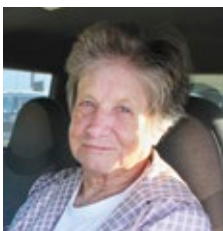


## *You're a Lifeline to Older Adults Facing Hunger!*



## You Fuel Nancy's Days



fuel all her activities.

**N**ancy, 83, stays active in her retirement with gardening, reading and even running errands for her neighbors — she's grateful to friends like you who help

She receives Social Security retirement income but says the rising cost of food has made it nearly impossible for her to afford enough groceries once her other bills are paid. Thankfully, she can visit the East Texas Food Bank's Longview Fairgrounds Distribution to stock up on nutritious food.

After a career with the appraisal district, Nancy retired and has lived alone since her husband passed away 10 years ago.

*(Continued on page 3...)*



Because friends like you care about your neighbors living on fixed incomes, the East Texas Food Bank is there to provide nutritious food to help make sure East Texans of all ages can live healthier lives.

In this edition of Servings, you'll hear from neighbors like Ray (page 4) who serves as an inspiration to us all: giving back to his community even as he receives food for his family.

We're working to connect even more neighbors with nutritious food for better health and more fulfilling lives this year — none of which would be possible without you.

Thank you for your invaluable partnership!

Gratefully,

A handwritten signature in blue ink, appearing to read "Dennis".

Dennis J. Cullinane  
Chief Executive Officer

## Dear Friend,

I am filled with pride when I think of your compassion and generosity on behalf of our East Texas neighbors. Your partnership gives me great hope as we look ahead.

As a loyal friend of the East Texas Food Bank, it will come as no surprise to you to hear that we continue to experience a significant increase in the need for food across East Texas, especially amid high inflation and grocery costs.

That is especially true for many older adults in our community who often rely on fixed incomes to get by in retirement. One small change, like increased utility bills, can devastate the budget.

## Nutrition Education

The purpose of the East Texas Food Bank's Nutrition Education Program is obesity and chronic disease prevention. The program offers nutrition education to low-income community members by partnering with community organizations and social service agencies serving limited-resource clients. The program also offers nutrition education through direct education classes, the Healthy Pantry Program and Partners in Health.

To see one example of a nutritious recipe offered through the program, visit: <https://www.easttexasfoodbank.org/2018/10/30/3-can-chili/>



*Nancy pauses to share her appreciation before receiving groceries from the Food Bank's Longview Fairgrounds Distribution.*



*(Continued from page 1...)*

“People have it really hard right now,” she says. “Everyone is trying their best to get by.”

**“Thank you for helping out people who truly need it.”**

— Nancy

We met Nancy on her second visit to the distribution. She says she is very thankful for the help it gives her and the many people who visit the distribution.

“Thank you for helping out people who truly need it,” she says to donors like you.

We echo Nancy and thank you for making sure our neighbors of all ages have nutritious food on the table this winter and all year long. You truly make our East Texas communities healthier and happier for all.

## Pat Stone Finds Joy in Giving Back



*Pat Stone packs bags of rice while volunteering at the East Texas Food Bank.*

Pat Stone has been volunteering with the First United Methodist Church of Hawkins at the East Texas Food Bank for six years.

“It’s the best part of my week. I have always loved giving back,” Pat says. “As a teenager I served as a candy striper (junior volunteer) in the hospital and later became a nurse. I have always offered a helping hand to different organizations.”

Pat has been married for 51 years and has two children and four grandchildren. As someone who’s

now retired, she has a big heart for seniors.

“When I am packing rice bags or boxes of food, yes, I think about the seniors this might help who would not have something to eat if it weren’t for ETFB. We are so glad we can be a part of this mission.”

Last year 4,000 volunteers assisted the ETFB. If you would like more information on how you can help, visit [EastTexasFoodBank.org](http://EastTexasFoodBank.org) and click on “volunteers” for opportunities in the warehouse as well as at our distributions.



## A Big Thanks from Ray

*Ray pauses in his car before receiving food outside the Longview Mobile Pantry.*

Ray, 68, is a retired baseball and basketball referee, and together with his wife, Shirley, he started a basketball mentorship program to continue to give back to the East Texas community that means so much to them.

The program, called the Ray and Shirley Basketball Program, is a way to not only support the community, but also focus on what the couple can give rather than what they don't have.

We met Ray on a visit to the East Texas Food Bank's Longview Mobile Pantry where he was picking up food for the first time for his family. His son and grandson are also living with the couple.

With all four family members currently living off just Ray and Shirley's Social Security

income, it's not always enough to keep healthy food on the table. That's why Ray was happy to learn about the mobile pantry on the local news.

"When you hear about these places and how they are choosing to help the community, it is truly a blessing," Ray says.

Ray and Shirley plan to continue to also help the community through the basketball program. Thanks to friends like you, a lack of nutritious food won't get in the way of their plans.

Thank you for joining with neighbors like Ray and Shirley to pave the way for a happier, healthier East Texas for every neighbor!

**"It is truly a blessing."**

— Ray



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