.



Plowshares

1346 South State Street
 Ukiah, CA 95482
 707-462-8582
 plowshares@pacific.net
 www.plowsharesfeeds.org

Non-Profit Org.
 US Postage
PAID
 Express-It

POSTAL CUSTOMER

THANK YOU TO OUR "IN KIND" DONORS
Who Donate Food, Services & Personal Care Items
Local Support is the Heart of Plowshares
Individuals, Businesses, Churches, Clubs, Programs, Schools
THANK YOU!

Ukiah Food Bank
 Fort Bragg Food Bank
 Redwood Empire Food Bank
 Food Maxx
 Lucky Foods
 Raley's
 Safeway
 Ukiah Natural Foods Coop
 Honey Fluff
 Schat's Bakery
 Scooterz Deli
 Pleasant View Dairy
 Friedman's
 Creative Workshop
 Express-It
 Ukiah Paper Supply
 Walmart
 Rain Forest Fantasy
 Mendo County Farm Supply
 Ukiah Valley Medical Center
 South Ukiah Rotary
 Kiwanis Club
 Ukiah Junior Academy
 Redwood Academy of Ukiah
 Saint Mary's School
 Ukiah High School

Mendocino College Basketball
 Ukiah Shamrocks 4H Club
 Rolling Wood Ranch
 Baraja's Real Estate Group
 Keith's Market, Covelo
 Hoppers Corner Store
 Tom's Garden
 Ries, Brachman, Foote garden
 Fairgrounds
 Live Power Farm
 Les Jardins Du Bateau
 Calvary Chapel
 Ukiah United Methodist
 Ukiah Bible Church
 Abhayagiri Monastery
 Char Jacobs
 Doris Bills
 Judy Corcoran
 Sally Kieckhefer
 Ralph & Nadine Paulin
 Margaret Stump
 Marilyn McClaen
 Jorge Sterns
 Shirlye March
 Norm & Susan Mclean
 Dolores Hamilton

Sandy Hill
 Richard Guthrie
 Trudy Morgan
 Richard & Pattie Gardiner
 Donna Canevari
 Johnny Keyes
 Ralph & Nadine Paulin
 Marybeth & Joshua Kelly
 Scott Miller
 Cyndi Montesint
 Joanne Kalies & Bill Russell
 Bruce Richard
 Carol Schultz
 Sharon Gorman
 Marlene & Bruce Shupe
 Kenneth Harrington
 Skip & Barbara Newell
 Samia
 Kathy Brigham
 Christopher Roe
 Jan Tipton
 Heather Watson
 Polly McKibbin
 Sierra Dahlgren
 Elaine Richard
 Wade Koeninger

Thank you to our December Business and Org. Donors

Frey Vineyards
 New Trend Wireless
 Radiant Yoga
 Eagle Peak Bison Ranch
 Organic Vintages
 Adair, Potswald & Hennessey
 Ukiah Garden Cafe
 Beckstoffer Vineyards - Mendocino
 Westamerica Bank
 Roberts Mechanical & Electrical
 Classic Typography
 McCarty's Auto Body
 Center for Spiritual Living Ukiah
 Mendocino Family Services
 Quality Landscape Company
 Mendocino Metals
 Parducci Wine Group
 Rau and Associates
 Redwood Valley Community Guild
 Price Waterman
 First Baptist Church
 First Presbyterian Church
 Holy Trinity Episcopal Church

And... As always thank you to all our monetary donors!!