

## You're making my family stronger and healthier

My name is April, and coming to Community Care Athens, an East Texas Food Bank partner was one of the best decisions I've ever made. It was also one of the toughest. You see, I was raised to be independent. I believe in taking only what you need and leaving the rest for people who are worse off.

I work full time teaching preschool. My husband does flooring, which is seasonal work. It's difficult to raise our children on such a limited income. Most of the time we make do, but between paychecks it helps to have resources like this.

**"When families like mine are struggling, you raise us up." -APRIL**

Very simply, you put food in our stomachs when we need it. I have a few tricks I use to stretch every last bit of food. Some nights I'll make vegetable soup with mixed veggies, tomato sauce and stewed tomatoes from the food pantry. That way I'm being responsible and making every last meal stretch. I like to pick up bread, rice, beans and pasta for my family, too.

### Between paychecks, your kindness sustains us

Coming to the food pantry frees up funds we wouldn't otherwise have. I can pay the bills and buy staples like milk, eggs, butter and cheese. Thanks to you, I can pick up food that might be too expensive to purchase at the grocery store.

When families like mine are struggling, you raise us up. It's a wonderful thing, and I'm so very grateful. You've shown us that people out there genuinely care and want to help.



Your generosity helps provide healthy food for April's family, including Adreanna and Cheyann, at Community Care Athens, an East Texas Food Bank partner.

Last time we came to the food pantry, my daughters began talking about the ways they'd like to give back when they can. That was a proud moment for me. We won't always be in this situation, needing help. Someday, we'll be in a position to help those in need. When that day comes, I'll be thinking of all the support you gave to get us there.

**Your support of the East Texas Food Bank provides a safety net for families like April's. Thank you for caring about the health and wellbeing of struggling neighbors in our East Texas community during Hunger Action Month and all year long!**

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## An encouraging word



from the CEO

**"Your generosity is the most effective tool in our community's fight against hunger."**

Dear Friend,

September is a particularly meaningful month for food banks across the nation, and ours is no different. It's Hunger Action Month, which means we're laser-focused on spreading awareness of the hunger problem in East Texas.

I'd even go so far as to call it a crisis. Nineteen percent of East Texans live without a reliable source of food. They're barely subsisting from one meal to the next. Unthinkably, almost a quarter of the children in our community face this problem and their parents simply lack the means to provide enough food to eat.

That is why we need the help of caring friends like you to take action. I encourage you to do so by continuing your faithful support of the East Texas Food Bank. Every dollar you give can help provide up to 8 healthy meals for neighbors in need. Your ongoing generosity is by far the most effective tool we have available to us in the fight against hunger.

Hunger Action Month also marks the beginning of our holiday rush here at the East Texas Food Bank. Well before the temperatures begin to drop, we start stocking up for Thanksgiving. This fall, you can play a crucial part in that process.

Thousands of East Texas families are struggling to put food on the table—let alone a festive Thanksgiving dinner. You have the power to help. Please give generously this holiday season so hungry East Texans have something to be thankful for.

Gratefully,

Dennis J. Cullinane, CEO

## I appreciate all you've given to my family

My name is Theresa and I know what it's like to do without. My husband and I worked hard and raised three children together. There were times when we couldn't afford school supplies or even shoes because money was so tight.

Thankfully, places like this food pantry meant my children always had something to eat. They are grown now, but it's still hard getting by. Back at the house, I've saved up a little dish liquid for bathing and washing my clothes. That's how bad it gets.

Without your help, I'd have trouble getting enough to eat while also paying the rent and utility bills. I appreciate all you've given to me and my family. Thank you for helping us when we needed it most.

Your contribution makes a life sustaining difference for Theresa at PATH, an ETFB partner agency.

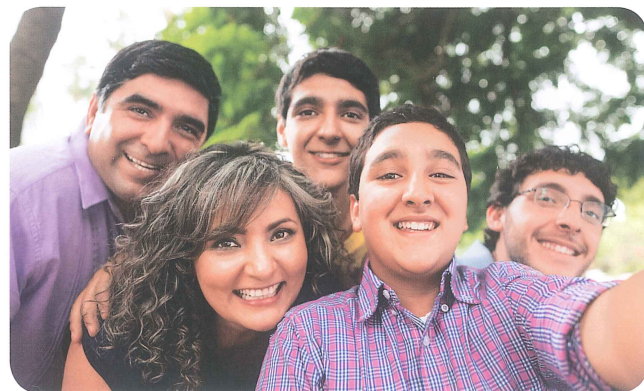


Photo has been changed to protect the privacy of the guests.

## We would like to thank our East Texas Food Bank Board of Directors

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## Thanks to you, Tasha's son is surviving and thriving

I'm Tasha. At my home in Tyler, we've learned to make a lot with a little. That's a necessity, because I have a growing 14-year-old son. He plays sports and is always active. When he gets home from practice, he makes a beeline for the refrigerator.

This food pantry means I have food to feed my son, even during those lean times toward the end of the month. I work full time, but we still run short on money. I'm really grateful for your



Thanks to your support, Tasha picks up the ingredients to prepare healthy meals from St. Paul Children's Foundation, an East Texas Food Bank partner agency.

support, because meat and certain other groceries can be expensive at the supermarket. Because of you, I'm able to get fresh food like fruits, vegetables, bread and milk from the food pantry when we need it.

I've learned how to cook healthy meals that can stretch a whole week. The ingredients I pick up make that possible. Thank you for being a blessing to so many people in our community. You're helping us survive and get on with our lives!

### Agency Spotlight

## Danielle sees your life-changing impact firsthand

Danielle Atteberry remembers the moment Hilda and Regan walked into her life. She'd just begun her workday as the development director at St. Paul Children's Foundation, one of the East Texas Food Bank's partner agencies in Tyler.

The elderly couple walked right up to Danielle and explained that they'd never asked for help before, but they really needed it now. Living on a fixed income made it impossible to afford food, clothing and critical medications. They'd been going without food and couldn't stand the hunger pains.



Danielle showed the couple around St. Paul's pantry, which is stocked with fresh produce and other essentials from the East Texas Food Bank. In a matter of moments, their entire demeanor changed from desperation to contentment. Danielle says that's the difference you make when you donate to the East Texas Food Bank.

"Poverty and food insecurity are tough subjects in our community, where the economic divide is so distinct," says Danielle. "Donors like you are making a massive impact for people suffering from food insecurity."

**"You're making a massive impact for people suffering from food insecurity."**

**-DANIELLE ATTEBERRY**  
DIRECTOR OF DEVELOPMENT  
ST. PAUL CHILDREN'S FOUNDATION

### Program Spotlight

## Take your seat at THE TABLE this Thanksgiving season

Every day, the East Texas Food Bank is working to put food on the table for our neighbors in need. This work is supported by generous donors who make recurring monthly gifts, either through debit/credit card or automatic draft. Our monthly donors are vital to providing the East Texas Food Bank with a reliable source of ongoing support.

When you become a member of **THE TABLE Monthly Giving Program**, you can have the satisfaction of knowing that you are putting food on the table for East Texas families, not only during the Thanksgiving season, but all year long. Members receive strategic updates from the "frontlines" in our fight against hunger, plus exclusive invitations to special member engagement events.

To learn more about **THE TABLE Monthly Giving Program**, or to set up a recurring donation, please go to [EastTexasFoodBank.org/THETABLE](http://EastTexasFoodBank.org/THETABLE)

**THE TABLE**



# We need your help to stock up for the holiday rush

Thanksgiving should be a time of joy and laughter. It should be a time to take stock of all we're thankful for. Unfortunately, the holiday means something much different for thousands of neighbors here in East Texas. For them, it's a painful reminder of the delicious food they can't afford. Rather than a season of celebration, fall brings a sinking feeling.



This Thanksgiving season, every \$1 can help provide up to 8 hearty meals.

Here at the East Texas Food Bank, your kindness is the key to turning all of that around. Right now, we're depending on your support to stock up on Thanksgiving essentials for struggling East Texans.

## A reason to give thanks

The folks you'll help by providing healthy, delicious food really need it. Some are parents who work hard every day, but can't afford a special meal for their children on Thanksgiving. Others are seniors whose fixed income doesn't quite cover the cost of turkey and all the trimmings.

Imagine the difference you'll make in the lives of less fortunate children, families and seniors right here in East Texas. You'll give them something to celebrate, and a reason to give thanks. Most of all, you'll continue building a happier, healthier community for all of us to enjoy.

**Every \$1 you give can help provide up to 8 meals for hungry East Texans. Please take a moment to return the enclosed reply slip or give online at [EastTexasFoodBank.org/DonateNow](http://EastTexasFoodBank.org/DonateNow). Thank you for helping us fight fall hunger!**

## It's Hunger Action Month

### What can you do to help?

Nineteen percent of East Texans face hunger. Children in our community have it even worse. 1 in 5 East Texans, including 1 in 4 children, are at risk of going hungry today. September is Hunger Action Month, a time for caring friends of the East Texas Food Bank to end hunger—one helping at a time. Here are three easy ways to take action today:



**Donate:** Every \$1 you give can help provide up to 8 meals for East Texans in need. Visit our website or use the form below.



**Speak out:** Learn about national hunger issues and initiatives on our website, [EastTexasFoodBank.org/join-the-fight](http://EastTexasFoodBank.org/join-the-fight)



**Volunteer:** Our new Volunteer & Nutrition Education Center is open! For more information, please visit [EastTexasFoodBank.org/donatetime](http://EastTexasFoodBank.org/donatetime)

## MY FALL GIFT—\$1 can help provide food for up to 8 meals

**YES, Dennis, I want to help fight hunger and feed families and seniors who are struggling in East Texas.**

Enclosed is my gift of:

☐ \$150 ☐ \$100 ☐ \$50 ☐ \$25 ☐ Other \$ \_\_\_\_\_

☐ I want to become a member of THE TABLE Monthly Giving Program with a monthly gift of \$ \_\_\_\_\_. My first gift is enclosed.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

Please make your check payable to:

**EAST TEXAS FOOD BANK**  
3201 Robertson Road  
Tyler, TX 75701-2532



To charge your gift by phone, call 800.815.FOOD.

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Give online at [EastTexasFoodBank.org/DonateNow](http://EastTexasFoodBank.org/DonateNow)

Your donation is tax deductible as permitted by law. The East Texas Food Bank will send you a receipt in gratitude for your kindness to the individuals and families in East Texas who rely on us for food.



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