PLOWSHARES
MEALS-ON-WHEELS
HOMELESS SERVICES
COMMUNITY DINING ROOM

Plowshares Advocate

"That no one in our community go hungry…" April 2017 Vol. 34, No. 4

Food Loss and Waste

With 800 million people worldwide suffering from hunger why does 2.9 million pounds of food go to waste each year? According to the Food and Agriculture Organization of the United Nations, the food waste could feed each hungry person more than once.

Food waste begins in the agricultural fields since supermarket standards are crazily exacting. In recent years, upscale grocers have started running their produce departments like beauty pageants, responding to customers' expectations of perfectly round, shiny apples, or straight and tightly budded asparagus. Much irregular produce is never harvested. Once at the supermarket, after a second level of scrutiny, another 9% is discarded.

Fortunately, less goes to waste here in Ukiah because Plowshares picks up produce each weekday at our local supermarkets. We also receive overstocked and short dated meats, packaged, and can goods. Through the Redwood Empire Food Bank in Santa Rosa we are able to purchase "less than perfect" produce at three cents per pound. During the growing season many local gardeners plant an extra row in their vegetable gardens for Plowshares or bring us fruit from their orchards.

Wasting food takes an environmental toll as well. Producing food that no one eats squanders water, fertilizer, pesticides, seeds, fuel, and the land needed to grow it. If food wastes were a country it would be the third largest producer of greenhouse gases in the world.

How can the average person reduce food waste? Some ideas include seeking out grocery stores that offer misshapen food at a discount. Purchase prepared meals at a deli or salad bar which allows markets to make use of imperfect produce. Buy frozen foods which suffer fewer loses from Farm to shelf. Shop often. Start with a large volume of less perishable food but add several follow-up trips, for a few days of fresh produce. Buy fresh food at Farmer's Markets.

Remember Plowshares with your donations of food, money, and Volunteer time!

Save the Date

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

Meals Served
Feburary 2017

	Total	Daily Average
Lunches - Adults	1158	58
Lunches - Children	35	2
TOTAL LUNCHES	**1467**	**67**
Dinners - Adults	1257	66
Dinners - Children	67	4
TOTAL DINNERS	**1324**	**70**
DINING ROOM TOTAL	**2517**	**129**
MEALS-ON-WHEELS	**2735**	**137**
TOTAL MEALS	**5252**	**266**

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
P.O. Box 475
Ukiah, CA 95482-0475

707-462-8582 phone
707-462-0302 fax
plowshares@pacific.net
www.plowsharesfeeds.org
www.facebook.com/PlowsharesUkiah

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☐ This authorizes a one-time charge of:
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☐ $25
☐ $50
☐ $100
☐ 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
- ☐ Olive oil**
- ☐ Cornstarch
- ☐ Sugar
- ☐ Cornmeal**
- ☐ Black pepper
- ☐ Broths: Beef, chicken and vegetable
- ☐ Sandwich Ziploc bags**
- ☐ Printer Paper
- ☐ Socks
- ☐ Travel shampoo, conditioner, lotion
- ☐ Toothpaste, travel size mouth wash**
- ☐ Deodorant
- ☐ Denture cream and cleanser**
- ☐ Dog & cat food**

** Items we are currently out of

Tickets on sale now for the Empty Bowls, and they do sell out!

When you spend your charitable dollars at Empty Bowls you get a great bang for your buck. Here is why:

★ We hold the event at Plowshares' dining room saving rental costs
★ Table linens are donated
★ Board members and friends of Plowshares make the soups saving on catering fees.
★ Appetizers and desserts are donated by local merchants.
★ Wine and beer are donated.
★ Board members do all the planning, coordinating and organizing of the event.
★ Staff and volunteers do the work on the day of the event.

This gives us a 97% return rate on your charitable dollar which you spend on tickets, auction items and the raffle. Of your $60 ticket price, Plowshares receives $58.20 and you receive a free handmade bowl crafted by local artists, free wine and beer, locally made appetizers, delicious soup, salad, and dessert.

Empty Bowls will be held on **May 13th,** from 5:30 pm to 9:00 at Plowshares, 1346 S. State St. Ukiah

Tickets can be purchased at Plowshares by coming by with a check or credit card, 1346 S. State, or calling us at 462-8582, from Mendocino Book Company, or from Brown Paper Tickets through our website at www.plowsharesfeeds.org.

HumanRACE
MAY 6TH, 2017

Don't forget to join Plowshares Staff and Volunteers May 6th for the HU-MAN RACE

Information, registration and pledge forms are available at www.mendohumanrace.com or by calling Plowshares at 462-8582 to be a sponsor. Registration fees for runners are $30.00 before April 25th. The Human Race is a family friendly event with a Kids Race for age 9 and younger starting, at 10:45 am. Come for the fun, music and food and enjoy the Farmer's Market after the event.

Gas lawnmower needed!

The garden is in desperate need of a gently used lawn mower. The one we had no longer works and Dave, our garden volunteer, wants to mow the lush green and long grass growing between his rows. If you know of one that can be donated or purchased for a reasonable price, please call Plowshares at **462-8582.**

Thank you!

"Forgive quickly, kiss slowly, love truly, laugh uncontrollably, and never regret anything that made you smile."
-Audrey Hepburn

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www.plowsharesfeeds.org

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