

## BROWN BAG PANTRY ROLLS OUT BIG HELP

Whistlestop, a San Rafael-based nonprofit that promotes the independence, well-being and quality of life for older adults and people living with disabilities in Marin County, offers free groceries through its Brown Bag Pantry program to Marin residents over the age of 60. Although this food-assistance is a life changer for many older adults, carrying those heavy bags of groceries can be challenging, especially for frail seniors with physical challenges.

Aware of the problem, Whistlestop applied for a grant through the County of Marin Community Service Fund Program and was awarded \$6,000 to help fund new rolling carts for current participants of the Brown Bag Pantry program. These new carts are on wheels, have a large capacity, and climb stairs – a complete game changer for many seniors. Additional grant funds were allocated for other Whistlestop food-assistance programs.

Whistlestop handed out free the rolling carts (along with free groceries) to registered/regular attendees of the Brown Bay Pantry program last Friday, July 19, at its center in San Rafael.

One in five people in Marin County worry about where their next meal will come from and older adults are no exception. In partnership with the SF/Marin Food Bank, Whistlestop runs the weekly (every Friday) Brown Bag Pantry program for over 100 Marin County participants who are low income and need help with food. Brown Bag Pantry offers free, healthy, fresh produce, meats and staple food items. Those hoping to register, need to be over the age of 60 and bring proof of Marin County residency to sign up.



COURTESY PHOTO

Rolling grocery bags were donated to needy citizens through Whistlestop recently. The bags make it much easier for those who can not carry heavy grocery bags.