

# Feedback



In keeping with this season of spring renewal, we at the Haight Ashbury Food Program are taking the time to renew our gratitude and appreciation for all who make our work joyous and successful.

We must thank many for their efforts in helping us achieve our mission statement--volunteers, donors, employers, board members and staff. Where would we be if we did not have the dedicated community of supporters making daily contributions to our organization?

We appreciate the energy Haight Ashbury Food Program community members devote to solving hunger and empowering our clients. We dedicate this edition of *Feedback* to them.

You are invited to submit comments, suggestions, ideas, articles, quotations, recipes, etc. to: Feedback, 270 Divisadero, SF; 94117 Attention: Editor.

## From HAFP's Executive Director

The Haight Ashbury Food Program's (HAFP) Executive Director, Devra Edelman, is currently on maternity leave. She and her husband Geoff Brown are the proud parents of Noah Lugh born on April 8, 2004.



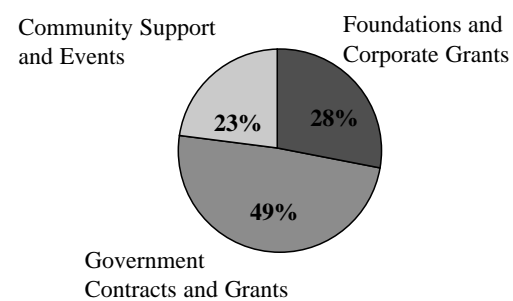
Devra Edelman  
Executive Director, Mom-To-Be

Congratulations! We cannot wait to see pictures of you and Noah!

We have discovered in your absence how much you do. We'll keep things running smoothly while you're away. We think our readers will be pleased that 82 cents of every dollar of revenue (see Revenue - Figure 1)

received by HAFP was spent on the recipients of our Food Service Project (FSP) and Food Service Job Training Project (FSJTP). (see Expenses - Figure 2.)

In 2002, there were 12.1 million American households that were uncertain of having or unable



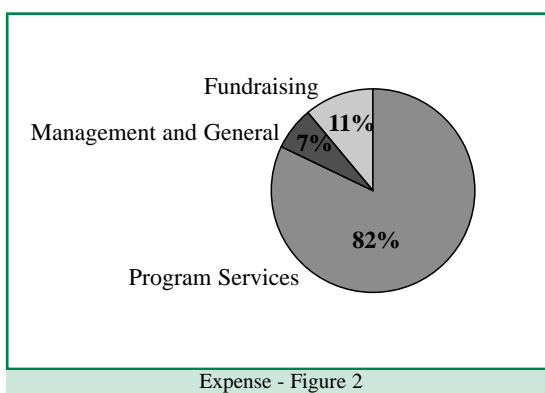
Revenue and Support - Figure 1

to acquire enough food for all their members. They had insufficient money or other resources, a .4% increase over the previous year...this in a nation of plenty! It is fundamentally important for us to acknowledge this problem and participate in its solution. At what point in our nation's development does access to sufficient food (food security) cease to be a privilege and become a right? HAFP thinks that food security should be a right.

In 2002, HAFP served 65,677 free, hot, nutritious meals to hungry San Franciscans from our community kitchen, located in San Francisco's Haight district. On an average day, the HAFP served 400 people.

In a typical month HAFP served 1,234 seniors and 367 families with children. The majority of people (66%) utilizing our Community Kitchen, were homeless. Unfortunately, more of the working poor are finding it necessary to incorporate our community kitchen into their monthly budget, as they drift further into poverty.

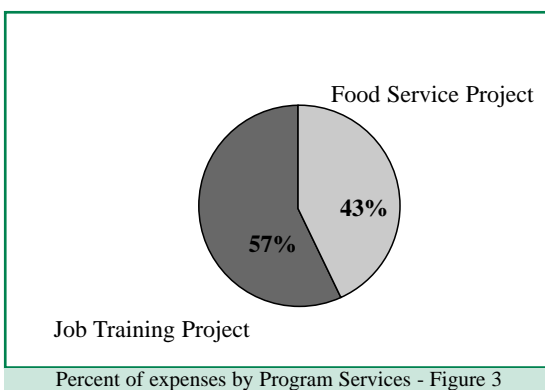
The increasing demand for FSP services will



Expense - Figure 2

require greater revenues (see Figure 3 for the percent of FSP expenses) additional cooking team ingenuity, and a commitment to pursuing new and innovative ways of ensuring all our hungry neighbors receive at least one hot, nutritious meal each day.

HAFP, through class 17, has enrolled a total of 113 adult students. These students face multiple barriers to employment and exiting poverty. Notwithstanding these barriers the majority of our students (91) have been successfully graduated. Of our graduating students 75 have been employed at an average starting hourly wage of \$10.19.



Percent of expenses by Program Services - Figure 3

Many graduates return to the community kitchen, volunteering time to help others overcome their barriers. Some also become monetary donors.

We appreciate all that you do to ensure HAFP has the resources and support needed to accomplish its mission.

## Insider News

Congratulations to our two graduating classes 18 and 19, graduating on September 29, 2002 and January 26, 2004, respectively.

HAFP was extremely busy during the 2003 holidays. We served a combined total of 2,750 Thanksgiving and Christmas meals. We could not do what we do without the dedication of our fantastic volunteers. We appreciate the time you so freely give year after year!



Thanksgiving Volunteer Group  
Connie, Alexis, Scott, Dora, Deedee, Kaylee, TyTy

A special thank you to Jerry Licari's KPMG auditing group who set aside their laptops to make special decorations for our annual 2003 Christmas dinner.

The Lick-Wilmerding sophomore student advisory group's generosity amazed us all.

HAFP appreciates the Community Development Grant provided by the Mayor's Office on Community Development (MOCD). The grant will improve ADA accessibility to the community kitchen. San Francisco contractor JMA will begin construction in May, under the supervision of Bay Architects Inc..

The HAFP board organized a November 2003 food drive which was a smashing success. Thank you: Harvey (Cala, 18th Street); Eric (Safeway, Market Street); Lou (Safeway, Marina) and students from the Urban School of San Francisco.

Curves, fitness club located in the Haight, at 638 Stanyan Street, initiated their own successful food drive on behalf of HAFP. Thank you Lisa.



Haight Ashbury Food Program  
270 Divisadero Street  
San Francisco, CA 94117

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## Feedback

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Judy Woods	Food Program Director

## On the road with Dave

A day in the life of HAFP driver and assistant chef David Gensey.

**6:45** Check in with Judy. Find out if any new donations need to be picked up on the run.

**7:00** Clock in. Go to Bay Bread pickup to see Israel and Linda.

**7:10** Real Foods pickup on Stanyan. Kat or Peter donate organic produce and grains.

**7:20** Ashbury Market for bread. Victram is always smiling.

**7:25** Coffee, Tea and Spice on Haight Street. Casey is one of our original donors.

**7:30** Dave at Cala Market, leads me to the stack of produce and dairy.



Cala Employee Dave  
 Cala, 690 Stanyan SF, CA

**7:50** Unload at HAFP.

**8:15** Patricia at Thom's Natural Foods on Geary. I knew Thom and Ken, the original owners back in the 60's and 70's. They helped me

organize my own store in Guerneville.

**8:35** Pull into Bell Market, one of our biggest accounts, for produce, dairy and pastries. Lisa and Rob are great.



Lisa, Bell Employee and David Gensey  
 Bell Market 1336 Post Street, SF, CA

**9:15** Starbucks for pastries.

**9:25** New York Pizza on Haight Street.

**9:35** Unload at HAFP. Check in with Judy. Ramon from UCSF has called for a pickup.

**9:45** Ramon has muffins from the kitchen, 200 pounds of forks and knives and assorted frozen vegetables.

**10:15** Unload. Check with Judy to see if she is looking for anything special at The Food Bank. Check with Chef Instructor, Dan to see what he needs and consult with Frank on freezer space.

**10:40** Say hello to Henry, Arthur and Jim at The Food Bank.

**11:40** Return to HAFP and unload.

**12:00 noon** Put on my apron and relieve Dan in his kitchen. Work until we are done serving and cleaning up.



## Why Volunteer?

By  
 Wendy  
 Wood

The work at the HAFP Community Kitchen can be demanding. The volunteers and other workers who dedicate their energies and talents are a special breed.

We asked some of our regular volunteers to share their thoughts about the community kitchen in general, and its role in our community.

Russell is a person you'd want on your team for any business organization. Conscientious and well organized, he helps the day run more smoothly. I asked Russell about his volunteering with HAFP compared with other places he has volunteered. He said, "HAFP is a special organization. The caring nature of the staff and volunteers is contagious. Clients leave not only with their bodies nurtured, but also with a renewed mental and spiritual energy. The effect the Community Kitchen has on the lives of people is the same effect of a special friend, knowing that someone



Russell, Ben and David  
 Volunteers at the Community Kitchen.

cares."

Jim has been with the Community Kitchen for 7 years, attributing his longevity to a "fun work atmosphere, nice bosses, and



## Just Do It

By  
 Dan  
 Vegas

The other day someone asked me how I do what I do? "What do you mean", I said. "You know, how do you make a nutritious meal 4 days a week with what you have, or don't have?" I replied, "I can only do what I do when I have something to do it with."

Later that evening I reviewed the day and found myself pondering "How do I do what I do?" After 6 years, I should have a pretty good idea of what I do! Here it is.

I prepare meals based on the food items I have on hand. Though I make a menu, weekly, the scheduled menu items can and do change daily. Like the Iron Chef, I'm resourceful. This is basically my job 4 days a week. I never really know the quantity of items I will have to serve 300-700 clients 4 days a week. Sometimes we have one entrée item for 650 people, sometimes we have 4 or 5 different entrée items.

People make the meals possible at the Haight Ashbury Food Program. Dedicated volunteers and workfare participants who work unselfishly receiving, sorting, washing and displaying most of the food items we serve. Kudos to you all.

Where do we get the food? We accept salvageable fruits, vegetables, dairy products and baked goods from various companies. We are always grateful for protein; beef, pork, veal, chicken, fish and tofu. It comes from supermarkets,

lots of quality food." His favorite job is the safety team, a position not coveted by all. Jim's ever-smiling demeanor is always a welcome sight. Jim says "It's harder work than most jobs, but there's more of a feeling of accomplishment."

David Flatley joined HAFP 16 months ago, and has become a faithful fixture, lending his culinary skills in the kitchen, helping prepare the lunchroom for service and contributing his ideas for showers and a garden. David's favorite feeling from working at the HAFP is "the friendly atmosphere and the easy cooperation among the staff, volunteers, and workfare workers. I also like the care coming from the chefs and cooks. The food is prepared and served with love. This love also nourishes, perhaps even more than the food itself."

Ben Goldstein returned to the Community Kitchen after he volunteered 20 years ago when it first opened. Ben said his motivation for volunteering is selfish. "I was put on disability and didn't adjust well to suddenly having a lot of time on my hands. I became very

The roots of all goodness lie in the soil of appreciation for goodness.

~Dalai Lama

depressed and felt I had no direction or purpose in life. Life has taught me that the best way to find acceptance of my own heartaches is to reach out and help someone else in need. I live three blocks from the HAFP and I know many of our clientele because I've lived in the neighborhood for 34 years. Volunteering at HAFP, in my own community, just made a lot of sense to me."

Ben serves the soup every day at HAFP, a pivotal position. He is the first person to greet our clients and help them arrange their soup bowls

produce, meat, seafood and poultry companies, and our local food bank. Yes, all these companies have made a commitment to help end hunger in this country. You know who you are and I salute you. If you are donating to us, we need more of everything. Please call us and we will be glad to pick it up. Thank you in advance.

So this is what I do with what I have. Oh yes, I forgot to mention that while I do what I do, I also teach an HAFP cooking class where students receive hands-on training while cooking for our clients. Things really fly sometimes, but they all learn a skill that can help them help themselves.

on the tray. "Feeding people is a simple act, but it is not just about putting soup in someone's bowl. I also try to engage each person and treat him with respect and compassion. I don't think there is anything better you can do for people."

Appreciation of life itself, becoming suddenly aware of the miracle of being alive, on this planet, can turn what we call ordinary life into a miracle.

~David Wakefield

Ben's fluency in Spanish has proven beneficial with clients who have trouble speaking English.

We agreed that people from many walks of life eat here: kids cruising through, elderly couples on fixed incomes and homeless living in Golden Gate Park. For them, our smiles may be the only ones they see that day. We address them respectfully, ask how they are doing, and wish them well when they leave. We know this makes a difference in their day. It might even change a life.



Chef Instructor Dan Vegas peeling fresh beets at the Community Kitchen

## We're Cooking Now

By Meghan Graber

It is 7:35 a.m. on Friday and the Haight Ashbury Food Program's Community Kitchen is already stirring. Students in the 20th class of the Food Service Job Training Project (FSJTP) are trickling in, looking a bit sleepy, but ready for another day of work and learning.



Students receiving cooking instructions at the Community Kitchen  
Connie, Michael, Eugene, Walter.

The students are in the sixth week of their three-month training program. They have the routine down. Monica Flores, a single mother with 4 children (she also works weekends as a cocktail-waitress) begins taking out the pans and the cooking utensils. "Mis en place is a technique that I never heard of before. It means 'everything in its place.' You must have all of the items ready and waiting before you start cooking. This is such an important lesson that Chef Dan taught us, because without mis en place we would be disorganized and late in getting the food out," Monica says.

Eugenio Mallari, a father of two and originally from the Phillipines, talks about what he has learned and where he is going as he dices tomatoes for the salad. "I am really speeding up. My knife skills are getting better and better by the day. I love it here and am so excited about what I am doing because it is all so new to me. I hope to use what I have learned here to continue in the food industry as a nutritionist. This is my long-term goal."

The students are in a groove now. The kitchen is hot and Lupe Burgos takes a quick break in front of the fan. He returns to cutting the parsley for the vegetarian entrée. "When I first started working here, I had a tough time paying attention to everything in the kitchen. There is so much to learn! But I have been learning how to focus and I can feel the difference."

The kitchen is hot and humming by 10 a.m.. The students are all performing different jobs and working well together. "Dealing with different personalities is a skill to learn, but we have one shared goal here: to learn as much as we can before we go out into the real world" said student Edward Portugal.

By 11 a.m., the entire meal is placed on the serving line. The class is finished with 30 minutes left to go before the clients come for lunch. The students take a quick break and fill their trays with the meal they just prepared.

Gualterio Fernandez puts the scraps from his tray into the garbage and leaves for the cooking theory class at the John Adams City College Campus. Gualterio works 40 hours a week as a prep cook at a gourmet restaurant in addition to the 32 hours he trains at the Job Training Project. He plans to "learn as much as [he] can and continue on and move up in the cooking field."

The students are moving into the second phase of the cooking theory class where Chef Dan prepares the students for the ServSafe safety and sanitation test. This is a nationally recognized certification. Every food service establishment in the country, whether it's a five star restaurant, fast food



Students in Cooking Classroom - CCSF, John Adams Campus  
Robin, Eugene, Edward, Monica, Lupe and Dan Vegas, Chef Instructor

joint, baseball stadium or hospital, must have at least one employee with this certification. Being ServSafe certified is a major asset to employability. But it is not an easy test to pass. It is 100 questions and covers 11 sections of information. The students are confident they can pass it. "I think it'll be tough, but if I set my mind to it and study hard, I know I can pass it," says Robin Springer.

Students of the Job Training Project are given



Students in Life Skills Class  
Walter, Meghan (teaching) Connie, Monica, Lupe.

the tools to obtain a job in the food industry after graduation. Students are provided daily hands-on kitchen experience. Job skills are taught two afternoons a week with the other three afternoons devoted to cooking theory, safety and sanitation in the kitchen.

"I love my job and the people I feed. I get up excited everyday and I have the Haight Ashbury Food Program to thank," said William Downs, a graduate of class 18. William works as a breakfast cook at the Nob Hill Health Care Center, where he earns \$10.52 an hour.

You get appreciation by giving it.  
~unknown

## About GraceAnn

By Ashten Remwa

There are many things about GraceAnn to appreciate. I'd like to focus on appreciating the fact that she has taken the time to discover and nurture her life's passion; synergize that passion with her vocation and frequently direct that synergy to address a particular social problem, issue or cause. Some call this activism. I call it social entrepreneurship, the ability to spot and act on an opportunity to increase the overall social value for the benefit of all!

Recently, the Haight Ashbury Food Program (HAFP), was the beneficiary of GraceAnn's social entrepreneurship. She wrote about HAFP's Food Service and Job Training Project in her San Francisco Chronicle Column, "The Inside Scoop." She described how HAFP's chef Dan Vegas is increasing social value by teaching people in poverty basic culinary skills and feeding 300 to 700 hungry people in poverty a free nutritious lunchtime meal in the process. GraceAnn's article motivated other social entrepreneurs to contribute money and other resources to HAFP, social entrepreneurship triggering social entrepreneurship!

When I consider what could be achieved, the incremental value that could be added, if each of us acted

as GraceAnn acted, spotting an opportunity to increase social value and then acting, hunger and poverty in America could be eliminated!

GraceAnn is the writer or editor of seven cookbooks. She is the author of the popular book *San Francisco Restaurants, 3rd ed.* She is the columnist for the extremely popular San Francisco Chronicle columns, "The Inside Scoop" and the Sunday's Pink "Cook's Night Out." She conducts food culture and history walking tours of San Francisco's North Beach neighborhood. These "Mangia" walking tours have been named by *Gourmet Magazine* as one of the 100 best things about San Francisco. She has been writing about restaurants and their entrepreneurial chefs for 12 years.

Oh, and did I mention GraceAnn is also a chef, quite capable of dining with any of San Francisco's top chefs one day and helping out in a San Francisco Community Kitchen the next? GraceAnn, HAFP appreciates you and all that you do!

Three Michelin stars, one for discovering your passion, one for combining that passion with your vocation, and one for directing that passionate vocation for everyone's benefit.

GraceAnn Walden can be contacted via e-mail at [gaw@sbcglobal.net](mailto:gaw@sbcglobal.net).

Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary.

~Margaret Cousins

## Presidential Musings

By Lenore Conroy

Hunger in the U.S. is measured in terms of food security. "A household that is food secure has access to enough food, at all times, for an active and healthy life, with no need to use emergency food sources."

Food insecurity occurs "whenever the availability of nutritionally adequate and safe food, or the ability to acquire acceptable foods in socially acceptable ways, is limited or uncertain."

At the Community Kitchen on Waller Street, where HAFP has been serving a free, hot and nutritious meal each week for 20 years, we measure hunger in terms of the length of the line outside. I have been watching that line grow longer every week; more seniors, more young people, and more of the working poor. (While hunger and homelessness can be linked to poverty, hard work is no guarantee against hunger. 12.1 million adults with jobs still experience hunger).

We expect that during the summer months, without access to free school breakfast and lunch programs, the number of children who are hungry will increase dramatically. One in every 4 people who line up outside of soup kitchens in America is a child.

Even when hunger is not present, adults in households determined to be food insecure by recent U.S. gov-

ernment surveys are "so limited in resources to buy food that they are running out of food, or reducing the quality of food their family eats, or feeding their children unbalanced diets, or skipping meals so their children can eat, or taking certain other serious steps to adjust to their economic problems that threaten the adequacy of the family's diet."

The consequences of hunger and food insecurity impact our community. Health issues (both from malnutrition and obesity) absenteeism from job or school, disintegration of families, domestic abuse, substance

abuse, and increases in crime are often directly related to hunger issues and food insecurity.

The Haight Ashbury Food Program believes that freedom from

hunger is a basic human right. That belief is central to our mission. As long as the need exists we will continue to feed the hungry in our community.

June 3, 2004 is National Hunger Awareness Day. It's a day to reflect as well as an opportunity to take action. I encourage and applaud your continued support of our remarkable program.

The aim of life is appreciation; there is no sense in not appreciating things; and there is no sense in having more of them if you have less appreciation of them.  
~Gilbert Keith



## Goodbye Carl and Doug

By Rachel Ehrlich and Hanna Dreir

The Haight Ashbury Food Program is dedicated to community connection and social change. We open our doors each day to volunteers, staff, and clients who empower each other by sharing their stories and hearts. This past winter we lost two men whose vision and vigor for humane and compassionate community change has inspired and driven the work we do.

Carl Munger died on January 2, 2004. Carl was a passionate visionary for community change. As head of the Urban School, a private high school in the Haight Ashbury neighborhood, he helped raise over \$20,000 and neighborhood support to start the Haight Ashbury Food Program. A teacher to the core, Carl taught by example. He motivated students, the school, and those in the neighborhood to prioritize community involvement and social change. These became the core values of the Urban School. His enthusiasm and dedication has inspired the neighborhood to respond to those in need with compassion, integrity and creativity. Those who knew Carl describe him as a warm hearted, adventurous, and spirited man. HAFP today exudes this same kind of creative neighborhood based vision that Carl first brought to it.



Carl Munger  
Dec 26, 1927—Jan 2, 2004

In the late 90s, Doug LaLanne arrived at the Community Kitchen. He too had a generous heart and friendly inclusive way about him. Doug was a native San Franciscan who struggled with a heroin addiction. He lived in a wooded section of the Presidio. After difficulty with the police, Doug was forced to leave the Presidio. Frustrated with life on the streets and his all-consuming addic-



Doug LaLanne  
July 10, 1953—Nov 7, 2003

tion, Doug went into a rehab program. Eighteen months later he started volunteering, washing dishes at the Community Kitchen. Doug's jovial and openhearted personality was a welcome addition to the community. He was serious about his commitment to making needed changes in his life, but also open and respectful of others and their choices. Eventually, Doug was asked to join the staff of the Food Program as the Food Service Coordinator. Like Carl, Doug was an enthusiastic educator. His loud, boisterous voice echoed through the halls of the kitchen as he trained volunteers or called out instructions to the other staff. He was quick to praise others and always had a smile, a joke, or a new nickname for anyone handy. Doug had a gentle way of making people feel appreciated, included, and purposeful. He was open to sharing his story as a way to inspire others to think creatively about how to overcome obstacles in their lives. He treated others with dignity and thoughtfulness. His death on November 7th of last year was a tremendous loss for clients, volunteers, and staff who considered him to be a mentor, teacher, and friend.

A testimony to Carl and Doug's enthusiasm and vision for humanity is the way in which HAFP continues to thrive and operate from a place of heart and community. These men inspired others to join them in an appeal to solidarity with those who face isolation and hurt in their lives. Their solidarity is the kind where you roll up your shirt sleeves, invite your friends to the table, and open your hands to share with others the gifts, the struggles, and the graces that are in your life. We will miss them deeply, but their energy, dedication, and love of humanity live in our daily work.

Never doubt that a small group of committed individuals can change the world; indeed it is the only thing that ever does.

~Margaret Mead

## In Memoriam of Ana Tiueti

The Reverend Ana Tiueti died on Friday, November 28, 2003. She is survived by her husband, Opeti Kalausa, and by a son, Sione Kalausa.

Ana Tiueti previously served the Tongan First Church in San Bruno, and since 1997, served the Hamilton United Methodist Church in San Francisco where HAFP has its Community Kitchen.

Ana is missed by those who knew and loved her.

## Hunger Awareness Day 2004

Communities nationwide will recognize National Hunger Awareness Day (NHAD) on June 3, 2004. It will focus attention on the persistent and chronic problem of domestic hunger.

There are 12.1 million Americans who are uncertain where they will get their next meal. Imagine not knowing how or where, or even when, you will eat your next meal. Tough economic times are forcing more of our neighbors to use community kitchens, pantries and shelters. We must acknowledge this growing problem and support its solutions. You can help by:

- § Contributing your time, money, and ideas to HAFP ([www.thefoodprogram.org](http://www.thefoodprogram.org)).
- § Educating yourself about hunger and poverty in America and insisting that national policy makers give priority to eliminating hunger and poverty.
- § Educating your state and local policy makers about hunger issues and insist these issues be given priority.
- § Participating in National Hunger Awareness Day 2004 events.
- § Volunteering at your local community kitchen and food bank.

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"A PLACE AT OUR TABLE" is reserved for you to volunteer to share a meal and to donate as generously as you can.

Now donating is easier than ever !

Go to: [www.thefoodprogram.org](http://www.thefoodprogram.org)

Click on "Donate Now"

§ Skipping a meal and contributing the cost of that meal to your local community kitchen or food bank.

### Local San Francisco NHAD Events

On June 3, 2004, HAFP will provide each of our volunteers and staff with a Hunger Day Awareness ribbon.

The San Francisco Food Bank is sponsoring "One Big Table" to be held at the Civic Center Plaza on June 3, 2004 from noon to 1 p.m.

The San Francisco Food Bank will invite 150 guests to join the Food Bank in a public dialogue about hunger. The dialogue will focus attention on the 150,000 San Franciscans at risk of hunger.

([www.sffoodbank.org/events\\_calendar.html](http://www.sffoodbank.org/events_calendar.html))

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