

Sutter awards sustainability grant to RCCS!

In October, RCCS applied for one of a dozen or so “sustainability” grants of up to \$50,000 that Sutter Medical Center, Sacramento created in recognition of many community agencies facing “an unanticipated loss of core mission funding or decrease in fundraising success and/or an increase in demand for services directly related to the current economic conditions”. And in November, we were delighted to learn that we were selected!

In our grant application, we got to explain how our services make a difference, starting with how our 3-day nutritious emergency food supply supports health, performance in school and self-reliance. Access to groceries from RCCS enables individuals and families to avoid skipping meals or cutting the nutritional value of what they eat, and to produce healthy, balanced meals. We noted that research has shown that low-income people face higher food prices, and that costs for healthy foods like lean meat and vegetables have risen 20% in the past two years. We explained that access to healthy food helps prevent trading off food quality for food quantity, which contributes to obesity and other health risks. Adequate nutrition also contributes to children’s health and ability to function well in school. Finally, assistance with the food budget allows clients to meet basic living expenses like rent, utility bills and transportation costs, helping to avoid a downward economic spiral when bills are unpaid or people are unable to afford transportation to get to work. What we do *does* make a difference... thanks for all you do to support our important mission.



Children received books as a holiday gift at RCCS.

MISSION OF PASSION:

River City Community Services (RCCS) provides compassionate assistance, nutritionally balanced emergency food, crisis housing aid and, hope to people working toward self reliance.



RIVER CITY
Community Services

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