

Jody Tick

Jody Tick serves as the Executive Director of [Sunflower Bakery](#). In this capacity, Jody leads the organization to operationalize its mission of using food as a lever for greater employment opportunities for people with learning differences.

Prior to her role at Sunflower Bakery, Jody had a fifteen-year tenure at the Capital Area Food Bank where she most recently served as the Chief Operating Officer. As COO, Jody was responsible for the daily management of the CAFB's operational work including direction and oversight of the acquisition and distribution of 30 million meals annually to approximately 700 food assistance partners and programs, strategic work addressing root causes of food insecurity and food access, and using data and metrics to inform resource allocation decisions.