

## Your generosity blesses this local grandma

My name is Barronda and I just need to tell you what a blessing you are!

Your dollars help make food distributions like this one possible, but you might not know just how much it means to people like me.

You see, I'm fighting cancer and my treatment is very expensive. That's where a lot of my income is going right now. And my immune system isn't real tough, so leaving home during this pandemic is risky.

**"Everything  
 I receive here  
 is important.  
 Not one thing  
 goes to waste."**

—BARRONDA

But when you give to the East Texas Food Bank, you help provide all this nutritious food for me—and you make sure I can just come by, pick it up and stay safe. What an incredible blessing!

Everything I receive here is important, and I assure you, not one thing goes to waste. It all helps balance my budget, which is a miracle all by itself. Plus, the cabbage, carrots and other fresh produce help me feel a little healthier, every day.

Thank you for being here for me. I always teach my grandchildren about the value of giving back to others. I'm grateful I can point to neighbors like you and tell my babies, "Be like those good people."



Thank you for helping cancer patient Barronda stay strong in these challenging times.

**To help more neighbors like Barronda who face hunger this holiday season, please visit [EastTexasFoodBank.org/DonateNow](http://EastTexasFoodBank.org/DonateNow).**

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

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## An encouraging word from the CEO



**Wishing you  
peace this  
winter**



Dear Friend,

It's a whirlwind at the East Texas Food Bank these days, as the holiday rush begins. We're packing food boxes, bundling fresh produce, setting up one distribution as we take down another—there's a flurry of activity everywhere you look!

Behind it all is your generosity. I'm so grateful friends like you have stayed by our side as each wave of the pandemic sends another wave of people in need to our partners' doors. Thank you for believing in us and in the strength of the safety net we've built together.

I hope it brings you peace to know that your dollars are making the holidays possible for many East Texans despite the challenges of the pandemic.

**Right now, you're helping our Mobile Pantries serve more than 4,000 families at 13 different sites.** In the long term, you're helping us replicate our Deep East Texas Resource Center in three more locations.

Ultimately, our response to the current hunger crisis will be a marathon, not a sprint. I feel very fortunate to have your support in this race, as together we strive to narrow the hunger gap by 2025. (Please see page 3 for more about this goal!)

If you are able to give a special holiday gift today, you can trust that we will put it to work immediately to help more neighbors just like Barronda, Franc and their families.

Thank you again, and happy holidays!

Dennis J. Cullinane, CEO

## Franc shares big thanks for feeding his family

Hi neighbor, I'm Franc. I was helping my sister look after her three children when our granddad joined us. He was having some serious heart trouble and couldn't live on his own anymore.

I'm happy I can look out for my own, but with my warehouse job, money sometimes comes up a little short. Right now, our fridge is bare.

That's why I decided to come to the pantry today. This food is going to give me that push until I get paid again and I can fill the fridge on my own.

The help I get here makes all the difference. When the children come home from school, they always have a healthy snack.

When I have to choose between paying the water bill and buying groceries, I know there's a place I can go. That's security—and it's such a good feeling. The pantry's got my back, you know?

I hope you never need help yourself, but if you do, you should definitely find a food pantry near you. They never turn anyone away who's hungry or in need.

A big thank-you to everyone who helps me take care of my family!

**We hope Franc's thanks make your holidays even brighter. To help put food on more local tables during this special season, please visit [EastTexasFoodBank.org/DonateNow](https://EastTexasFoodBank.org/DonateNow).**



**"This food is going to give me that push until I can fill the fridge on my own."**

—FRANC

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

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*Volunteer Spotlight*

# Volunteering does the heart good

In her three years as a volunteer, Veda Flowers has given food and comfort to countless East Texans in need. These days, she is struck by the increase in neighbors coming to Helping Hands of Kilgore, the East Texas Food Bank partner food pantry where she volunteers.

"We've seen a lot more people because of COVID," Veda says. "Some of them are embarrassed because they have never had to come before."

To ease their hunger and their worries, Veda provides boxes full of food and plenty of fresh produce, along with words of gentle encouragement.

"I think they are grateful there is somewhere they can get assistance when they need it," she smiles.

Veda also heads up the distribution of food boxes to seniors who are enrolled in the East Texas Food Bank's Senior Box Program—a critical effort that prevents hunger and protects our senior neighbors during the pandemic.

"I volunteer because it's good for the heart to give to other people," she says.

Veda also has a special message for donors like you: "Thank you so much! We help so many families each month thanks to you."

**"Thank you so much! We help so many families each month thanks to you."**

—VEDA



Volunteer Veda helps her Kilgore neighbors overcome hunger to rediscover hope.

**If you're interested in lending a helping hand as part of our volunteer team, please visit [EastTexasFoodBank.org](https://EastTexasFoodBank.org) and click "I want to VOLUNTEER."**

## Using today's momentum, East Texas Food Bank sets ambitious new goal

When the pandemic put hunger in the spotlight, friends like you responded with overwhelming generosity. Through your donations, you told us, "Keep fighting. We're here for you no matter what!"

Today, we're thrilled to announce that we're building on the momentum you helped to create and setting a new goal for narrowing the hunger gap in East Texas:

**We want to distribute 32 million meals a year by 2025.**

To do that, we'll use your charitable dollars to:

1. Expand the capacity of partner food pantries and feeding programs.
2. Establish comprehensive resource centers where they're needed most.
3. Bring fresh produce directly to under-resourced neighborhoods.



4. Increase the availability and variety of fresh and purchased foods.
5. Partner with state and national agencies to support critical legislation.
6. Scale our facilities and staff to meet the need.

With your help, this new strategic plan will work to ensure that the 239,800 East Texans who face hunger have access to the nutritious food they need.

Our thanks also go out to philanthropist Mackenzie Scott for her extraordinary support. It's an honor to be among the select organizations chosen by her team for a substantial investment.

**"This generous donation is a vote of confidence in the work we are all doing,"** says East Texas Food Bank CEO Dennis Cullinane. "Ending hunger in East Texas is within our reach when we all come together."

**You can learn more about our new strategic plan online. Visit [EastTexasFoodBank.org](https://EastTexasFoodBank.org) and scroll down to the Spotlight section.**

# 1 in 5 East Texans needs your help to celebrate the holidays

With the holidays right around the corner, we need your compassionate support once again. Nearly 240,000 of our neighbors face empty plates this winter. After another difficult year, we must do all we can to fill those plates with healthy food so that every East Texas household can experience the peace and joy of the holidays.

Your gift today will make an impact in the lives of neighbors like John. This local senior started receiving disability benefits last year, but the small sum isn't enough to live on. Thankfully, John can come to a drive-through distribution whenever he's low on food.

**"The food I get here helps me out, so I can put my grocery money toward other bills,"** he says. "It's nice getting milk and eggs. Those prices have gotten high."



Help neighbors like John enjoy a holiday meal.

John's eyes crinkle as he smiles behind his mask. "You are helping people more than you think," he says to friends like you.

John is right! This time of year is especially stressful for our neighbors in need—and the ongoing uncertainty surrounding COVID-19 only adds to their worries. When you give a hunger-fighting gift today, you'll provide more than holiday meals. You'll reassure your fellow East Texans that we can recover from the pandemic and move forward, together.

**Remember, every \$1 you give helps provide up to 8 meals for families facing hunger. Please return the reply form below with your holiday gift today. You can also give online at [EastTexasFoodBank.org/DonateNow](http://EastTexasFoodBank.org/DonateNow).**

## GIVINGTUESDAY is November 30

Make the East Texas Food Bank your charity of choice this GivingTuesday! The funds we raise together as a community will help provide healthy food for our neighbors in need now and into the new year.

**Please give your tax-deductible gift at [EastTexasFoodBank.org/DonateNow](http://EastTexasFoodBank.org/DonateNow) on November 30.** And encourage your friends and family to do the same!

## More ways to help

Interested in ways to get even more involved in the fight against hunger? We have a few ideas for you:



**Volunteer.** The holidays are our busiest time of year. Can you spare a couple of hours to pack food boxes or sort produce?



**Advocate.** Sign petitions in support of public policies that will alleviate hunger in our area. Get vocal on social media—you can repost or retweet from our accounts anytime.



**Give monthly.** Make donations we can rely on. You'll make a life-changing impact all year long!

Whatever option(s) you choose, we're grateful to have you in this fight with us.

### My holiday gift to nourish and support East Texans in need

**YES, Dennis, I'll help provide healthy holiday meals and hope for our neighbors who face hunger. 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 \_\_\_\_\_

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

Please charge my gift on my credit card:  
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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.



Please make your check payable to:  
**EAST TEXAS FOOD BANK**  
3201 Robertson Road  
Tyler, TX 75701-2532



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