

# Letter: Pay it Forward at Bread & Broth

**To the community,**

On May 30, Bread & Broth's Adopt A Day of Nourishment dinner was sponsored by a grant from John McDougall of the Pay it Forward Community Fund at the Parasol Tahoe Community Foundation. J

McDougall and his sister, Janet McDougall, were on hand at his Pay it Forward sponsorship dinner to help as needed to feed the 80 folks who attended the evening's meal.

"Each year I am so appreciative of all the local support for Bread & Broth," wrote John McDougall. "The volunteers that work each week are truly paying it forward."

Through his Pay it Forward Foundation, McDougall encourages others, especially the youth of our community, to do good deeds for others to show that they care. McDougall has made a commitment to spread joy and kindness and his annual B&B dinner sponsorships have made the day for many members of our community.

There are so many ways to pay it forward and B&B is very grateful that McDougall has chosen to annually support one of our Monday evening meals. McDougall's \$250 donation funded a baked chicken dinner served with oven-roasted potatoes, sautéed red cabbage and zucchini dishes and a green salad. This nutritious meal provided by McDougall's grant funds more than fit the bill in 'paying it forward to those in need in our community. Kudos to McDougall for this thoughtful and heartfelt grant program.

**Carol Gerard, Bread & Broth**