

## Help safeguard families' health and hope—all summer long

Summer is always a busy season here at the East Texas Food Bank. With children out of school, parents struggle to cover the cost of meals their children usually receive through free and reduced meal programs at school. Childcare adds even more financial strain.

In a normal year, these burdens are keenly felt. This summer, the second since COVID-19 changed the world around us, the stress will be even harder on local families.

Fortunately, our Summer Food Program can help prevent children from going hungry when the school year is over. During the pandemic, we've adjusted how this program works—but with your help, the result will be the same: East Texas children will have plenty of food and plenty of energy to enjoy the summer.

For working parents and guardians, this program is a tremendous relief. Now imagine how much it will mean to parents who are still searching for employment after layoffs and business closures.

**Your support can truly safeguard families' health and hope!**

Last year, you helped provide more than 22,600 meals for children through our Summer Food Program at 25 sites. Children were able to safely pick up not just lunch for that day, but breakfast for the next.

Lexi Tremble, supervisor at one of our partner food sites in Tyler, says, "The parents and the children loved getting both meals at the same time. We are so grateful to the East Texas Food Bank!"

**Please help again today. One in three East Texas children are at risk of hunger this summer. Your gift will make sure East Texas children have access to the nutritious meals they need to thrive this summer. Visit [EastTexasFoodBank.org/DonateNow](http://EastTexasFoodBank.org/DonateNow).**

**Our new "grab-and-go" system lets children pick up two meals at once and keeps them safe!**



Together we have the power to end hunger pangs and ease anxious hearts.



East Texas Food Bank  
**SUMMER**  
FOOD PROGRAM

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## An encouraging word from the CEO



## Our Summer To-Do List

Dear Friend,

Heading into a new season, I'm reminded once again how grateful I am for your steady support. The elevated need in our area demands an elevated response—and you've been right there!

We have some goals for summer 2021 that I want to share with you today:

First, we want to continue **operating safely** in a touchless environment. We've been vigilant with social distancing and masks—and it's been working! I'm so proud of our team for taking these requirements to heart.

Next, as you read on the cover, our **Summer Food Program** is a huge priority, with children at home all summer. Our grab-and-go model worked so well last year; I know friends like you will help make it a success this year, too.

We're also focusing a lot of energy on our **newly launched Mobile Pantry routes**, which will serve thousands of families in targeted, high-risk communities. These isolated families simply wouldn't have access to healthy food without our trucks and your compassion.

Lastly, we'll strive to continue **serving you**, by putting your generous donations to work in the most efficient and effective ways possible. **We're just a conduit for your kindness, after all!**

Thank you again for helping us tackle this list this summer—and for caring like you do!

Dennis J. Cullinane, CEO



## Happy Well-Earned Graduation!

There's never been a school year like the one that bridged 2020 and 2021. Students across East Texas had to blaze new trails to succeed—adapting to online learning, social distancing and masks, and coping with separation from friends and classmates.

We think the class of 2021—from kindergarteners on up to college grads—deserves a round of applause, as well as special recognition!

**One wonderful way to celebrate them would be to give a gift in their honor to help end hunger and support recovery in their hometown.** When you commemorate a loved one's graduation by giving to the East Texas Food Bank, we'll mail a personalized card to tell them about your tribute.

**Just use the enclosed form or give online at [EastTexasFoodBank.org/DonateNow](https://EastTexasFoodBank.org/DonateNow).**

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

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# We have food on our table—thanks to you

My name is Michael, and I started to receive food from the Senior Food Box Program a few months ago. It's made such a huge difference for my mother and me.

I have Lyme disease, and my immune system is badly damaged from it. I also take care of my 93-year-old mother who has dementia. We were already mostly homebound anyway, but the pandemic made it even more important for us to stay home. My doctor told me I have to be very careful about where I go.

Once the pandemic started, I stopped going to the pantry I was visiting before. But they put me in touch with East Texas Food Bank, which then signed me up for the Senior Food Box Program. Since then, my mom and I have been able to have meals with meat, vegetables and canned fruit—thanks to the Food Bank.

I think this is such a great program. If we didn't get that box, we probably wouldn't have anything—and I know there are people worse off than we are. What you are doing is keeping people going. Thank you so much.

**Your support helps ensure seniors like Michael and his mom have consistent access to the nutritious food they need. Thank you for helping neighbors facing hunger in East Texas through your generous support!**



Michael and his 93-year-old mother are mostly homebound due to health concerns. Your support helps them receive nutritious food each month to put on their table.

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



**“We have been able to have enough food for everyone that comes.”**

—URSULA PLAISANCE

## Partner Spotlight

### Powered by your support, this pantry rises to the challenge

Under normal circumstances, Helping Hands of Kilgore, an East Texas Food Bank partner food pantry, distributes nutritious food to roughly 80 families each month. But as the economic fallout from COVID continues, demand has doubled for their critical services.

These aren't necessarily familiar faces, either. Many families have begun reaching out for help for the very first time.

“We've seen a lot of new families,” says Director Ursula Plaisance. “There's been an influx of people that have had job losses. Some are just not able to make ends meet because their hours have gotten reduced.”

#### No obstacle too large

With your support, Helping Hands of Kilgore continues to provide wholesome food safely and effectively throughout the pandemic. Visitors wear masks, follow strict social-distancing guidelines and pick up their orders from a sanitized table. Thanks to you, no one leaves without the food they need.

“We have been able to have enough food for everyone that comes,” Plaisance reports. “None of this would be possible without the East Texas Food Bank.”

# Help prevent hunger in East Texas this summer

Once a month, our retired neighbor Paul would come to an East Texas Food Bank partner food pantry for a little extra help. That one monthly visit was enough to help him stretch his budget.

**“Without this food, I don’t know what I would do. It’s tough out here.” —PAUL**

Then, the pandemic and the holidays collided, and Paul realized he was in trouble. He was coming up short for the first time. How would he make ends meet?

The answer, of course, was: with your help.

Paul turned to his local pantry again, where he was cared for like family.

“You are doing a very good service to the community,” he says, thanking you. “Without this food, I don’t know what I would do. It’s tough out here.”

Thousands more of our neighbors are in Paul’s shoes today: They just need a little extra help getting enough to eat—and keeping hope alive that tomorrow will be better. Will you help ensure our most vulnerable neighbors don’t go hungry this summer?

Every \$1 you give will help provide up to 8 meals for children out of school, seniors on a budget, and families in need. Together, we can make a real difference in these challenging times for neighbors all across the 26 East Texas counties we serve. Thank you for giving a special summer gift today!



Every dollar you give provides up to 8 meals for neighbors like Paul.

An A-peel-ing  
Summertime Treat!

## Banana Ice Cream

Prep Time:  
6 mins  
Serves 10 people



### Ingredients

10 bananas  
½ cup low-fat milk  
¼ cup honey  
½ tsp vanilla  
½ tsp nutmeg

\*Optional: Tasty toppings like nuts or add-ins like cocoa powder

### Instructions

1. Peel bananas and freeze them overnight in a freezer bag.
2. Remove bananas from freezer and blend in blender until smooth.
3. Slowly add the rest of the ingredients and blend until the bananas have a frozen yogurt texture.
4. Serve immediately and eat or keep in freezer for up to one week.

This frozen delicacy is a win-win-win! Children love it and parents can easily make it. Best of all, it’s packed with important nutrients. You might just go bananas for it yourself!

## Help children and families across East Texas have enough to eat this summer

**YES, Dennis, I want to support the Summer Food Program and help the East Texas Food Bank meet the rest of your hunger-fighting goals, too. 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:

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

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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.



Connect with us!