

Wakefield Rotary Club PO Box 382 Wakefield, RI 02880-0382

Dear Friends,

We hope you had a wonderful summer.

Thanks to the generosity of individuals, like you, our visitors literally enjoyed tons of fresh produce again this summer! During July and August alone, we distributed close to 18,000 pounds of fruits and vegetables.

Your support also allowed us to launch a cooking class titled "Food is Medicine." This four-week education series, led by URI students majoring in nutrition, teaches our visitors to create healthy recipes using extra virgin olive oil and the veggies they get at the pantry. A diet based on these ingredients has been shown to decrease a number of risk factors associated with chronic diseases.

You can read all about the class and the impact that your investments are having in the enclosed article from *The Independent.* (Twy 13, 2017 - 55 chon C)

As we begin to prepare for the holiday season, we wanted to thank you again for all that you do for our neighbors most in need. Our doors are always open if you would like a firsthand look at your contributions at work.

Our best to you and your family.

Sincerely,

Kate Brewster

**Executive Director** 

Jonnycake Center of Peace Dale

**Champion for Family Support, 2017**Washington County Coalition for Children

Non-Profit All Star, 2017 South County Chamber of Commerce