

Plowshares Winter Appeal

HOLIDAY FUNDRAISER

“That no one in our community go hungry...”

November/December 2023

This Holiday season, make room at your table for one more – by donating to Plowshares!

Plowshares is a community dining center that has been serving our hungry population for the past **40 years**. We provide nutritious meals and resources to our local hungry seniors, men, women, and children. We are supported by Mendocino County’s rich culture of volunteerism and generosity. We rely on this support to operate our Meals-on-Wheels Program, our Community Dining Room program, our Community Garden, and to serve as a hub for connection to community resources.



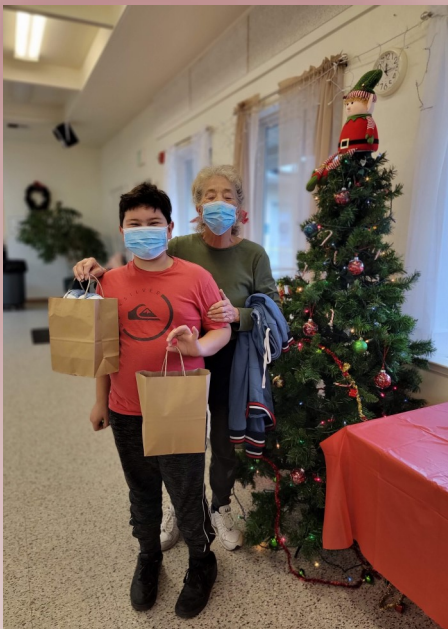
Hungry seniors, men, women, and children visit our Community Dining Room for homemade, hot, nutritious meals every day. Additionally, Plowshares delivers roughly 200 free, freshly prepared meals to our Meals-On-Wheels homebound seniors 365 days a year!

Because of your generosity, we provide nutritious meals to some of the most vulnerable members of our community. We can continue to serve our local hungry seniors, men, women, and children with your help.

Every dollar you donate goes to providing meals to hungry community members. We do this cost-efficiently thanks to our relationships with local food merchants, restaurants, and food banks. Each day the Plowshares van makes rounds to pick up regular donations from these community partners. In addition, many individuals drop off donations such as fruit, vegetables, eggs, canned goods, spices, and coffee from their pantries and gardens. Some also remember Plowshares when making their shopping lists and purchase food, extra socks, personal care items, or pet food to donate.

We ask that you make a commitment to support Plowshares during this Holiday season by placing your donation in the enclosed envelope, or you can sign up for a monthly Credit Card donation that keeps giving for the whole year!

Our staff, volunteers, and donors support ongoing efforts to ensure that Plowshares will always be here, providing food, a comforting word, and respect for everyone. It is our mission, “that no one in our community go hungry.”



Plowshares Services



Meals-On-Wheels: Nutritious homemade meals delivered free to homebound seniors, the disabled, and homebound/disabled veterans.

Community Dining Room: Free hot nutritious meals, Monday-Friday 11:30-12:00. Plus Saturday & Sunday meals 3:00-3:30 provided by Seventh-Day Adventist Church, Hunger Express and Interfaith Network of Churches.

Mailing Address, Phone Message, & Personal Care Services: free personal care items, soap, shampoo, toothbrushes, facemasks, haircuts, socks, diapers, pet food, etc

Out Reach: Consolidated Tribal Health Projects, RCS Building Bridges Day Center, ABC Day Program, AHUV Street Medicine Program, Mendocino County Public Health Adult & Aging Services, Hospice Of Ukiah, MCAHVN, and more...

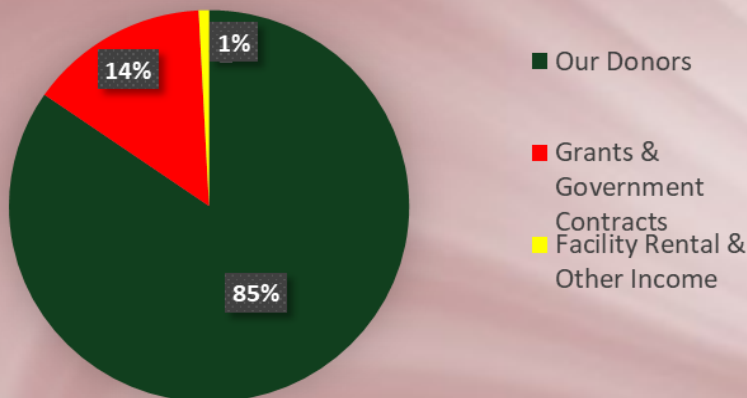
Plowshares' Community Garden: Garden beds are opened to the community, Managed by North Coast Opportunities, Inc., Gardens Project.

Plowshares' Pet Care Program: Free veterinary and pet supplies for homeless and low-income pet owners.

Food Share: Surplus food is shared with the Food Bank and other local agencies.

Worksite: For community-service workers sent by the court programs, sheriff's office, schools, churches, & other programs.

Our Funding FY 2022/2023



Numbers of Meals Served by Plowshares

July 2022 - June 2023

Meals on Wheels	55,880
Dining Room Adults	20,838
Dining Room Children	135
Total Dining Room	20,973
Total Meals	<u>76,853</u>

Your donations paid for 85% of these meals!

Plowshares' Mission:

That no one in our community go hungry.

To operate a community supported facility where services, advocacy and education help eliminate the cause of hunger and poverty.

To maintain a supportive and consistent environment where all are treated with respect, justice and dignity.



Plowshares Staff:

Michelle Shaw	Executive Director
Rhonda De Los Santos	Program Manager
Junior De Los Santos	Program Assistant
Will Allen	Facility Manager
Makayah Tollow	MOW/Volunteer Coordinator

Board of Directors:

Alex Anzilotti	Board President
Sue Ranochak	Board Vice-President
Bev Williams	Board Treasurer
Selima Shapiro	Board Secretary
Jennifer Brennan	Board Member
Carolyn Brown	Board Member
Maria Hunter	Board Member
Jim Ratchford	Board Member
Robert Reveles	Board Member

The Plowshares Winter Appeal is published by Plowshares Peace & Justice Center, a 501(c)(3) nonprofit, #68-0218781, and mailed annually to local Post Office address lists. Receiving this does NOT mean you are on our mailing list. Donations are tax-deductible.

Our Meals-On-Wheels Program, "that no senior in our community go hungry."

Our Meals-On-Wheels program delivers free, freshly prepared meals to the homes of roughly 200 disabled, homebound senior recipients. We provide meals to these seniors seven days a week, for a total of 55K meals a year! And the value of the MOW program goes far beyond the nutritious food we supply. Visits from our friendly volunteers are sometimes the only human contact the seniors receive during the day. Some of them have told us, "You're the reason I get up and get dressed each morning!" or "I don't know how I'd get by without your help!" These welfare checks by our wonderful volunteers help allow seniors to safely remain in their own homes as long as possible, saving significant care-home costs to families, not to mention increased comfort and convenience for our seniors.



If you or your loved one requires our services or would like more info on how to get involved, contact: Meals-On-Wheels/Volunteer Coordinator Makayah Tollow at plowsharesmow@pacific.net or (707) 462 8582.

"Thank you for taking care of my father and also so many other families out there. You are all providing such a great service to the community!"

Sponsor a Senior

Our Meals-On-Wheels Program has "Sponsor a Senior". Meals-On-Wheels provides a much needed service to home bound seniors in our community. There are many ways you can participate to help us keep this program running and expanding to meet the community's needs.

\$35 provides meals for one week!

\$85 provides milk for one year!

\$150 provides meals for one month!

\$1,800 provides meals for one year!



TO DONATE WITH A VISA, DISCOVER, MASTER CARD, OR AMERICAN EXPRESS

Name: _____
 Address: _____
 City/State/Zip: _____
 Phone: _____
 Email: _____
 Card #: _____
 Exp. Date: _____ CVV: _____

<input type="checkbox"/> Authorizes a	<input type="checkbox"/> \$150
one-time charge of:	<input type="checkbox"/> \$50
<input type="checkbox"/> Automatically charge	<input type="checkbox"/> \$25
my card each month:	<input type="checkbox"/> Other:
<input type="checkbox"/> Please keep this donation	\$ _____
anonymous.	

Send this coupon to Plowshares: Or call our office at:
 PO Box 475, Ukiah, CA. 95482 (707) 462-8582

To safely and easily donate with a credit card online, please visit www.plowsharesfeeds.org



Plowshares

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Plowshares has been a staple in Ukiah for the past 40 years, turning your charitable donations into hot meals for our hometown's hungry and vulnerable population since 1983.

*THANK YOU! To our community partners, churches, schools, service clubs, farmers, and individual donors.
To our volunteer cooks, servers, MOW drivers, runners, and packers, board members, and staff.
To all of our business sponsors, in-kind donors, and volunteers who support our events.
And to the many donors who continue to give, believing "that no one in our community go hungry."*

