

*Thank You for  
Sharing Food  
and Hope Across  
East Texas!*



## Mobile Food Distribution Bridges the Gap for Virginia



**I**t was on Facebook that Virginia learned about the drive-through food distribution to provide nutritious food for neighbors in the Palestine area.

Not only was the event close to Virginia's home, but she was thrilled she could also find fresh fruit, vegetables and other healthy foods there.

Virginia had retired previously but really felt the squeeze of rising costs on her fixed

*(Continued on page 3...)*



## Dear Friend,

Summer is a joyous time in Texas, but for vulnerable children and families it can be a time of real hardship.

During summer break, kids no longer have access to school meals as an important source of nutrition. And parents struggle to stretch the budget to come up with an extra 10 meals each week per child. That stretch is even greater now with recent cuts to SNAP benefits.

Meeting the increased need for families and individuals will put tremendous strain on our partners who want to ensure everyone has access to healthy food, all summer long.

That's where you come in. Your support ensures we can provide healthy food through programs that reach children, families and seniors, and sends mobile food distributions into communities where needs are greatest.

I hope you enjoy this summer issue of *Servings* and are inspired to see smiles and hear words of thanks that clearly show how your compassion and generosity are impacting a great many lives across East Texas.

I sincerely thank you for your ongoing partnership that helps children and neighbors of all ages who may otherwise face hunger this summer.

Gratefully,

Dennis J. Cullinane  
Chief Executive Officer



## Nutrition Education — Recipe of the Month!

The East Texas Food Bank is committed to spreading the word about obesity and chronic disease prevention. That's why our Nutrition Education Program continues to offer nutrition education to community members and partners with community organizations and social service agencies serving clients with limited resources. Nutrition education is available through direct education classes, the Healthy Pantry Program and Partners in Health.

To find more nutritious and delicious recipes offered through the program, visit: <https://www.easttexasfoodbank.org/programs/recipes/>

Check out our Recipe of the Month by scanning the QR code with your mobile phone!





## **“I need as much as I am allowed to make it through.”**

— Virginia

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retirement income, so she took a part-time job as a bus monitor.

“It’s just too much to handle for one person,” she says of the struggle to pay bills and afford groceries.

An avid reader and Sunday School teacher, Virginia says retirement also left her with too much time on her hands, so that was another reason to return to work.

“Two birds with one stone. I get to eat a bit more comfortably and I get out of the house,” she says. “It is a win-win.”

Knowing that the food she and so many neighbors received was made possible by gifts from caring neighbors means so much to Virginia.

She says, “Please help us because we need help. We do not have groceries. I need as much as I am allowed to make it through.”.



*Virginia visits the drive-through pantry in Palestine at First Baptist Church.*

## **Volunteer Loves Sharing Hope With Others**



**S**ister Hannah Williams volunteers at the East Texas Food Bank each week and has a smile for everyone she meets.

“The hour I spend here makes me reflect on the impact of the people who will receive this food. I feel that I am a better

person knowing I had a role in providing for their needs.”

Sister Hannah is one of a group of young people serving as missionaries in East Texas. During her journey she has met many people who are facing hunger and struggling with life. She says making sure people have the food they need to nourish their body is important.

In February, Sister Hannah and fellow missionaries helped to load boxes of food and supplies, as part of an emergency distribution to help grateful Smith County residents impacted by the winter storm.

“Seeing the long lines of cars, I was glad they were not afraid to ask for assistance and that we were able to help,” Sister Hannah says.

All of us at the East Texas Food Bank echo Sister Hannah’s hopes that more people of all generations will choose to volunteer.

She says, “This experience has taught me how easy and valuable it is for me to give of my time and it’s something I will do for the rest of my life.”



## A Community Pulls Together

*A long line of grateful neighbors received emergency food boxes after February's devastating ice storm.*

**I**t's summer now, but no one has forgotten the February ice storm that blanketed parts of East Texas and caused severe power outages that lasted for days.

Without electricity, food spoiled and many neighbors had to throw away the entire contents of their refrigerators. It was devastating for many households, especially with the cost of groceries at an all-time high!

Thanks to your partnership, the East Texas Food Bank quickly mobilized an emergency food distribution at Green Acres Baptist Church in Tyler where over 1,000 families received boxes full of pantry staples and frozen meat.

Sherral of Tyler was grateful to receive a box of food. She says, "I was without power for six days. My house was freezing and my cold food spoiled and had to be thrown away. This food is a blessing."

"It was a great effort to pull this distribution together in just a few days to help our neighbors and offset the loss they experienced with losing all of their refrigerated groceries," says Dennis Cullinane, CEO of the East Texas Food Bank. "We are glad we [were] able to provide over 45,000 meals with the items we handed out."

In preparation for the next emergency, the Food Bank is keeping a stock of 2,000 emergency food boxes ready to go at a cost of \$50,000.

**"This food is a blessing."**

"Some years we may have multiple disasters in our 26-county area, and each time we stand ready to help our East Texas neighbors," Dennis says. "We are so thankful for donors who help us keep our shelves stocked."



East Texas Food Bank  
3201 Robertson Rd  
Tyler, TX 75701-2532  
[easttexasfoodbank.org](http://easttexasfoodbank.org)



## MY GIFT OF HEALTHY FOOD!

**Yes, Dennis,** I want to help children and families facing hunger this summer. **Enclosed is my gift of:**

**[Ask 1] [Ask 2] [Ask 3] [Ask 4]**

Mr. John Q. Sample  
Brad Cecil & Associates  
2115 Arlington Downs Rd.  
Arlington, Texas 76011



3201 Robertson Road  
Tyler, Texas 75701-2532  
[easttexasfoodbank.org](http://easttexasfoodbank.org)

*If you would like to charge your gift on Visa, MasterCard, Discover or American Express, or give in honor of or in memory of a loved one, please use reverse side.*

*Please make your checks payable to East Texas Food Bank.*

*All donations are tax-deductible to the extent allowable by law.*

ID CODE

Dear [Salutation],

Your support helps break down obstacles standing between our neighbors facing hunger and the healthy food we all need.

**But this summer, far too many children and teens will face hunger because when school is out, many no longer have access to school meals as a consistent source of nutrition.**

Please partner with us again now to end hunger in our communities. Together, we can reach even more children, families and seniors facing hunger — today and all summer long.

Gratefully,



Thank you for your support of the East Texas Food Bank

Please charge my \$\_\_\_\_\_ gift on my credit card:

☐ VISA    ☐ MC    ☐ AMEX    ☐ DISC

NAME

ADDRESS APT

CITY STATE ZIP

TELEPHONE NO.

E-MAIL ADDRESS

SIGNATURE DATE

CARD #

EXP. DATE SECURITY CODE (REQUIRED)

☐ Yes, my organization will match my gift.

ORGANIZATION NAME CITY

THE TABLE Monthly Giving Program

I would like to make my monthly gift through:

☐ Automatic Bank Withdrawal

I authorize my bank to transfer my entire monthly gift of \$\_\_\_\_\_ each month and send it to the East Texas Food Bank. Please make the transfer on the ☐ 1st or ☐ 15th of each month. Please include a VOIDED check from your bank account. This authorization may be canceled at any time upon written notice.

☐ Credit/Debit Card

I authorize the East Texas Food Bank to charge my entire monthly gift of \$\_\_\_\_\_ to my credit/debit card.

☐ VISA    ☐ MC    ☐ AMEX    ☐ DISC

☐ 1st or ☐ 20th of each month

CARD NUMBER

EXP. DATE SECURITY CODE

SIGNATURE (REQUIRED) DATE

ADDITIONAL SIGNATURE (IF JOINT ACCOUNT) DATE

More great ways to help:

- ☐ Yes, I have included the East Texas Food Bank in my will.
- ☐ Yes, I would like information about bequests and other planned giving opportunities.
- ☐ Yes, I would like more information about volunteering.
- ☐ IRA or Stock.

We never sell or rent your name. Costs are average and include the expense of securing and distributing food. If gifts exceed expenses, extra funds will be used to provide food for East Texans facing hunger. THANK YOU. Your gift is tax-deductible to the full extent of the law. The East Texas Food Bank will send you a receipt in appreciation for your kindness to the children, families and seniors who rely on us for food.

My gift is ☐ in honor of ☐ in memory of:\_\_\_\_\_

Please send acknowledgment card (*without dollar amount disclosed*) to:

Name\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_\_ Zip\_\_\_\_\_

Please include a list for additional names.

A \$10 minimum donation is requested for each name

