



Bread & Broth

Volunteer Newsletter

A Note From Our Director...

In October 1989, Bread & Broth served its first hot meal to those in need in the South Lake Tahoe community. That was 34 years ago and over that period of time, our all-volunteer organization has become a well-recognized and valuable asset in the non-profit community.

From providing simple meals at St. Theresa Grace Hall, Bread & Broth now serves restaurant quality dinners and distributes food giveaway bags to the dinner guests at our weekly Monday Meals. In the organization's efforts to expand our services, Second Serving was established in 2009 to provide soup and a simple entrée every Friday at the Lake Tahoe Presbyterian Community Church.

As donations increased, B&B sought to help the children in the community by assimilating 'Page and Sage' which was founded by Paula Peterson to provide weekend food to local LTUSD students. As the 2015/2016 school year began, Bread & Broth's 'B&B 4 Kids' program initially distributed weekend food bags to twenty-eight students. Today, the Kids' program touches the lives of an average of 170 food insecure school children weekly.

With the help of funding donated by a Vail CEO and his family in the spring of 2017, B&B launched its B&B 4 Kids' Summer program to fill the hunger gap that our local children experienced during school summer breaks. Last summer, B&B 4 Kids' Summer Program distributed an average of 201 bags weekly.

As new needs were identified, B&B has implemented the "Green Goal" initiative to purchase dairy products & fresh fruit and vegetables for inclusion in the Monday Meal "food giveaway" bags, the 'Healthy Snack' program which provides 500 nutrition bars weekly to schools to help hungry children perform better during the school day, and most recently, the 'Push for Protein' initiative to increase the protein value and reduce salt and sugar content of the food provided by the B&B 4 Kids program.

To demonstrate Bread & Broth's commitment to easing hunger, for two years during the COVID pandemic, B&B was one of the few non-profit organizations that continued our mission by providing 5 to 10 bags of food, depending on family size, twice a week to those impacted by the financial strain of the pandemic. At our maximum level of service, B&B provided food to over 1,060 individuals weekly from March of 2020 through March of 2022 before returning to our hot meal services.

It has long been a goal of the B&B Advisory Board to expand our food services to children from 18 months to 5 years of age. This past summer, the Marcella Foundation requested grant proposals that "Think Big and Make a Difference." Beth Wallace, B&B's Communication Chairperson and Grant Writer, used her exceptional grant writing skills to convey the importance of the impact of nutritious food for the physical and mental development of children (tots) ages 18 months to 5 years of age resulting in B&B's successful awarding of funds to implement a pilot "B&B 4 Tots" program. Under the inspiring leadership and hard work of Beth and the B&B 4 Kids Co-Chairpersons Cheryl Breitwieser and Christy Slocum, the Tots program began providing bags to children attending Child Care Centers that serve low-income families this past September.

The evolution of the services provided by Bread & Broth has been nothing less than exceptional and extraordinary. With the implementation of each program and each initiative, it was the creativity, hard work, and selflessness of a multitude of Bread & Broth volunteers that brought each change and addition to fruition. I could not be prouder of every B&B volunteer who has contributed, in large and small ways, to expand our sphere of caring for and helping those who are less fortunate in our community. To all volunteers past and present, thank you!

Enjoy the upcoming Holiday Season!
Carol Gerard
B&B, Interim Director





Parasol Tahoe Community Foundation Grant Supports Bread & Broth



B&B 4 Kids begins the “B&B 4 Tots” Pilot Project Funded by the Marcella Foundation

With support from a very generous grant from the Marcella Foundation, Bread & Broth 4 Kids began a pilot project for “tots” (children ages 18 months through age 5) attending preschools which support low income families in South Lake Tahoe. These preschool agencies include Head Start, Lake Tahoe Community College Child Development Center, Catalyst Community, the Family Resource Center, and Step by Step.

Each weekend, approximately 70 young children will receive weekend food bags to support nutritional needs over the weekend. These children receive breakfast, lunch and snacks at their daycare sites, but may need additional assistance with meals over the weekend. Much like the B&B 4 Kids Weekend Food Bag program serving children pre-K through grade 12 in the Lake Tahoe Unified School District, these bags contain 7 single serving meals (2 breakfasts, 2 lunches, 3 dinners), fresh fruit and nutritious snacks.

In addition, a book will be included in the food bags each month provided by Lift Literacy, a local South Lake Tahoe non-profit supporting literacy for children.

This grant supports a long held dream of Bread & Broth to help feed young children in our local community. At an age when we know optimal development occurs. Bread & Broth will be working over the next year to develop plans to sustain the program even after the grant ends and secure financial support to continue supporting young children.

The Marcella Foundation was funded by Sean Fannan, who was born and raised in South Lake Tahoe and went on to create one of the largest mobile advertising companies in the world. The mission of the Foundation is to think big and make a difference in SLT in four areas of interest. Bread & Broth is extremely grateful to the Marcella Foundation for their generosity in supporting this pilot program long needed in the South Shore community.

In August, Bread & Broth was awarded a Parasol Tahoe Community Foundation Grant designed to provide financial resources to continue the organization’s efforts to respond to the food insecurity in the Lake Tahoe South Shore community. This \$15,000 grant will support two of the organization’s programs, the B&B 4 Kids Weekend Food Bag program and the “Green Goal” project. Bread & Broth is an all volunteer organization; all grant monies will be used to purchase food for program recipients.

The B&B 4 Kids Weekend Food Bag program provides seven single-serving, kid friendly, nutritious meals (canned meat, fortified milk, shelf stable cheese and yogurt, protein-rich single serving meals, cereal, peanut butter, fresh fruit and nutritious snacks to supplement weekend nutrition for children in the Lake Tahoe Unified School District pre K through 12 grades. With B&B’s “Push for Protein” initiative, more protein-rich items are included in these weekend bags.

In addition, part of the grant will support the “Green Goal” project. In 2016, Bread & Broth instituted the “Green Goal” project to ensure that each dinner guest at the Monday Meal also takes home fresh produce and dairy products. Individuals and families are able to take home fresh vegetables, fresh fruits such as apples, bananas and oranges, and butter, eggs and milk. These items are purchased by Bread & Broth; Parasol grant money will be used to support almost two months of these fresh, nutritious food items.

This grant will allow Bread & Broth to purchase healthy food that will potentially touch the lives of approximately 275 men, women and children weekly who are dealing with food insecurity. Bread & Broth is thankful to the Parasol Tahoe Community Foundation for their support of the organization’s efforts to ensure that individuals in the Lake Tahoe South Shore community have access to nutritious food.

Parasol Community Foundation is a nonprofit public charity committed to cultivating community philanthropy to enhance and preserve the quality of life at Tahoe by partnering with donors. For more information, please contact <https://www.parasol.org>.

American Century Championship Grant



Last month, Bread & Broth received a \$6,000 grant from the American Century Championship Committee, in collaboration with the Lake Tahoe Visitors Authority and NBC Sports. This grant is generated from the ACC Celebrity Golf Tournament played each July at Edgewood in South Lake Tahoe. This year, over 50 local non-profit agencies received support from this golf tournament, and Bread & Broth was fortunate to be included in this partnership.

The grant will be used to support both the weekend food bags provided through the B&B 4 Kids program as well as the “Green Goal” project which allows for the purchase of fresh produce and fresh dairy for the Monday Meal program dinner guests. Overall, over 275 individuals and families benefit weekly from the donations of this grant.

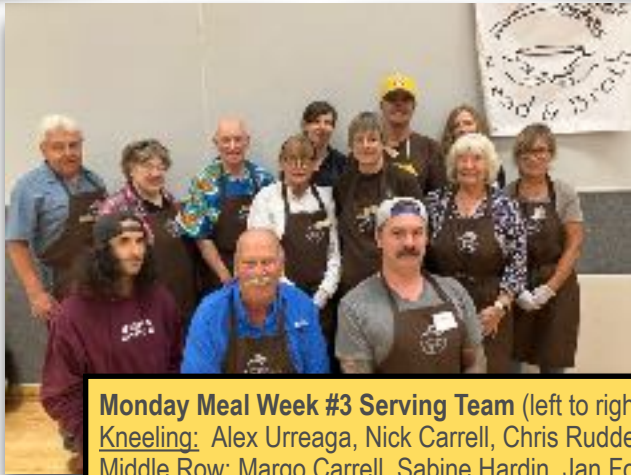
Since 2009, donations exceeding \$2 million have been distributed to more than 100 non profits to assist 13,000 plus individuals. Bread & Broth is honored to be an annual recipient and appreciates the support from the ACC tournament.



Monday Meal Week #3 Cooking Team (left to right): Larry Bernard, Mary Ann Valles, Bill Marchetti, Sally Cross, Chris Rudder, Bob Harms

Each 3rd Monday of the month, a committed and dedicated team of volunteers meet to prepare a delicious meal for dinner guests attending the weekly Monday Meal. The **Week #3 Cooking Team**, headed by professionally trained chef Bill Marchetti, whip up a full course meal (we hear Bill's fajitas are the very best) while at the same time learning the skills necessary to prepare a full course meal. As Bob Harms stated, "I always volunteered to serve in the dining room because I didn't know how to cook, but after shifting to the cooking team and under Bill's guidance, I can now cook!" All members of the cooking team feel lucky to be on their team, and as Mary Ann Valles shared, "The guests are so grateful for these hot meals".

The **Week #3 Volunteer Serving Team** is led by Sabine Hardin. Many of the volunteers are retired and felt the need to give back to the community. But, another volunteer, Alejandro (Alex) Urreaga had a different motivation. "My mom made me volunteer! We were at church and when the priest announced Bread & Broth needed volunteers, she punched me and said I needed to step up. I've been at it ever since." All volunteers shared that they feel privileged to serve the community. Michael Freeman shared, "It's a hard time to survive. So many folks are homeless and destitute. Others have to work 2-3 jobs just to survive." That seems to be the driving force as to why so many choose to volunteer. Thanks to the Monday Meal Week #3 Teams for their monthly support and dedication.



Monday Meal Week #3 Serving Team (left to right);
Kneeling: Alex Urreaga, Nick Carrell, Chris Rudder
Middle Row: Margo Carrell, Sabine Hardin, Jan Foxgrover
Back row: Mike Foxgrover, Toni Koffman, Michael Freeman, Anna Russell, Rick Chilcott, Janet Blumberg, Linda Martinez
Missing from the picture: , Christy Slocum, Alex Bebout, Pat Frega, Lenka Hrebickova

Second Serving brightens the lives of many individuals in the South lake Tahoe community each Friday afternoon at the Lake Tahoe Community Presbyterian Church. Soups are provided by local restaurants each week, and a simple entree is provided as well. The teams serve guests at the table, music is often piped in, and like Monday Meal dinners, the guests truly appreciate the opportunity to not only enjoy the delicious meal but the fellowship with others.

The **Second Serving Week #3** cooking team is headed up by Ken and Charlene Mutter who have volunteered in other capacities but began with the Second Serving program over 5 years ago. Their favorite entree to serve is sloppy joe's, and the dinner guests note that it is one of their favorites. Patti Scott serves as the **Volunteer Week #3 Serving Team** coordinator, and notes how appreciative the guests are of a warm meal. Phylise Walker leaves work early once a month to volunteer as a server; she comments how important it is that the guests know that somebody cares for them. Sandy Zalkind recently retired and strongly believes it is important to give back to the community. Jamison Dellalo, Week #3's dishwasher, is a life long resident of South Shore and volunteers not only for Second Serving, but also Monday Meal and does the weekly pick up of donated food. Thank you to this dedicated team of volunteers.



Second Serving Week #3 (left to right): Charlene Mutter, Ken Mutter, Phylise Walker, Sandi Zalkind, Patti Scott, Jamison Dellalo



Help us **CRAM-A-HEARSE**

with food for South Tahoe Kids in need!

SATURDAY - OCTOBER 28TH,

10am-3pm

at **GROCERY OUTLET - 2358 Lake Tahoe Bl.**



St. Theresa's **BREAD & BROTH 4 KIDS** fills bags with food each week for school kids to have for weekend nourishment.

WE NEED YOUR HELP!

Stop by, shop for yourself & we'll give you a **WISH LIST** to shop for the Kids. Or make a monetary donation if you choose.



Questions: call Cheryl, 530-307-3405 or
Cheryl, 310-413-6816

Don't Forget the **Cram-A-Hearse**

October 28th

Grocery Outlet

10:00 a.m.-3:00 p.m.

Wish List:

(all in single serving, canned or plastic containers)

Chef Boyardee Pasta Cups, Canned Spaghetti/Meatballs, Beef Ravioli, canned chili (15 Oz. or smaller), tuna/chicken cans or pouches, Bumble Bee Snack on the Run Chicken or Tuna, Mac & Cheese micro cups, kid-friendly soups (cans or pouches), Nissin or Maruchan Cup of Noodles (beef or chicken), Yakisoba Micro Meals, Jiffy to Go (1.15 oz peanut butter cups), jelly (0.5 oz or larger), Instant Oatmeal (low sugar) packets or cups, cereal (low sugar) small or large box, GoGo Squeeze Fruits or Veggies, fruit or applesauce cups (low sugar-4 oz), granola bars (Protein, Nutri-Grain, Chewy Bars), Fruit Snacks (Motts or Welch's packets), Cheese & Crackers, Peanut Butter and Crackers, Trail Mix, raisins, beef jerky packets, beef sticks, Rice Krispie Treats, cookies in small pouches, fruit strips, Nutella, Hello Panda, veggie sticks.

