



# SERVINGS

News from the East Texas Food Bank

EastTexasFoodBank.org/DonateNow



## When hunger hit my family, you held the lifeline

When my children need something, I'm the type of person who will get out there and do what it takes for them. Most moms I know are the same way. But the years have been hard on our family.

If you met my son, you'd notice he's a little different. He has autism. Just a few months after he was born, his father died in a car accident. So I've been raising him and his younger sister all on my own ever since. They're the center of my world.

**"Without your help, I just don't know what we would do."**

—ANGELIA

I moved to Palestine, Texas, about six months ago, and it's incredibly tough to find long-term employment. I've been doing odd jobs around the neighborhood just to pay the bills. Driving down the street last fall, you'd probably see me out raking somebody's leaves or doing some landscaping work.

It takes everything I've got just to put food on the table. Sometimes I can't even manage that. A few months back, I reached out to First Resource Center for help. Having access to their pantry—with healthy food provided by the East Texas Food Bank—has been an enormous help.

### Motivated by your kindness

When I see people like you caring enough to give to the East Texas Food Bank, it gives me hope. I feel less alone and inspired to keep doing my best. I think my children notice that, too. When I come home from the pantry with a bag of food, they know



they'll get to enjoy a homemade meal. I like to freeze any leftovers for future meals. That way, nothing ever goes to waste.

Since coming to First Resource Center, I've gotten better about meeting my son's special needs. A sense of routine is extremely important for him. Now that I know we won't need to skip any meals, I can plan ahead and make sure he sticks to that routine. It's been such a boost for my family's happiness and our health, too.

Without your help, I just don't know what we would do. Your kindness keeps us afloat. Thank you for being there when my family needed you most!

—Angelia

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

## INSIDE

### Page 2

An encouraging word from the CEO



### Page 3

You kept me fed when I had nothing



### Page 4

When school lets out, hungry children count on you



## An encouraging word



### from the CEO

Dear Friend,

This summer at the East Texas Food Bank, our thoughts turn to two critical programs. Our biweekly produce distribution will be ramping up soon right here at

our warehouse. In the coming months, we'll set up our Summer Food Program for hungry children in high-need areas of the community.

You may recall that, as a part of our "More Space, More Meals" expansion project, we recently unveiled our new Volunteer and Nutrition Education Center.

Well, the timing couldn't be any more perfect, because we have so much work ahead. The volunteer center has become the beating heart of our operation, and it gives us the best possible chance at maximizing our effectiveness.

**"As summer vacation begins, children in East Texas lose access to free or reduced price school meals. Your generosity helps fill the gap."**

In practical terms, the volunteer center features plenty of space to assemble meal kits. We've also got direct access to expanded refrigerator storage—which is necessary for keeping fresh fruits and vegetables crisp and delicious.

This summer, I'm encouraging kindhearted friends of the East Texas Food Bank like you to do two things. First, I hope you'll continue your integral support at a time when donations tend to dip. As summer vacation begins, children in East Texas lose access to free or reduced price school meals. Your generosity helps fill the gap.

Second, I'd ask you to consider volunteering a few hours of your time. It will be a rewarding experience for you—and it will mean everything to the hungry neighbors you help. Thank you, as always, for your caring support.

Gratefully,

Dennis J. Cullinane, CEO

## Your graduation gift can fight hunger, too!

It's that busy time of year when seniors across East Texas count down to their big moment: graduation. These milestone achievements create memories that will last for years to come. As such, they deserve special recognition.

This year, East Texas Food Bank invites you to commemorate a loved one's special occasion with a gift to fight summer hunger.

As an acknowledgment of your gift, the East Texas Food Bank will mail a personalized card to the person you designate. To make a special tribute gift, use the enclosed return slip or give online at **EastTexasFoodBank.org**

Thank you for fighting hunger and feeding hope in East Texas. We wish you and yours a happy graduation season.



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

Ann Howell

Bill Mohl

Bryan Jacobe, *Chair-Elect*

Cathy Schreiber, *Treasurer*

Diane Heindel, *Secretary*

Edgar Burton

Gregg Davis, *Chair*

Dr. Christie Osuagwu

Howard Tagg

Jay Jelinek

Jeff Johnston

Jim Daughtry

John Gaston

Kenneth Cobb

Kimberly Lewis

Leslie Harrison

Michael W. Stevens

Rosemary Jones

Valerie Smith

Verna Hall

# You kept me fed when I had nothing

You never fully appreciate what you have until it's gone. That goes for earthly things, of course, but it's also true about our health and the people we love.

My husband passed away last March after a four-year battle with cancer. I was diagnosed with breast cancer during his last year on Earth, so it's been very difficult. We went through our life savings in no time, then had to sell our property to pay for medical expenses.

I have a wonderful family that helps me when they can, but they live out of town. I don't get to see them as often as I'd like. Now I'm renting, but my fixed income doesn't get me through the month. Just about everything goes to pay utilities. It takes a lot just to keep the lights on and the house heated.



**"Without your help, I wouldn't be able to eat healthy meals."**

—DONNA

## No more skipping meals

A few months ago, I visited St. Mary Magdalene Food Pantry in Flint, Texas. Asking for help doesn't come naturally to me, so it was a big step. Skipping meals isn't good for you. I walked in and picked up some good, fresh food that same day.

It's helped me tremendously to come here, and I'm very thankful for the food pantry. Without your help, I probably wouldn't be able to eat healthy meals. Even basics like eggs and milk are going up in price. You're keeping me going.

Please know that the people who come here for food really need the help. Thank you for all you do.

—Donna

**Learn more about St. Mary Magdalene Food Pantry in the story below.**

## Agency Spotlight

# This busy food pantry runs on your generosity

On Wednesdays, Karen and her husband, Dave, rarely slow down. That's when they open the weekly food pantry at St. Mary Magdalene Catholic Church. Karen coordinates the pantry, welcoming hungry neighbors inside for a hot meal and a bag of healthy food to take home. Having already picked up that food from the East Texas Food Bank, Dave makes sure the pantry experience is streamlined for each guest.

"About half of the people we serve are seniors," Karen says. "The other half are families and working folks who've fallen on hard times. Maybe they've been laid off or their financial circumstances have changed in a drastic way."

## A week's worth of food, to go

Recently, Karen noticed that more and more of the food pantry's guests are reaching out for help from her agency for the first time. She finds it humbling to help provide healthy food for people in their time of greatest need.

"I see the gratitude on people's faces when they receive a bag full of food," Karen says. "It can last a whole week for a family, and sometimes that can make all the difference in the world."

Your support of the East Texas Food Bank provides life-sustaining food for hungry people across more than 200 partner agencies and food programs—including pantries like St. Mary Magdalene. Thank you for your generosity this summer and all year long!



**"I hear the gratitude in their voice. That's the best part." —KAREN**



## When school lets out, hungry children count on you

For hardworking families living paycheck to paycheck here in East Texas, it's always a challenge to put food on the table. But summertime hits particularly hard. Summer break means the end of free or reduced-price school breakfast and lunch. On top of that, day care costs start to pile up.



approaching, we're busy highlighting high-need areas in the community for our Summer Food Program.

Your continued generosity ensures children at each site can enjoy a healthy meal along with safe, supervised activities that promote nutrition education. Last year with your support,

we provided over 65,000 meals for children—including fresh fruits and vegetables.

Each year, the East Texas Food Bank experiences a dip in donations during the summertime. Your support will prove more critical than ever as we work to ease the burden on hardworking parents and solve childhood hunger in East Texas.

Summer is a time of stress for so many parents in East Texas. Instead of planning vacations at the beach or signing their children up for summer sports, parents are busy saving every last penny. Often times, it's still not enough.

The East Texas Food Bank is here to help hungry children and their families get the nutrition they need to survive and thrive. With summer

**Every \$1 you give can help provide up to 8 meals for hungry children and their families. 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 summer hunger!**



Photo source: cookingclassy.com

## Child-friendly summertime snack

Here's a healthy snack recipe that's just as delicious as it is easy to make. It's the perfect in-between-meals option to promote healthy eating when children are out of school for the summer!

### Peanut Butter Fruit Dip

Ingredients:

- 2 5.3 oz containers vanilla Greek yogurt or 1 heaping cup of yogurt
- 1/3 cup creamy peanut butter
- 1 tbsp honey

Instructions:

1. Add all ingredients in a bowl and whisk to blend until smooth.
2. Serve with fruit (we recommend bananas, apples, raspberries or strawberries). Store in an airtight container in the refrigerator.

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

**YES, Dennis, I want to ensure children and families in East Texas have healthy food this summer.**

Enclosed is my gift of:

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

☐ I want to become a Meal-A-Day donor 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.

Please charge my gift on my credit card:

☐ VISA ☐ MC ☐ AMEX ☐ DISC

CARD NUMBER \_\_\_\_\_ EXP. DATE \_\_\_\_\_

NAME ON ACCOUNT \_\_\_\_\_

TELEPHONE NUMBER \_\_\_\_\_

SIGNATURE \_\_\_\_\_

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.



Connect with us!

5N/19 49\_45588\_690