



# Rice plus Project

Volunteers dedicated to helping Monterey-Santa Cruz County families in need

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## Rice Bagging Sunday Nov 1, 11AM – Please RSVP



### RICE BAGGING

*RSVP PLEASE!  
TO  
Sandhya  
@riceplusproject.org*

### OCTOBER SHARING

- 2850 lbs. Rice
- 450 lbs Beans
- 6 Cases Tomato Sauce
- 1200 Corn Tortillas
- 6 Cases Corn
- 2 Cs Garbanzo Beans
- 1 Case Green Beans
- 24 Jars Peanut Butter
- 96 OZ Apricots
- 240 String Cheese
- 2 Bags Raisins
- 6 lbs Almonds

Rice plus Project is a non-profit 501 c (3) organization, go to [www.riceplusproject.org](http://www.riceplusproject.org)

*Submitted by Annie Duffy*

Thank you to the Yellow Brick Road for their very generous donation which will help with our goal of alleviating hunger in our community. Our thanks to the Bala Kendra School in South Bay for packing rice and beans as part of their children's program and ably delivered by Mani. Holly Fassett 's beautiful knitted creation sold at Nepenthe in Big Sur and the earnings were donated to the Rice Project.



Many thanks to the Whole Foods Market in Monterey for their ongoing and generous donations of food and other items to Rice plus Project. If this is a place you shop, please mention your appreciation of their support to needy families in our communities.

220 Cans Food; 550 Loaves of bread; Crackers, Cereals, and other necessary items



### NATIVIDAD DELIVERY

#### MOTHER & INFANT UNIT

#### OCTOBER ITEMS

- 50 Knitted Caps
- 35 Blankets
- 3 Overalls & Tops
- 4 Onesies



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*Use it as your search engine and help support Rice plus project!*

#### VOLUNTEER FEATURE

This month we are highlighting Julie Zack from Santa Cruz. Julie found out about Rice plus through her friend, Christine Kline a few years ago and comes to monthly rice bagging whenever she can. Her words describing what this volunteer opportunity mean to her are so simple, yet so meaningful.

"I love it, it's very simple and efficient. You come for 3 hours and know that people will eat due to your action. It's very direct and feels very valuable to me. You come, you do something, you leave and know that you've done something worthwhile. It's once a month and you can feel the result. It's also socially very fun, wonderful people come, we eat together and spend a good part of the day together."

Julie has been a massage therapist for 20 years, Swedish and Deep Tissue, and does

### Amma Apothecary

Offers

Miracle Healing Balm

Special Price of \$21.00

Thru NOV 11, 2009

Profits are donated to

Rice Plus Project

in home client services, taking her massage table with her.

Her other interests are gardening, movies, swimming and being with friends.

For October's meeting she brought 2 friends, Sophie and Chandler. Julie often makes a day trip out of her day, walking along Scenic and the ocean afterwards.