



BREAD & BROTH

VOLUNTEER NEWSLETTER

A Note from our Director.....

Dear Fellow Bread & Broth Volunteers,

I was reading an article several weeks ago and one of the topics was 'hopefulness'. It struck a chord with me because that is how I am looking forward to the next months for the continuing efforts to contain the COVID-19 virus and our efforts to re-instate B&B's pre-pandemic programs.

I am optimistic as I see the number of cases of the coronavirus in our community continue to decline thanks to the many community members who have made efforts to follow CDC guidelines and made the decision to be vaccinated for their safety and the safety of their fellow community members.

I am hopeful for the future of Bread & Broth and all of our volunteers because the work we do is so important. As we transition from just handing out bags of food to a return to our hot meal programs and weekly volunteer teams, I am confident that we will come out stronger and more united in our efforts to help ease hunger for our community neighbors.

Hopefully looking forward to a smooth transition to B&B's pre-pandemic programs!

Sincerely,
Carol Gerard
Director, Bread & Broth



B&B's Transition to Our Pre-COVID Programs

With high hopes that the direction of the COVID-19 cases continues to decline and vaccinations increase, B&B Advisory Board Members and Team Lead/Coordinators will be in the process of reinstating the Monday Meal program, B&B 4 Kids Weekend Backpack program, and the Second Serving meal program over the next 2-3 months.

We will be doing this in stages for two reasons. Our clients are still struggling with the financial impact of the pandemic and many of them still need the quantity of food that they receive through our COVID-19 Emergency bag giveaway program. Secondly, the logistics of putting each of our program's teams back together will entail more organization than it did when we instituted the Covid programs.

Monday Meal will be the first program reinstated. Once again, there will be five (5) teams established (Team #1 for the first Monday of the month, Team #2 for the second Monday of the month, etc.). We will initially contact the MM Cook Team Leads and the MM Setup/Serving Team Leads as of March 2020. Once the Leads are established, team cooks and setup/serving team members from each of the 5 teams from February 2020 will be contacted to determine their interest in rejoining their teams. Any open team positions will be offered to volunteers currently helping with the Monday/Friday food giveaways. At this time, the tentative date to start the Monday Meal program will be sometime in August.

With Monday service being hot meals, the food bag giveaways will only be on Fridays. We are hoping to have the current Monday/Friday food giveaway volunteers continue the Friday service but now only volunteering once a month until we reinstate our Friday Second Serving hot meal hopefully in the beginning of October.

The B&B 4 Kids School Backpack food program is currently scheduled to return on September 2nd with the opening of the 2021/2022 school year with once again five (5) packing/school delivery teams. The reinstallation of the B&B 4 Kids teams and Friday's Second Serving teams will be handled in a similar fashion as the Monday Meal program teams.

We will be doing our best to clearly communicate the progress of the reinstatement of programs and filling our volunteer positions. There are many parts to putting these programs back together: volunteer assigning and training, food stocking, health department certification, kitchen cleaning, etc. Once again, the overriding factor will be the safety of our volunteers and clients and the status of the virus cases and vaccination rate.

We are very thankful to the volunteers who over the past 15 months have volunteered almost every two weeks or more. This has been very fatiguing for many, and we are looking forward to having our volunteers only serve once a month.

We are sincerely hoping that many of our volunteers from March of 2020 will rejoin us and those new volunteers who have been helping with the food packing/giveaway/ delivery since the beginning of the pandemic will continue their volunteering with us in either our Monday Meal, B&B 4 Kids, or Second Serving (Friday) programs. As we make progress in our efforts to re-establish our programs, you will be hearing more from us.



Knowing More About Bread & Broth- Pieces of the Puzzle

The People Behind the Scenes....Bread & Broth 4 Kids

Bread & Broth 4 Kids developed over coffee at Raley's at Stateline in 2015 when Paula Peterson met with B&B Board members. Paula had started "Page and Sage" in 2012 with a \$1,000 grant from the American Century Championship so that "Every child was well read and well fed." From the trunk of her car to a space at Temple Bat Yam, Paula and her friends from Tahoe Douglas Rotary provided a few needy students with weekend food along with a book to read. Her numbers grew to almost 70 students, and she recognized the need to expand. Bread & Broth was a logical choice- they had the capacity to provide more volunteers and additional food items.

Traditionally, B&B 4 Kids has served an average of 175 children at all Lake Tahoe Unified School District K-8 schools. These bags contain 7 single serving, kid-friendly meals (3 dinners, 2 breakfasts, 2 lunches) along with fruit and 4 healthy snacks. With the recent "Push for Protein" initiative put into place last year, we have eliminated many of the food products that are low in nutritional value and have replaced them with more expensive items such as nuts, healthy trail mix, protein bars, shelf stable cheese, low sodium/high protein soups and fruits.

Understandably, these numbers increased during the pandemic. During the 2020-2021 school year, B&B 4 Kids served an average of approximately 250 children at LTUSD K-8 schools with weekend food bags. In addition, during the pandemic, over 100 children at local day care centers serving low-income families were provided these bags. All schools are also provided with nutritious snacks and protein bars to sustain students throughout the school day.

The B&B 4 Kids team showed their extraordinary creativity in delivering these weekend food bags to children during the pandemic shutdown....following school busses, delivering weekend food bags at school bus locations, etc. The hope is that in the Fall bag distribution will continue at school sites.

In addition, B&B 4 Kids sponsors a summer program. Children who have access to breakfast and lunch at school during the school year often have limited access to food during their summer break. Children are provided a bag of nutritious food such as cereal, milk, single serving meals, nutritious protein bars, soups and fruit. Food is distributed every Wednesday from 10:30 a.m. until 1:00 p.m. at Grace Hall from June 23rd until August 25th.

Thank you to all of volunteers with the B&B 4 Kids program (over 75 of them) who help pack, distribute and deliver these bags each week! So many children in our community benefit from your tireless efforts to ensure no child goes hungry.

Our B&B 4 Kids Chairpersons

Paula Peterson continues to serve as one of the B&B 4 Kids co-chairpersons. Paula is very active in the community, notably serving Bread & Broth but she is active in many other community organizations such as Soroptimists of Tahoe Sierra (president-elect), and Lake Tahoe Historical Society (current president). Paula was employed for over 30 years in the casino industry, and now is the owner of South Tahoe Now, providing South Lake Tahoe with current information and news breaking updates about our community.

In her spare time, Paula is a crafter. In addition, Paula loves to create garden art and enjoys gardening.



Christy Slocum, our other B&B 4 Kids co-chairperson, hails from Southern California and moved here permanently in 2007. One of Christy's friends took her to a Monday Meal where she knew that she had found a calling. Her hope was that by volunteering for Bread & Broth she could "make people happy and promise them a warm meal." Christy began assisting with Monday Meals and helped serve out in the dining hall.

Christy was one of those B&B members who met with Paula over coffee to discuss including her "Page and Sage" program under the umbrella of Bread & Broth. Christy immediately shifted her focus to the Kids' program and has served as a co-chairperson ever since. As Christy explains, "I have never been hungry, and I want to ensure that no one else is ever hungry, especially children."

In Christy's free time, she enjoys spending time with her family and traveling in her trailer. In non-pandemic times, she also enjoys the outdoors- kayaking, snowshoeing, boating and walking her dog.



In January, Bread & Broth was awarded a \$20,000 Vail Resorts EpicPromise Community Grant to support our COVID-19 Emergency Response Project. This grant money has been used to purchase food for the Monday and Friday Food giveaways as well as support the B&B 4 Kids weekend food backpack program.



In the past, Vail Resorts has supported Bread & Broth annually with 12 Adopt-A-Day sponsorships, holiday meals, the B&B 4 Kids program, many in-kind donations, and many volunteers.

We would like to thank Vail Resorts for their support of our efforts to feed the hungry in South Lake Tahoe. Their continued partnership with Bread & Broth along with their continued generosity has improved the lives of many individuals, children and families in our community who struggle with hunger, especially at this very challenging time.