

Volunteer Spotlight – March 2009 Ignatius Gruenwald

By Jean Lahey

If you are looking for a persistent, dependable, involved and dedicated volunteer, Sacramento Food Bank & Family Services (SFBFS) has found him — Ignatius Gruenwald.

Nash, a nickname taken from Ignatius, has been a volunteer at SFBFS for the last five years. He started bagging groceries at the Del Paso Food Locker where a friend got him involved. He extended his volunteer time to include other programs at SFBFS such as participating in the monthly Bridge Builders mailings with his wife Lucille and the new Mobile Food events.

Nash says that his favorite part of volunteering is “working with people.” He has learned that there are all kinds of people who are needy and he feels good about being able to help feed hungry people. If you ask Nash to explain what he does at Mobile Food, he says it is like a “free farmers’ market where clients are treated with dignity and their lives are made brighter.”

Nathan McDonald, Mobile Food and Del Paso Food Locker Program Manager, shares the following about Nash, “He is hard-working, never misses a mobile event, is committed to the cause and is extremely entertaining.”

Beyond volunteering regularly in our service programs, Nash has encouraged the large distributor Sam’s Club to donate baked goods and other food products to SFBFS on a regular basis. Nash also volunteers with the Presentation Conference of St. Vincent De Paul Society.

Nash retired in 1982 from the US Department of Interior, Bureau of Reclamation and has been doing volunteer work ever since. Nash rises each weekday morning at 4:30 to walk several miles before attending Mass at 6:30 and eating a hearty breakfast. Outside of volunteering at SFBFS, Nash likes to garden and cook. He and Lucille have three sons (Tim, Steve and Vince), one daughter (Ann) and 10 grandchildren.

When asked how long he planned to volunteer with SFBFS he said, “till I’m turned under. I am competing with Oscar [fellow volunteer], which gives me about 17 more years to go!”

Thank you Nash for all your time helping SFBSF serve those in needs.