



# Bread & Broth

## Volunteer Newsletter

### A Note from our Director.....

Dear Fellow Bread & Broth Volunteers,

I received a card from a very good friend with the following quote by Aesop. "No act of kindness, no matter how small, is ever wasted." In addition to thinking how thoughtful my friend was for sending me the card, my next thought was of all of the Bread & Broth volunteers who are doing acts of kindness every time they volunteer, and probably many times throughout their day.

You may think that what you do as a Bread & Broth volunteer is no big thing, but the impact you are making in the life of another human being can be immense. In addition to providing food to those in need, you are also feeding their sense of well-being in letting them know that someone cares and recognizes their humanity. Your actions can change the path a food insecure child, a homeless person, a lonely senior, or a struggling family will take.

On behalf of myself and our many grateful clients, I want to thank each of you for your selfless acts of kindness.

Sincerely,  
Carol Gerard, Director

### "Connect For A Cause"

Tahoe Chamber Charity Mixer to benefit B & B 4 Kids

**When: Thursday, January 23 5:30 - 8:30 pm**

**Where : Hard Rock Hotel and Casino 50 HWY 50 Stateline, NV 89449**



Each year, the Tahoe Chamber hosts this fundraising mixer to support Bread & Broth 4 Kids. Guests are encouraged to bring non-perishable food items to help replenish B & B 4 Kids' shelves after the busy holiday season. This fun event will include drinks, appetizers, raffle prizes, photo booth fun, and more! All raffle proceeds will benefit Bread & Broth 4 Kids as well. Tickets can be purchased at the door for \$20- please identify yourself as a B&B volunteer. More detailed information will be coming.

**Deep Cleaning Grace Hall Wednesday, January 22nd 9:00 a.m.- Noon**



Tired of cleaning your house after the holidays? Then join us for the quarterly Deep Cleaning of Grace Hall. As we all know, it is much more fun to clean someone else's mess rather than our own!!! Please call Mary Ann Valles at 530-545-3192 if you are interested in helping.



## Another Successful Holiday Meal

Bread & Broth's traditional Thanksgiving meal was served on Monday, November 25th with heapings of turkey, mashed potatoes, dressing, cranberry sauce, yams, green salad, and a variety of desserts on each plate. Over 250 servings were dished up throughout the evening, prepared by B & B cooks over the three previous days and served by a crew of volunteers who were kept busy. Thank you to the generosity of those who cooked, those who served meals, the many who manned the "giveaway" table, and those both in the organization and within the community who donated money and food to assist with the dinner. In particular, B & B would like to recognize Dart Liquor/King's Beverage for donating over \$2,500 in dinner staples and financial support. The true spirit of the holiday was truly captured ...dinner guests were most appreciative of the delicious meal and the generosity of the community.



## Our Quarterly Grant Focus.....

### American Century Championship/Lake Tahoe Visitors Authority



Bread & Broth was among many non-profits in South Lake Tahoe who received donations from the American Century Championship and Lake Tahoe Visitors Authority. These donations were proceeds generated from the 2019 Celebrity Golf Tournament held at Edgewood Tahoe last July.

Bread & Broth received a very generous grant to support our B & B 4 Kids School Healthy Snack Program which provides nutritious snacks at all of the LTUSD schools-four elementary sites, the middle school, South Tahoe High School, and Mt. Tallac Continuation High School. Students sometimes arrive at school without having breakfast or become hungry during the day. It is B & B's goal that these healthy snacks will give children supplemental nutrition if needed and provide them a better chance to perform successfully in their classrooms. Over 500 children benefit from this program each month.



Bread & Broth has applied for and received these donations from ACC and LTVA annually, and their continued support, generosity, and efforts to support food insecure children in SLT is so appreciated by the Bread & Broth organization.

### In Your Absence.....

In the last several months, we have had some teams short of volunteers due to vacations, illnesses, etc. Without substitutes, this often negatively impacts the work of the team.

If you are unavailable to volunteer on your assigned week with our various programs, please help out your team by securing a substitute. If you don't have a roster of designated subs, please contact our Volunteer Coordinator/Chairperson (Myee Costanzo at [mavecilla24@gmail.com](mailto:mavecilla24@gmail.com)) who can send you a digital copy of the roster. In addition, each volunteer should receive an updated list of substitutes twice a year for their assigned team who can be contacted to substitute for you. Thanks so much.



### Knowing More About Bread & Broth... Your Advisory Board

<b><u>Board Position</u></b>	<b><u>Board Member</u></b>	<b><u>Email</u></b>
Director	Carol Gerard	<a href="mailto:carolsgerad@aol.com">carolsgerad@aol.com</a>
Secretary	Candidate pending	
Treasurer	Candidate pending	
Church Representative	Fr. Mauricio Hurtado	<a href="mailto:mauricioh650@gmail.com">mauricioh650@gmail.com</a>
Volunteer Chairperson	Myee Costanzo	<a href="mailto:mavecilla24@gmail.com">mavecilla24@gmail.com</a>
Communication/Grants	Beth Wallace	<a href="mailto:bethwall53@gmail.com">bethwall53@gmail.com</a>
Fundraising Chairperson	Carol Gerard	<a href="mailto:carolsgerard@aol.com">carolsgerard@aol.com</a>
Deep Cleaning Chairperson	Mary Ann Valles	<a href="mailto:mavalles60@gmail.com">mavalles60@gmail.com</a>
Food Coordination Chairperson	Roberta Strachan	<a href="mailto:bertastrachan@att.net">bertastrachan@att.net</a>
Monday Meal Co-Chairperson	Sheila Costanzo	<a href="mailto:sheila.costanzo@gmail.com">sheila.costanzo@gmail.com</a>
Monday Meal Co-Chairperson	Wendy David	<a href="mailto:davidwendylou@gmail.com">davidwendylou@gmail.com</a>
Second Serving Chairperson	Brandi Bannister	<a href="mailto:rustictree@yahoo.com">rustictree@yahoo.com</a>
B & B 4 Kids Co-Chairperson	Paula Peterson	<a href="mailto:tahoepaula@sbcglobal.net">tahoepaula@sbcglobal.net</a>
B & B 4 Kids Co-Chairperson	Christy Slocum	<a href="mailto:slocumsrus@msn.com">slocumsrus@msn.com</a>

## Knowing More About Bread & Broth.....

### Pieces of the Program

All of our volunteers are passionately involved in their particular program, providing hours of support, time and energy to their team/focus area of the Bread & Broth organization. Occasionally, we get questions from our volunteers asking about the other parts of B & B with questions about what they do, how many people are served, etc. With each newsletter we will try to familiarize volunteers with each program of our organization, starting with a brief overview in this newsletter.



**Monday Meal**- Bread & Broth began in 1989 with the establishment of a weekly meal at St. Theresa Grace Hall. Today, every Monday, a group of cooks and servers provide a hot, nutritious full-course meal to between 60-100 dinner guests. Giveaway food bags and meal 'leftovers' are also provided to supplement nourishment throughout the week.

**Second Serving**- A simple entree and soup/salad are provided each Friday at the Lake Tahoe Community Presbyterian Church ( currently and temporarily being served at Grace Hall due to the fire at the Presbyterian Church). A food giveaway bag is also provided. Between 40 and 60 guests attend each week.

### **B & B 4 Kids Programs**

**1. School Weekend Food Program**- Each week volunteers pack and deliver an average of 175 weekend food bags for students at all LTUSD K-8 sites. These bags are packed with 7 individual-serving meals, 4 snacks and fresh fruits.

**2. School Healthy Snack Program**- Healthy and nutritional snacks are delivered to all LTUSD K-12 schools for teachers, nurses, counselors and office staff to provide to students who may have missed breakfast or who become hungry during the school day. Over 500 students benefit from this program each month.

**3. Summer Program**- Each Wednesday during the summer, an average of 50 children ages 0-18 participate in a child friendly food pantry at Grace Hall to pick up food (bread, cereal, milk, peanut butter, fruits, mini-dinners, bars, etc) to supplement their nutritional needs for the week. In addition, an average of 175 bags are delivered to local child care centers for distribution.

**Support Teams**- Each week, groceries are ordered and a whole Food Coordination crew provides support in picking up items from the various vendors throughout South Lake Tahoe who provide some of the food for our programs. Quarterly, the Deep Cleaning Crew cleans the Grace Hall kitchen from top to bottom. Still others serve on the Advisory Board completing a variety of responsibilities and tasks.

Again, each quarter we will provide more detailed information about each of these programs/services that are a part of the entire Bread & Broth organization.