

## One million pounds is a lot to chew on

By **Cari Lynn Pace**  
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Do you check the expiration date on milk before pouring it in your coffee? Did you toss that fruit when it got too soft on your counter? Is the sourdough loaf a bit too hard to make sandwiches for your kids? Do you hate wasting food?

You're not alone. Marin's mar-

kets, restaurants, and food vendors often are overstocked with unused bread, meat, and produce. Although it's fresh today, the shelf life is fast approaching and they have no use for it. Forty percent (40%) of food in our country is tossed, wasted, dumped. Even when composted into our landfill, it increases the planet's methane gas and does nobody any good.

Three years ago Marv Zauder-

er, retiring from the tech industry and a career as a psychotherapist, decided he could do something about it. He founded ExtraFood.org, with a simple vision: food recovery. Volunteers pick up excess fresh food from markets and businesses and immediately deliver these carloads to those desperately needing it most. Kids benefit, students are fed, seniors have ingredients to cook, and improv-

erished families can break bread together.

Tuesday night saw ExtraFood's joyous celebration of an amazing milestone: over 1 million pounds of food has been picked up and delivered. In three years, their list of recipients has grown to 86 nonprofits serving Marin's most vulnerable children, adults, disabled, homeless, and families.

ExtraFood couldn't do it without their growing list of over 160 food donors, including Marin's premier name restaurants, caterers, farmers' markets, bakeries, cafes, and supermarkets including Nugget Markets, Safeway, Whole Foods, Trader Joe's, and Costco. Many smaller markets are also generous contributors.

Stories from the volunteers

who pick up and deliver are happy ones. "I brought 60 pounds of prepared food from Novato Community Hospital to the Homeward Bound Shelter. The residents were all smiles as they smelled the delicious burritos I carried into their kitchen."

The director of a low-income senior housing complex said "We received a large delivery of ice cream, and we have only a very small refrigerator. We called residents to the lobby to help eat this special treat before it melted. You never saw such happy older folks - they were kids again!"

A College of Marin representative noted "We have many low-income students living in their cars. They sign up for PE classes just so

they can shower. This food is an amazing gift to them."

Volunteers, sponsors, and representatives of the receiving organizations mingled at the Falkirk Mansion and shared their success helping with such a basic need. They were delighted when Marin County Supervisor Damon Connolly presented a commendation declaring May 16th as "ExtraFood.org Day".

Volunteers and donors can learn how to participate by calling 415-997-9830. Read the full story of this amazing homespun organization at [www.ExtraFood.org](http://www.ExtraFood.org).

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PHOTO BY BOB PICKERING

ExtraFood's staff celebrate one million pounds of food picked up and delivered to Marin's needy non-profits. From left, founder Marv Zauderer, Annie Molyneux, Katelin Breck, Kathy Carver, and Carrie Machleder.