



BREAD & BROTH

VOLUNTEER NEWSLETTER

A note from our Director....

Over six months ago, on March 16th, Bread & Broth dramatically changed how we serve the hungry in our community. It was also the beginning of when we altered our lives to protect ourselves and our loved ones from the dangers posed by the COVID-19 virus. Fortunately, we live in a community where we have access to the wooded trails, sun lit beaches, and community members that care for each other. My hope is that each of you is able to avail yourself of all of the positive features of our very special community.

In my role as Bread & Broth's Fundraising Chairperson, then as Director, I have had the opportunity to experience first hand the generosity and caring of so many of our fellow community individuals, families, organizations and businesses. The outpouring of these community members to serve individuals and families experiencing food insecurity and financial hardships is truly inspiring. Also inspiring is the gratitude displayed by those who are recipients of our COVID-19 Emergency Food programs.

In these troubling times, it is important to find hope and encouragement in the goodness of so many members of our community and the hard work that has gone into helping those in need.

If you are feeling helpless, help someone. It is empowering, and the act can be as simple as phoning someone to let them know you care and are thinking of them.

Stay safe, healthy and take care of yourself.

Carol Gerard, Director

Feeding Those In Need During the COVID-19 Pandemic...the Services Continue

Bread & Broth has continued to provide modified services over the summer and early fall to those facing food insecurity in the Lake Tahoe South Shore community. Food bag giveaways have continued both on Monday and Friday at Grace Hall. Each client receives 4-5 bags of food (staples, bread, dairy and fresh produce) with families receiving more bags as needed. From March until the end of September, over 6,000 sets of bags had been distributed.

Our B&B 4 Kids Summer program operated much as it has in previous years. Children came to Grace Hall and were provided bags of child-friendly, nutritious food. With our "Push for Protein" initiative, we have been able to provide more protein-rich food with a decrease in the amount of sugar/sodium food items provided. These food bags were also distributed to nine local child care centers. With the start of school, B&B 4 Kids is distributing their weekend food bags at both site locations and at local school bus stops. As school instruction resumes at school sites, new plans will be developed for weekend food distribution. Since March, 9,216 weekend food bags have been distributed to local school age children.

Barton Health's Attic Thrift Store partnered with Bread & Broth this summer by setting up a booth at Grace Hall every Monday, Wednesday, and Friday during food distribution hours. The Attic provided free clothing, home goods, and toys-all items that had been donated by our local community.





Knowing More About Bread & Broth... Pieces of the Program

Who Helps With the Purchasing of the Food We Distribute for our COVID-19 Emergency Food Programs?

It is important to remember that none of our programs- Monday Food Giveaways, Second Serving Food Giveaways, and our B&B 4 Kids Program- could function during the COVID-19 outbreak without the help of two volunteers and their teams who secure food, pick up deliveries, pack bags, and monitor the food distribution each week.

Roberta Strachan, B&B Food Coordination Chairperson, is in charge of ordering all food and coordinating donation pickup for the Monday Meal/ Food Giveaway, Second Serving/Food Giveaway, and B&B 4 Kids Program (fruit purchases). This requires not only the communication and paperwork with these activities, but it requires Roberta working with her team each Monday and Friday (and other days as needed) to ensure that food is available and organized, ready to be packed and distributed.

Cheryl Breitwieser coordinates a majority of the food purchase and pick up for the B&B 4 Kids program. In addition, Cheryl coordinates a team of 12 volunteers every other week to pack over 850 bags for the distribution of the weekend food bags that our school age and child care center children receive.

Thank you to Roberta, Cheryl and their teams for their incredible dedication to ensuring food is purchased, organized and ready for packing each and every week.

VOLUNTEERING.....

If you are interested in volunteering for Monday or Friday packing, please contact Beth at bethwall53@gmail.com.

If you are interested in volunteering for the B&B 4 Kids program, please contact Myee at mavecilla24@gmail.com.



Bread & Broth the Recipient of 2020 Barton Foundation Health Grant

In August, Bread & Broth was among 13 Lake Tahoe-based non-profits who were recipients of the Barton Foundation's Community Health grants. These organizations were selected to share with Barton Heath's commitment to addressing the most urgent health needs in the areas of mental and behavioral health, substance abuse, and access to care. Barton Foundation doubled their funding this year for a total of \$100,000 being provided to the community due to the need for increased resources during the pandemic.

Bread & Broth's award of \$10,000 will be used to address the organization's commitment to the "Green Goal" when providing fresh produce and dairy products for our clients. Currently, this means that all of the recipients of our Monday and Friday food bags receive, in addition to staples and bread products, three additional bags containing eggs, milk, butter, fresh fruits and vegetables. In addition, the children participating in the B&B 4 Kids program receive fresh fruit weekly and one dairy product when available.

Many thanks to the Barton Foundation for their very generous support of our efforts during the COVID-19 epidemic to continue providing nutritious food to those in our Lake Tahoe South Shore community.



Bread & Broth Commits to More Nutritious Food for the B&B 4 Kids Weekend Backpack Program

At the January Bread & Broth Advisory Board meeting, members voted to increase the funding of the B&B 4 Kids program by \$10,000 to support our "Push for Protein" initiative. This initiative ensures that the weekend food bags contain more protein-rich food such as protein bars, peanut butter, tuna and chicken salad kits, yogurt covered raisins, protein enriched milk, and nuts. Bread & Broth has worked to eliminate high sugar, high sodium products from these weekend bags that contain 3 dinners, 2 breakfasts, 2 lunches and fresh fruit. These bags are currently being distributed at both school sites and school bus locations until school instruction resumes at the schools. Currently, over 330 bags are being distributed each week to school age children along with an additional 100 bags being distributed to local child care centers.