

Local retiree finds community of helpers

The first time I ran out of food at home, I remember thinking to myself, “Marsha, you can’t bother the girls—they have their own families to take care of.” Besides, my daughters had moved a hundred miles away to Dallas. But where else could I turn?

Thankfully, a friend of mine told me, “Stop by your local food pantry and they’ll help you!” I was so happy I listened to her that day. I’ve met so many loving, kind people here who take time out of their lives just to make sure I have enough to eat.

“These loving, kind people take time out of their lives to help me.”

—MARSHA

I’ve been retired for about eight years. I used to decorate cakes for a living, but as I got older, all my health woes started to catch up with me: diabetes, high blood pressure, and arthritis. Now that I’m on a fixed income, it’s a struggle paying for so many medications. Healthy food isn’t in my budget, so it makes a whole world of difference being able to get free groceries. The fresh veggies and proteins I pick up help me manage my diabetes, too.

Thank you to everyone who helps the East Texas Food Bank and serves at their pantries. Without you, I couldn’t make it. I’d be hungry. Thank you so much.



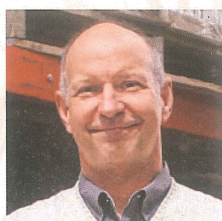
Your compassion helps ensure neighbors like Marsha don’t go hungry.

We’re grateful you’re part of our caring community, too. With your support, we’re stopping hunger from preying on vulnerable seniors, families and children all across East Texas. You can help more neighbors like Marsha by giving again today at EastTexasFoodBank.org/DonateNow.

INSIDE

Page 2

We’re planting the seeds of good health



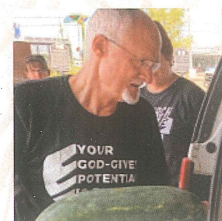
Page 3

Protecting the health of a senior in need



Page 4

Help hope bloom in East Texas this spring



An encouraging word from the CEO



We're planting the seeds of good health

Dear Friends,

I hope spring has been kind to you so far, encouraging your

gardens and spirits alike. At the East Texas Food Bank, we're always excited when another growing season begins. Some of our closest partners are the local farmers who supply us with fresh produce.

Having access to good, healthy food for East Texans in need is one of our most important goals. We live in a region punctuated by food deserts, where people simply don't have access to fresh fruits and vegetables. This can pose serious health problems in the long term.

Fortunately, our Mobile Pantries are making an impact, thanks to friends like you.

Launched in November 2020, these mobile units deliver fresh, nutritious food where it's needed most. Right now, we have 14 sites on our roster. By the end of the year, we hope to have doubled that number!

With your help, every Mobile Pantry client receives about 15 pounds of fresh produce, like cabbage, carrots, onions and potatoes. Wholesome meals start with these building blocks, and ultimately, so do healthier diets!

It's a privilege to be a conduit for your kindness like this. We can't always perform our heart's work with our hands. That's why the East Texas Food Bank is here—to be your hands in planting the seeds of good health.

Thank you for your support this spring and beyond!

Dennis J. Cullinane, CEO

Our Mobile Pantries at a glance

Years in Service: 1.5

Current Distribution Sites: 14

2022 Goal Distribution Sites: 28

Neighbors Served per Site: 250-400+

Fresh Produce Provided per Client: 15 lbs.

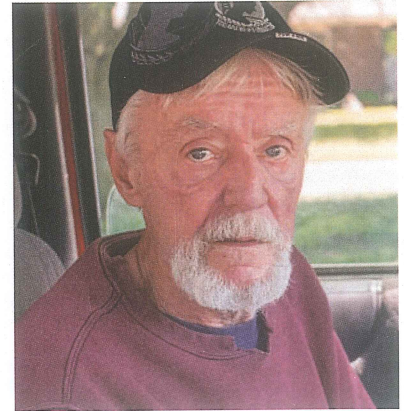
Vietnam vet wins battle vs. hunger

Let me introduce myself: I'm Howard. I'm a Vietnam veteran, and I'm grateful for you!

I was working part-time in a nursing home here in East Texas...until COVID hit and I was let go. It was a shock to the system, learning I wasn't considered an essential worker. Never imagined something like that would happen.

Food was my top concern right away. I didn't know how long we'd have to scrape by without any income, but I needed to make sure my wife and I didn't go hungry. That's when I discovered my local pantry.

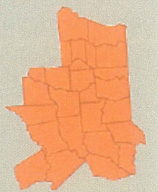
This place really is amazing—the way it's run, the amount of healthy food they offer, the extra services they provide, like helping someone sign up for unemployment. It takes everybody's effort to make this work, and I appreciate everything you guys are doing.



"I appreciate everything you guys are doing." —HOWARD

Did you know?

Every gift you give helps us distribute nutritious food to our network of **200+ food pantries and feeding programs** across East Texas. When a neighbor like Howard faces a hunger emergency, our local partners are ready to come to their rescue—because you support the East Texas Food Bank.



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

Michele Bosworth

Jay Brooks

Kenneth Cobb

Gregg Davis

Kristy Everitt

Verna Hall

Leslie Harrison,
Secretary

Diane Heindel

Ann Howell

Bryan Jacobe,
Immediate Past Chair

Jay Jelinek

Jeff W. Johnston

Moises Leandro

Bill Mohl,
Chair

Jim Noble

Christie Osuagwu

Cathy Schreiber,
Treasurer

Valerie Smith

Howard Tagg

Dustin Wilkinson

Lisa Williams

Ivette Zavarce

Protecting the health of a senior in need

It's such a pleasure to be able to say thank you! I'm Joyce, and without your help, I'm not sure how I'd put dinner on the table tonight.

My utility bills and insurance premiums add up quickly every month. After I take care of all those expenses, there's not much left over for grocery shopping.

Fortunately, the East Texas Food Bank supports a food pantry not far from me—and I know you're the kind souls who help make that possible. When I visit, I get a variety of vegetables I wouldn't normally buy because I don't have the funds.

Being able to come here helps make my income stretch. It means I don't have to miss meals. Best of all, the meals I make are full of good, healthy ingredients! I'll be giving thanks for you over dinner tonight!

"I get a variety of vegetables I can't normally afford." —JOYCE



Joyce was touched to learn how much friends like you care about her.



Did you know?

Right now, friends like you are helping to provide more than **400,000 meals** every week for East Texans like Joyce. That's nutrition they can count on, amid so much other uncertainty. Thank you for helping our neighbors stay healthy, day after day.

Program Spotlight

Mobile Pantries bring fresh produce to at-risk neighbors

When Tim Butler took the reins of our new Mobile Pantry outreach, he was excited to be bringing fresh food directly to East Texans who wouldn't have access otherwise.

"We use census data to identify neighborhoods that have the highest percentage of folks that need assistance," Tim explains. "Then we take our small, nimble trucks and do a fresh produce distribution at a local church, for example."

"Basically, we're providing an influx of healthy food for folks like the single dad who works two jobs and can't get to the food pantry when they're open. The Mobile Pantry is open at night so he can stop by when he gets off work."

Tim also remembers a senior gentleman from a Texarkana apartment complex. He spotted the senior having difficulty walking and rushed over.



Your kindness reaches some of the most impoverished areas of East Texas through our Mobile Pantries.

"That's when I learned this poor guy had just had a stroke—and had not gone to the doctor. He told me, 'Man, it's a miracle you're here because my fridge is empty.'"

That day, Tim's team replenished the senior's pantry with fresh produce, potatoes, bread, meat and more. Just as critical, one of the volunteers connected him with a doctor nearby.

Tim is relieved they could help, but he wonders: "How many people are we missing?"

This is why continuing to expand our Mobile Pantries is crucial. Too many of our neighbors are locked-in lonely struggles with hunger behind barriers like remote geography, work schedules and poor health. They need fresh, healthy food right where they are.

Can you support our Mobile Pantries and other hunger-relief efforts again today? Please visit EastTexasFoodBank.org/DonateNow.

Help hope bloom in East Texas this spring

This is a community of helpers, givers and everyday heroes. Friends like you have never shone brighter than in the past two years, as you helped East Texas endure some of the most unstable times we've ever faced.

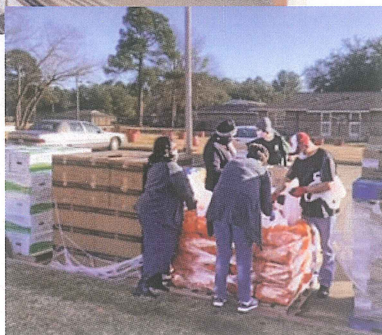
Together, we have taken the edge off the hunger crisis caused by the pandemic. But the need for food in our area remains higher than it was before COVID-19 began. Will you help hope bloom this spring for East Texans who are still experiencing hunger?

Every \$1 you give helps provide up to 8 nutritious meals through programs like our Mobile Pantries and Kids Cafe, as well as our local partners like soup kitchens, shelters and food pantries.

Your kindness will support healthy diets for East Texans like Delois and renew their hope for a hunger-free future. "This food is going to benefit me a lot. It's just a blessing!"

Thank you again for being a friend we can count on as we all continue to navigate life during the pandemic. By making your neighbors in need a priority, you're helping to create a better community for us all.

Use the form below or give online at EastTexasFoodBank.org/DonateNow



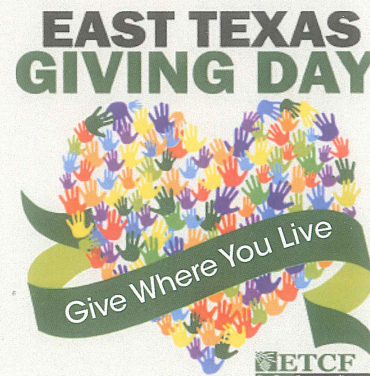
Every \$1 you give helps provide up to 8 healthy meals.

18 hours to change lives

The sixth annual East Texas Giving Day is April 26! Join forces online with other compassionate East Texans in this 18-hour campaign to lift up our neighbors in need.

When you donate the minimum amount of \$10 to the East Texas Food Bank, you'll help provide up to an astounding 80 meals for families and seniors who face hunger. No other charity helps you make that kind of impact!

Be sure to encourage local friends and family to give where they live, too. You don't have to wait: **EastTexasGivingDay.org** will accept donations starting on April 4. Thanks for joining us!



My spring gift to provide nutritious food for East Texans in need

YES, Dennis, I want to support Mobile Pantries and all the other ways the East Texas Food Bank is fighting hunger, improving health and restoring hope. 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 _____ 4N/22 42_112727_690

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.

