

***You're
Fueling Our
Community's
Future!***



You Encourage Your Neighbors

Sherry will do anything in her power to make sure her children have enough to eat — even if it means going without food for herself. Thanks to friends like you, the whole family has plenty of nutritious food on the table this fall.

We met Sherry on a recent visit to Longview Dream Center, a partner agency of the East Texas Food Bank, where she was picking up food for her and her two children.

The cost of living continues to skyrocket across East Texas, and Sherry says she

doesn't know what she would do without the food she receives from the Dream Center.

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Sherry, left, gives a hug of appreciation to volunteer Star Ashworth while picking up food from the Longview Dream Center.



enough to eat on weeknights, weekends and holiday breaks, especially as parents grapple with rising inflation.

Our neighbors who are living on fixed incomes are also especially vulnerable right now. While costs of food, fuel and most necessities continue to rise, incomes remain the same.

Thankfully, your gifts of food, funds and volunteer time are making a world of difference for our neighbors of all ages. Local mother Sherry's (page 3) words to donors like you sum it up perfectly: "You are all angels."

Thank you for your vital support. You are paving the way for brighter, healthier days ahead for our East Texas community.

Gratefully,

Dennis J. Cullinane
Chief Executive Officer

Dear Friend,

Back-to-school season is an exciting time for children — new school supplies, teachers and a world of possibilities.

And thanks to friends like you, thousands of local children are better prepared to tackle this new year and thrive in the classroom and in life.

That's because your gifts to the East Texas Food Bank helped provide our Summer Food Program when free and reduced-price school meals weren't available.

Now that fall is here, our BackPack Program and other services remain essential to make sure our community's children still have

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“There is an 8-year-old little girl that never goes hungry because of your kindness.”

— Sherry

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“It’s the only way we get through each month,” she says of the resource.

Not only does the family receive healthy groceries at The Dream Center, but also a lot of encouragement from the volunteers there and from the kindness of friends like you.

“You are all angels,” Sherry says of donors like you. “Just know there is an 8-year-old little girl that never goes hungry because of your kindness.”

Thousands of our neighbors like Sherry can put nutritious food on the table this fall because you choose to give. Thank you for your ongoing and vital partnership.

East Texas Kids Thank You

The East Texas Food Bank partners with a variety of existing afterschool programs, such as Boys and Girls Clubs, churches and public schools, to serve these meals. These programs also provide a fun, secure environment for at-risk children to engage in educational, recreational and social activities.



Roy Coston

Roy Coston Finds Joy in Serving

There are many ways Roy Coston could spend his retirement but giving back to his community is among his top priorities now that he has extra time to give.

“The need is so great, and it gives me something to do in my retirement and to help fight hunger,” says Roy.

Roy retired two years ago after a successful career in the oil and gas industry. Since then, he’s been giving his time to the East Texas Food Bank.

“I had the chance to work one of the large drive-through distributions and see how

grateful the people were to receive food,” Roy says. “It made me feel so good to be helping.”

Roy shares that he has family members who depend on Senior Food Boxes from ETFB, so he knows first-hand the joy it brings people who receive the boxes he helps pack. He also has a special heart for making sure children have enough to eat.

“I am so happy when we pack the food for them to take home on the weekends,” he says of ETFB’s Backpack Program.

Thank you, Roy and all the amazing volunteers who give their time and energy to help provide nutritious food for children, families and seniors across East Texas!



Charles fills up a shopping cart with groceries.

You Fill Charles' Table with Fresh Food

Charles, 78, does everything he can to stretch his fixed income to pay the bills – but while inflation is on the rise, he's grateful he can count on your support to keep nutritious food on his table.

“Just everything is going up except the money coming in,” he says. “[I've been] penny pinching, making a decision – what do I really need; what can we get by without.”

Thankfully, Charles visits the Deep East Texas Resource Center to stock up on healthy groceries. He says he is especially grateful he can choose the food he wants to take home from the Center, a program agency of the East Texas Food Bank.

“It makes it nice that you can go through and choose.”

– Charles

Charles says he enjoys cooking up hearty meals with the fresh produce he receives, including a big pot of stew.

Before his first visit to the Resource Center, Charles says he was hesitant to accept help. Now, he says he's “glad I took the chance.”

Thank you for helping make sure our neighbors who are living on fixed incomes have nutritious food on the table every day, and that East Texans of all ages have access to healthy food this fall.



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