

What is Plowshares?

Plowshares is a community dining center that has been providing nutritious homemade meals and resources to our local hungry seniors, men, women, and children since 1983. 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.



Programs and 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.

Mail, Phone Message, & Personal Care Services: free personal care items, soap, shampoo, toothbrushes, facemasks, rapid COVID-19 tests, 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, MCAHVN, Hospice of Ukiah, and more...

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

Plowshares' Pet Care Program: Free veterinary services 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, and other programs.

Special Thank You To,

Scott Miller Mobile Sharpening!

We are so glad that Scott enjoys sharpening knives for Plowshares' kitchen! Thank you for volunteering your time and skills.

Scott goes to many Farmers' Markets around the county year round, and always the Saturday Market downtown Ukiah.

"Scott Miller, came in today to sharpen knives from the Plowshares kitchen! For the last year he has donated all of his sharpening proceeds to help the people of Ukraine!"

-Trudy Morgan, Plowshares Volunteer



MEALS SERVED IN FEBRUARY 2023

	Total	Daily Average
Meals-On-Wheels	4,245	152
Dining Room Meals	<u>1,517</u>	<u>54</u>
TOTAL MEALS	5,762	206

Plowshares' Weekend Community Meals!

All are welcome!

Every Saturday 3pm:

Seventh-Day Adventist Church

Every Sunday 3pm:

Hunger Express & Interfaith Network

THE PLOWSHARES ADVOCATE

is published 11 times a year and mailed to supporters of Plowshares, a 501(c)(3) nonprofit corporation (#68-0218781). Donations are gratefully welcomed and fully tax deductible as allowed by law.

PLOWSHARES STAFF

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

PLOWSHARES BOARD OF DIRECTORS

Alex Anzilotti	President
Susan Ranochak	Vice-President
Selima Shapiro	Secretary
Bev Williams	Treasurer
Carolyn Brown	Board Member
Maria Hunter	Board Member
Robert Reveles	Board Member

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Our Wish List

Juices (fresh or frozen)

Butter & Cheese

Salad Fixings

Salad Dressings

Bread

Cream of Mushroom Soup

Fresh or Canned Veggies

Spices & Olive Oil

Proteins (beef, chicken, pork, turkey)

Fresh or Canned Fruits

Toothbrushes, Soap, Shampoo, Razors

Bleach & Cleaning Products

**Market value of donated items is fully
tax-deductible.**



Volunteer Opportunities!



Do you like to cook? Do you have a couple hours of free time? We have a volunteer opportunity for you!!

We are looking for volunteers to join our kitchen team! Cooking positions are 8-10:30am.

General cooking and kitchen skills are a must, high volume commercial kitchen skills is a plus. We also have open prep cook & pack out positions as well.

If you are interested in cooking, contact our Meals on Wheels/Volunteer Coordinator Makayah at, 462-8582. Or at plowsharesmow@pacific.net

DONATE WITH A CREDIT CARD

(VISA, Discover, Master Card or American Express)

Name: _____

Address: _____

City/ZIP: _____

Phone: _____

Email: _____

Card #: _____

Expiration Date: _____ CVV: _____

- | | |
|---------------------------------------------------------------|---------------------------------|
| <input type="checkbox"/> I authorize a | <input type="checkbox"/> \$100 |
| <input type="checkbox"/> one-time charge of: | <input type="checkbox"/> \$50 |
| <input type="checkbox"/> Automatically charge | <input type="checkbox"/> \$25 |
| my card <u>each month</u> : | <input type="checkbox"/> other: |
| | \$ _____ |
| <input type="checkbox"/> Please keep this donation anonymous. | |

Mail this coupon to Plowshares,
PO Box 475, Ukiah, CA 95482-0475
or call (707) 462-8582, or make a safe and easy donation
online at www.plowsharesfeeds.org/donations

Many thanks to our business and In-Kind (non-cash-item) donors!

For confidentiality purposes, individual cash donors are not listed here except by request.

Feb In-Kind Donors:

Abhayagiri Buddhist Monastery
Beverly Harman
Big Earl's BBQ
Char Jacobs
Costco
Express-it
First Christian Church
Food Maxx
Fort Bragg Food Bank
Golden Rule Gardens
Grace Lutheran Church
Hunger Express
Lucky Supermarket
Marilyn Cowan
Pinoleville Pomo Nation
Pleasant View Dairy
Raley's

Redwood Empire Food Bank
Rick & Colleen Henderson
Ronald & Anne Caviglia
Safeway
Scott Miller
Sharon
The Bottle Shop Deli
Ukiah Natural Food CoOp
Ukiah Paper Supply
Walmart

Feb Business Donors:

Anchor Medical Co
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Dr. Gary DeCrona
El Azteca
Finance for People FFS Inc
First Baptist Church - Ukiah

Fowler Auto Center | Subaru
Franz Electric
Frey Vineyards
Grace Lutheran Church
Heidi's Yarn Haven
Kiwanis Club of Ukiah
McCarty's Auto Body
Mendocino Book Company
Mendocino Co Health Center
Quality Landscape Co
Redwood Gospel Mission
Rhoda S Teplow Designs
Roberts Mechanical & Electrical
Susan Sher Meditation Svcs
The Monks of Mount Tabor
Ukiah Redwood Empire Lions
Ukiah Natural Foods CoOp



Plowshares

1346 South State St.
PO Box 475
Ukiah, CA 95482-0475
707-462-8582

plowshares@pacific.net
www.plowsharesfeeds.org
www.Facebook.com/PlowsharesUkiah

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POSTAL CUSTOMER

2nd Annual Meals-On-Wheels Drive-Thru Event



Saturday , May 13th 4:00pm-7:00pm

1346 S State Street, Ukiah

\$75 BBQ dinner for 4 includes: Tri-Tip or Chicken, Potato salad, Green Salad, Bread, & Dessert!

\$25 Bonus add on: Family Size Mac & Cheese!

All proceeds to benefit Plowshares' Meals-On-Wheels program!

You can purchase tickets online through our website at: www.plowsharesfeeds.org , or call our office (located at 1346 S. State St) at 707-462-8582, Mon-Fri 8-3 pm. Thank you!