

You're helping Keith start life over again

My name is Keith, and I never expected to be in this situation... but then COVID hit and here I am at a Mobile Pantry for the first time. You just never know when you're going to need help.

I work at a local restaurant and my hours got cut back to the bare minimum—from more than 40 a week to barely 20. I know I'm blessed to be working at all right now, but that puts a real strain on my pocketbook, believe me. I feel like I'm starting life over again.

“This food is such a help in this time of need.”

—KEITH

The wonderful thing is, I'm not alone. The East Texas Food Bank is here for me and for all my neighbors who are in line for food today. I'm sure there are plenty of folks like me who didn't know where to turn for help until we saw these kind souls on the news.

The groceries they put in my trunk just now look so healthy. I'll be able to use all of it when I'm cooking for my wife and mom!

Will I come to another distribution? If I need to, I won't hesitate for a moment. The Food Bank cares about this community and doesn't judge anyone for



You helped us serve first-time guest Keith when his hours at work were cut.

needing help. They understand what wild and unpredictable times we're living in.

Thank you for helping to make services like the Mobile Pantry available. This food is such a help in this time of need. I appreciate it. My family appreciates it. Thank you very, very much.

Our new Mobile Pantry program brings nutritious food to people in greatest need—like Keith and his family. Turn to page 2 to hear more about this outreach from our CEO, Dennis Cullinane.

Then visit EastTexasFoodBank.org/DonateNow to give today!

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An encouraging word from the CEO



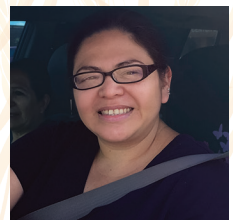
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One roof, endless resources



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Help neighbors like Idalia this fall



An encouraging word from the CEO



The East Texas Food Bank has truly been blessed by your support

Dear Friends,

Fighting hunger in East Texas means reaching into some pretty rural areas, and doing that takes flexibility—not to mention additional resources. That's why I'm so thankful to have your support even amid the disruption caused by the pandemic. Steady friends like you help the East Texas Food Bank keep innovating!

As you read on the cover, one of the new ways we're extending our reach is through our Mobile Pantry program. Launched in the past year, this program brings nourishing food directly to communities that lack access. Fresh produce is a huge component of these distributions because, without a nearby grocery store, our neighbors often have no choice but to rely on processed foods. Over time, that can have a serious impact on their health.

To supplement well-balanced diets and healthy lifestyles across East Texas, we're currently dispatching Mobile Pantries to 12 carefully selected locations every month. We invite local families to visit as often as they need to, to ensure fresh fruits and veggies are a part of every meal.

In addition, as you'll read on page 3, we opened the Deep East Texas Resource Center this May. I think you'll be amazed by all the help we're making available together at this one hub!

The East Texas Food Bank has truly been blessed by your support. We would not be as effective without you! I hope you'll continue to help us take care of this wonderful community.

Gratefully,

A handwritten signature in blue ink, reading "Dennis J. Cullinane".

Dennis J. Cullinane, CEO



Join us at THE TABLE

Hunger doesn't take a day off, and that's why our monthly donors are essential. They help ensure East Texans across the 26 counties we serve have access to nutritious food all year long.

Members of THE TABLE Monthly Giving Program give to the East Texas Food Bank every month, either via a debit/credit card or automatic bank transfers.

With the holidays coming up and the need for food still higher than usual, we hope you'll consider joining us at THE TABLE. Your monthly support will offer a steady lifeline to even more East Texas families as they continue to rebuild after the pandemic.

As a monthly member, you'll receive special updates and invitations to exclusive member events. To learn more, or to set up a recurring donation today, go to EastTexasFoodBank.org/THETABLE.



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

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Creating a “rosier” future for this grateful neighbor

Hi, I’m Rosie. I got up early again today to get a good spot in line here at the distribution. There aren’t as many people lately, but a lot of people are still hurting. This food has been a real lifesaver for all of us. My mom and I are especially grateful because we’re both heart patients.

When I needed surgery, I had to stop working. I lost all my savings; then my benefits ran out, too. I can’t tell you how scary that was. I was trying to recover from a major procedure and worrying about having enough to eat at the same time.

“We are very thankful for everyone who has donated.”

—ROSIE



Rosie feels blessed to have your help staying healthy.

basics plus fresh produce. If we’re careful, we can make the food last a long time.

We are very thankful for everyone who has donated over the months. We appreciate everything that you have done to help us. Thank you, Smith County; thank you, Tyler; thank you, East Texas Food Bank!

We’re grateful for your kindness, too! If you can give again today, visit EastTexasFoodBank.org/DonateNow.

Program Spotlight

New resource center offers comprehensive services under one roof

We are thrilled to announce that our newest outreach, the Deep East Texas Resource Center (DETRC), officially opened on May 7. With the support of friends like you, the DETRC will offer services that otherwise wouldn’t be available in the Lufkin area. These include:

- A food pantry where guests can choose the groceries they need
- Nutrition classes in our demonstration kitchen
- Help applying for benefits assistance programs, like SNAP and WIC
- Assistance with utility payments
- Help applying to community colleges
- Health screenings
- Financial counseling
- Child care
- Referrals to Goodwill and other social services

In addition, a large warehouse and walk-in fridge will enable us to keep nearby pantries well stocked.

This new facility is designed to be a “one-stop shop” for low-income families in Deep East Texas, where access to healthy food and other

resources has historically been very limited. However, thanks to generous friends like you, everyone who comes to the DETRC is welcome—our services aren’t limited to residents of Lufkin.

Now here’s the most exciting part: We’ve already seen such success in the four months the resource center has been open that we’re planning to build two more just like it!

Innovative expansion like this simply wouldn’t be possible without donors like you. Even more remarkable is that you helped make it happen during the pandemic. What a testament to the power of your compassion!



Visit DETRC.org today for more information about this life-changing new program.

East Texans need your help to rebuild and look forward

Starting over takes a daunting amount of hard work. Even the most resilient among us may need a little help after COVID-19. As our neighbors continue to rebuild their lives, we need to make sure they have the nutritious food they need to keep going.



You can give neighbors like Idalia a healthy fall and a hopeful holiday season.

Idalia puts the money she saves on groceries toward keeping the lights on and other basic needs.

"Thank you very much," she smiles. "I know it's hard work to get this distribution set up early. You need to have real heart to do this!"

Please give today to help families like Idalia's this fall. Every \$1 you give will help provide up to 8 nutritious meals for children, families and seniors through programs like our Mobile Pantries and the DETRC. Donate online at EastTexasFoodBank.org/DonateNow or return the enclosed reply form with your kind gift. Thank you for your generosity!

Just as critical, it's up to us to help them celebrate the upcoming holidays. Thanksgiving 2021 might just be the most important yet, in terms of giving people a joyful reprieve from all their long months of worry.

Will you stand with the East Texas Food Bank this fall and help make the holidays possible for our neighbors who face hunger?

You'll make a life-changing difference for people like Idalia.

"I've been coming to the distribution, maybe about 10 times," shares this local mom. "It's so helpful because the milk, fruits, and veggies are so healthy for me and my family."



Ready to take action?

September is Hunger Action Month!

We hope you'll join us in making a big push to meet the need in East Texas.

Right now, 1 in 5 East Texans, including 1 in 4 children, do not have adequate access to nutritious food. As our neighbors continue to recover from the pandemic, they need the support a healthy diet provides more than ever.

You can help by taking action today. Here are three ideas:

Spread the Word: Use social media to tell your friends and family about how you're fighting hunger in our area—and ask them to join you!

Volunteer: Join us for a rewarding day of giving back. Please visit EastTexasFoodBank.org/donatetime to find current opportunities.

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

MY GIFT TO HELP NEIGHBORS FACING HUNGER THIS FALL

YES, Dennis, I want to help provide nutritious food for East Texans in need through innovative programs like the DETRC and Mobile Pantries. Here 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**.

Please charge my gift on my credit card:

☐ VISA ☐ MC ☐ AMEX ☐ DISC

CARD NUMBER _____

EXP. DATE _____

NAME ON ACCOUNT _____

SECURITY CODE _____

TELEPHONE NUMBER _____

SIGNATURE _____

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Give online at 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.

