



Loaves and Fishes of Contra Costa has served more than 3.5 million free nutritious meals to those in need for over 28 years.

As a nonprofit organization, our operations are entirely dependent on a network of over 1,000 volunteers, 8 local food partners and the financial support of area businesses, foundations and individual donations.

VISIT OUR WEBSITE TO KEEP UP TO DATE AND SUBSCRIBE TO EMAIL UPDATES.

www.loavesfishescscc.org

Non Profit Tax ID# 68-0018077



Grandfather and the boys at LFCC Dining Room



If you haven't already done so, please make your tax-deductible holiday donation to Loaves and Fishes now.



HOLIDAY GREETINGS!

All of us at Loaves and Fishes wish you and your family a healthy and happy holiday season and New Year. This is the first of what I hope will be many years of holiday newsletters as the executive director of Loaves and Fishes. I am very proud to serve in this position and I am passionate about the mission that the agency has faithfully delivered on for over 28 years. I want to thank all of you on behalf of our clients and staff for your financial support and all of the volunteer hours that you provide day in and day out. Without it, Loaves and Fishes could not fulfill its mission of feeding the hungry in a safe welcoming place.

Loaves and Fishes is a reflection of you. Your concern and support for those less fortunate is evident everyday at our 5 dining rooms. To fulfill this community commitment of not letting our neighbors go hungry, we depend on your financial donations, food donations from a variety of local food providers and our local food bank and volunteer support from over a thousand of you who transport, prepare and serve the food. We reflect your commitment to address hunger among our neighbors.

We need your commitment now more than ever. If you have donated in the past, please consider increasing your donation. If you are one of our dedicated volunteers who have not made a financial donation, please consider making one now. Together every additional or new dollar will make a huge difference in meeting the growing crisis.

Hunger in America has become a humanitarian crisis. Food is a basic necessity yet a significant number of our fellow residents in Contra Costa do not have enough. Our clients reflect the entire population, no one is spared. They are the young and the old, the homeless and the homeowner, the able and the disabled, and the working and the unemployed. These days having a job does not insure that you will not experience hunger. It now takes more than 2.5 full-time minimum wage jobs in Contra Costa to earn enough to sustain a family of four above the poverty line. Recent census data show that almost 25% of families with children in Contra Costa are living below the poverty line. Thus, for many the holidays are just another time of year to worry about where they will find food and the other basic necessities. For those who come to Loaves and Fishes, it is a time of renewed faith in their community.

Please take a moment to reflect on what your help means to a mom and dad with hungry children, a senior living on a fixed income, a 50 year old unemployed construction worker who may not get another chance to use his hands in a trade. It means everything! Thank you for thinking of others who are struggling, thank you for making that donation, thank you for taking the time.

Warmest Regards,

David Gerson
Executive Director

DELICIOUS AND NUTRITIOUS RECIPES FOR THE HOLIDAYS

Check out our website at www.loavesfishesc.org for deliciously simple recipes for healthy dishes like **Roasted Red Pepper and Walnut Spread, Caramelized Butternut Squash, Sautéed Swiss Chard and Amazing Apple Crisp** to spruce up your holiday menu. These side dishes are a wonderful way to add color to your table using fruits and veggies in season and available locally. Enjoy!

Courtesy of

Angela Stanford

Registered Dietitian
LFCC Board Member



DINNER FOR 700 GUESTS

As the holidays approach, many of you are faced with the daunting challenge of cooking for a large number of guests. You determine the menu, develop a shopping list, fight the crowds at the grocery store, spend hours preparing and cooking the meal, and finally have a huge cleanup effort after the meal is over. Imagine the challenge of cooking a meal for 700 guests – then imagine that every day! Yet that is exactly what the LFCC of Contra Costa catering kitchen team does, serving over 150,000 hot nutritious meals per year.

The first challenge when cooking for 700 is finding recipes that will scale up. LFCC has a solid repertoire of recipes that serve a large number of guests. And our dietitian regularly provides advice on meeting daily dietary needs.

That next challenge is coming up with the necessary ingredients in sufficient quantities to make the recipe. At home, you simply take your shopping list to the grocery store. LFCC relies on the generosity of our food partners but availability of ingredients varies by the day and the season. The challenge, not unlike Iron Chef, is to match the available donated ingredients to a recipe. A typical meal requires from 100 to 500 pounds of meat and pasta recipes use approximately 50 pounds of pasta.

The LFCC catering kitchen has little resemblance to a kitchen in a typical home. You won't find a 4 burner stove anywhere. What you will find is commercial grade skillets capable of cooking 40 gallons of ingredients, a commercial oven capable of cooking 500 pounds of chicken, and an 80 gallon soup pot that is ideal for cooking large quantities of pasta.

Cooking the 700 meals begins bright and early each morning at 7am. Head chef James Porter cooks the meals, Isidra (LFCC assistant chef) prepares the lettuce and fruit salads and 3-4 volunteers are there on a daily basis to assist. Once cooked, the meals are placed in trays and kept hot in an oven prior to distribution to LFCC five dining rooms, and three partner sites.

There is that final challenge:



James Porter, head chef

process.

So this holiday as you prepare or enjoy a large dinner with family and friends, think of the LFCC catering kitchen team and what they do every

cleaning up after 700 guests. The 700 plastic meal trays and 1,000 plastic glasses will be washed in LFCC commercial dishwasher, along with all the tools involved in the food preparation

day. If you are interested in volunteering at the LFCC Catering



kitchen, please contact our office at (925) 687-6760 or visit our website: loavesfishesc.org.



EVERY 4TH MONDAY

Marty Pfeiffer and her group of St. Joan of Arc members and friends come to the Pittsburg Dining Room to volunteer their services every fourth Monday of the month. They are a fun, friendly group who are there to serve and help others. This group has been volunteering at LFCC since the 1980's! Hal, Eileen and Karen are retired Delta Airline employees and have been pals for years. Thank you Marty, Hal, Eileen, Katy, Karen and Joe for being such a loyal, wonderful group!

WATCH OUR WEBSITE AND EMAIL NOTICES FOR COMING EVENTS!



APRIL: Volunteer Appreciation Party

SUMMER: First Annual Fundraiser Event



TEXAS HOLD 'EM FOR A GOOD CAUSE

Jay Snyder, Vice President at EMC, came up with a great idea to entertain the participants of his a multi-day corporate training seminar and at the same time tap into the group's desire to give back to the community – a poker tournament. EMC provided a pre-tournament dinner for all 77 players and covered the cost of the Blue Dog Events, a local Walnut Creek company that specializes in running poker tournaments to benefit non-profit.

EMC² Several other companies, who sent their personnel for training, also supported the event by making direct contributions to LFCC. The event raised over \$8,500 and provided a fun evening for all.

ROTARY CLUB OF ANTIOCH – ART FOR OPPORTUNITY

On October 27, the Rotary Club of Antioch held their Fourth Annual Art for Opportunity, an art show featuring



Leo Fontana - Rotary Club of Antioch and his granddaughter

local artists. The event took place at Umpqua Bank in Antioch where there

was a live auction, silent auction, local art display, and wine and food pairings. It was a night full of beautiful art, friends gathering, raffle prizes, and excellent food and wine. The food was prepared by two talented Chefs, Rick and Theresa Kaiser. Wine being poured was from Robert Mondavi Winery that was paired with the items served. Three organizations benefited from this wonderful event. They were Loaves and Fishes, Opportunity Junction and the Delta Memorial Hospital Foundation.



GENON GOLF TOURNAMENT

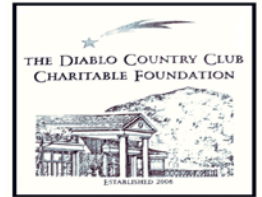
Recently GenOn Energy held its 9th Annual Community Golf Benefit at Roddy Ranch Golf Club

located in Antioch. The event was sold out with 144 golfers participating. All the proceeds from the event were donated to LFCC and Opportunity Junction. Jimmy Bean from the Walnut Creek Lyons Club played with our executive director. The benefit included 18 holes of golf, lunch, prizes, and an awards banquet dinner. LFCC received a donation of \$8,900 which will be used to support its mission of feeding the hungry of Contra Costa County.

SUPPORT FROM DIABLO COUNTRY CLUB

LFCC is always excited to have a new partner supporting our mission of feeding the hungry. Recently, LFCC received a \$5,000 grant from The Diablo Country Club Charitable Foundation. The Foundation is providing support to organizations

that help individuals in need make a better life for themselves. The grant will be used to purchase food and supplies for our meal program. This grant is very much appreciated especially in today's economy when we are feeding so many people who are hungry.



LAFAYETTE 100 DRIVE

In September, David Gerson, ED and Jay Lifson, board member and ED of the Lafayette Chamber of Commerce, initiated a campaign to solicit \$1,000 from 98 fellow Lafayette residents to benefit Loaves and Fishes.



In this season of joy, we thank the Lafayette families who have already contributed.

- Sarah and Simon David
- James and Linda Ellman
- Stacii and David Gerson
- Ivan and Julie Humphreys
- Jay and Joan Lifson
- Nancy and Mike Morse
- Mark Gundaker and Suzy Pak
- Mark and Karen Zemelman
- Larry and Stri Zulch



PACIFIC SERVICE
CREDIT UNION

HOLIDAY SURPRISE!

Special thanks to PSCU for their holiday fund contribution of \$5,000 - ensuring the holidays are bright for LFCC clients!

OUR GENEROUS FOOD PARTNERS



Kara's Cupcakes

This program is funded in part by Contra Costa County Community Development Block Grant (CDBG) Funds.



ADMINISTRATIVE OFFICES
 1985 Bonifacio Street, Suite 100
 Concord, CA 94560
 (925) 687-6760
Holiday Greetings!



OUR LOAVES AND FISHES OPERATED DINING ROOMS

ANTIOCH	BAYPOINT	MARTINEZ	OAKLEY	PITTSBURG
American Legion Hall 403 West 6th Street	Community Baptist Church 62 Bella Vista Avenue	First Baptist Church 1802 Alhambra Avenue	Red Man-Pocahontas Hall 1403 Main Street	LFCC/SVDP Dining Room 1415 Simpson Court

OUR MEAL DISTRIBUTION PARTNERS

Mental Health Consumer Concerns 2400 Sycamore Dr. Ste. 30 ANTIOCH	2975 Treat Blvd. Bldg. C CONCORD	Fresh Start 1924 Trinity Avenue WALNUT CREEK
---	-------------------------------------	--



Cathleen is a single mother with a five year old son. She lost her job as a medical transporter and to make ends meet she and her son have moved in with her father. She has been eating at LFCC Pittsburg dining room since July 2010. Without her father's help, she and her son would be living on the streets. With the money she saves by eating at LFCC she is able to help stretch her limited financial resources and help her father. Incredibly, Cathleen is also a volunteer at the very dining room in which she eats. She volunteers to give back as a thank you to all of those who have helped her. What she likes about LFCC is that the staff and volunteers look after one another and provide a sense of community. Loaves and Fishes is helping to keep Cathleen and her son in stable and safe housing and free from hunger.

Happy Holidays to all our volunteers and financial supporters!