

Make it a summer of hope with a generous gift today

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 that was triggered by the COVID-19 pandemic. However, many families in the 26 East Texas counties we serve are facing a hungry summer season and need our help. Schools are out so there are no meals served there, inflation is going through the roof due to supply chain problems and utility rates are already soaring because of hot weather.

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

You can donate online at EastTexasFoodBank.org/DonateNow or return the reply form below. Thank you and many blessings to you and your loved ones.

1 in 5 East Texans face hunger, including 1 in 4 children.





# SERVINGS

News from the East Texas Food Bank  
EastTexasFoodBank.org/DonateNow



Summer fun requires lots of energy...

It takes a lot of energy being a child, especially during the hot and humid summer. Baseball games, skateboarding, swimming, running, climbing trees... did we mention running? All that expended energy requires the fuel that only nutritious foods can provide. That's where the East Texas Food Bank comes in with its Summer Food Program. It's just what our young East Texans need so they can give summertime their creative all.

East Texas Food Bank's Summer Food Program will have children energized!



We can supply these free healthy meals to our East Texas young people because of the generous support you give. We are humbled by your kindness toward your neighbors—and if you can help, please consider giving now at EastTexasFoodBank.org/DonateNow.

### My summer gift for East Texans facing hunger




**YES, Dennis, I want to make sure our neighbors in need have plenty of nutritious food.**


**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 \_\_\_\_\_

Give online at [EastTexasFoodBank.org/DonateNow](https://EastTexasFoodBank.org/DonateNow)

Visit our website to see if your company will match your gift.

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!


Our mission is to fight hunger and feed hope in East Texas

### INSIDE


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1 in 4 East Texan children face hunger





An encouraging word from the CEO



“For families and children who don’t always have enough to eat, summer can be a season of hunger.”

Dear Friends,

Thank you so much for your support of the East Texas Food Bank. We appreciate so much how friends like you dig deep to help your neighbors in need.

As I write to you today, summer is just around the corner—and that means family vacations and lots of outdoor activities. Yet this can be an especially difficult time of year for children who depend on school lunch programs. These programs are especially important in East Texas, where one of every four children is food insecure.


These boys and girls are the key to our future. It’s important to keep them strong, healthy and ready to learn, so they can get the education they need to lead East Texas into a productive, prosperous future.

With your help, we’ll be expanding our programs to meet the challenges summer brings by:

- Sending mobile pantries into small towns and rural areas to help feed families.
- Expanding our capacity and feeding more people by opening resource centers and branches in communities throughout the 26 counties of East Texas.
- Increasing the number of food distributions, and including plenty of fresh, nutritious produce.

Together, we can fight hunger and feed hope in East Texas. Thank you in advance for your generous support this summer. We appreciate you more than you can possibly know.

Gratefully,



Dennis J. Cullinane, CEO



Benefits Assistance Program  
We’re here to help in many ways

Many people don’t realize the number of ways that the East Texas Food Bank can assist them in times of need. One of those ways is the Benefits Assistance Program. This program helps eligible East Texans complete the application process required by the state to receive food assistance and other wrap-around services, which are often needed in times of economic hardship or emergencies.

- These services include:
- SNAP (Supplemental Nutrition Assistance Program)
  - Medicaid
  - TANF (Temporary Aid for Needy Families)
  - CHIP (Children’s Health Insurance Program)
  - Healthy Texas Women and Medicare Savings Program

The Benefits Assistance Program also provides referrals to other agencies, such as WIC (Supplemental Nutrition Program for Women, Infants and Children) and housing, shelter and utility assistance programs.

We are here to help!

We would like to thank our  
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Partner Spotlight  
Deep East Texas Resource  
Center celebrates anniversary

The Deep East Texas Resource Center (DETRC) in Lufkin celebrated their one-year anniversary this spring with an open house for chamber members.

DETRC is a one-stop-shop of wraparound services including a food pantry, benefits assistance and other support services for families in deep East Texas. Nutrition education classes are also conducted so clients can learn how to make healthy meals for their families.

Tresa learned about DETRC from a friend. “I had never been to a pantry before where I could pick out the foods I wanted. The selections are great.”

“This past year we served 6,370 households from our DETRC location,” said Dennis Cullinane, CEO of the East Texas Food Bank. “We are delighted with the number of families we were able to assist in our first year. As we continue to see rising food costs we only expect to see a greater need in the year to come.”

Patricia relied on places that served meals to get something to eat before DETRC opened. “Now I have a place I can come to go shopping for the



food I want to make and it’s close to where I live.”

Funding for the DETRC was made possible with a grant from the T.L.L. Temple Foundation. The T.L.L. Temple Foundation works alongside rural communities to build a thriving East Texas and to alleviate poverty, creating access and opportunity for all.



Although only a year old, the center has already become a hub for families in need throughout Angelina county. A volunteer helps a client with her list at the food pantry.



The good work doesn’t end at the center’s doors. A volunteer helps a visiting client get all their fresh supplies into their vehicle.



Stay cool this summer with easy  
Strawberry Banana Popsicles

Here’s a recipe your family is sure to love.

1 (3 oz.) package strawberry gelatin  
1 cup boiling water  
1 banana  
1 cup yogurt or ice cream

Dissolve gelatin in water. In a blender, mix gelatin mixture, banana and yogurt. Pour into molds and freeze.

Enjoy!