



SERVINGS

HOLIDAY 2023

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



*You Give
Hope for
the Holidays!*



You Help Kevin Support His Father



Kevin is passionate about providing the best care he can for his father. Thanks to friends like you, he has support this holiday season keeping nutritious food on the table for them both.

“It’s really nice to have the extra help,” Kevin says.

We met Kevin on his first visit to the East Texas Food Bank’s Mobile Distribution at the Longview Fairgrounds, where he picked up healthy groceries for his family.

Kevin lives with his father and helps care for him, especially while his dad undergoes several medical treatments.

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several laws that will prevent hunger for Texans experiencing food insecurity, helping more neighbors access nutritious food.

This marks the most successful legislative session yet for Texas food banks in over 20 years. Everyone agrees — no Texan should have to choose between buying food and meeting basic needs.

In this special holiday edition of *Servings*, I hope you'll enjoy reading stories of just a few of the amazing neighbors who you've impacted through your generosity, just like Kevin (page 3) who is thanking you for sharing hope with him and his father this holiday season.

Thank you for your support and commitment to ensuring that every neighbor has access to good, nutritious food. I can't wait to see what more we will accomplish together in the new year!

Gratefully,

David Emerson
Chief Executive Officer

Dear Friend,

From the friendly faces I pass on the street, to the people I collaborate with every day – I know I'm in the best community to call home — and it's caring friends like you who truly make it so special.

That's why I remain confident entering this holiday season — traditionally a time of greatest need for our community — knowing your unparalleled partnership will continue to help our neighbors prevail through any adversity that may come our way.

And your voice makes a lasting difference, too.

With the support of the Feeding Texas network of food banks and the advocacy of friends like you, the Texas Legislature passed



Pumpkin Chocolate Chip Cookies Recipe

Ingredients

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|----------------------------------|----------------------------------|
| 1 3/4 cups pureed pumpkin cooked | 1 tbsp baking powder |
| 1 1/2 cups brown sugar | 2 tsp cinnamon |
| 2 eggs | 1 tsp nutmeg |
| 1/2 cup vegetable oil | 1/2 tsp salt |
| 1 1/2 cups flour | 1/4 tsp ground ginger |
| 1 1/4 cups whole wheat flour | 1 cup chocolate chips or raisins |
| | 1 cup chopped walnuts optional |

Instructions

1. Preheat oven to 400 degrees. Mix pumpkin, brown sugar, eggs, and oil until smooth.
2. Mix dry ingredients in a separate bowl then add to pumpkin mixture.
3. Add raisins/chocolate chips and nuts.
4. Drop by teaspoonful on greased cookie sheet. Bake 10-12 minutes until golden brown.

Find more recipes like this at
<https://www.easttexasfoodbank.org/programs/recipes/>

Kevin pauses to share his appreciation at the Longview Fairgrounds Mobile Distribution.



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Kevin works hard in landscaping and yard work, but his dad's medical bills combined with the ongoing high cost of groceries have made it difficult for him to keep enough food on the table.

With his father scheduled for surgery soon, Kevin is dedicated to getting ahead on work before the operation so he can fully focus on his father's recovery. He's grateful for the food

“It's really nice to have the extra help.”

— Kevin

you help provide for him and his father in the meantime.

Kevin was so thankful that he even offered to volunteer at the distribution, eager to make a positive impact in his community just as you have made for him and his father.

“Thank you to everyone for all the dedication it takes to put this [food distribution] on,” Kevin says.

Your support has made a lasting impact, allowing Kevin and many more community members to enjoy this holiday season full of hope. Thank you for your compassion and ongoing partnership.

Connie Pays it Forward

Connie, 78, worked her whole life to support her family — and now she continues to see the fruits of her labor by supporting her community

Connie serves as a faithful volunteer at the Tyler Family Assistance Pantry, where she finds joy in helping provide relief in the form of healthy food to anyone who comes in.

“It's wonderful to give hope to our [neighbors]” Connie says.

Connie, a proud mother of nine children and 13 grandchildren, is retired and on a fixed income, and she is also happy to be a recipient of the East Texas Food Bank's Senior Box program.

The box provides shelf-stable food items such as

canned meat, pasta, canned vegetables and fruit.

“Nothing goes to waste that I receive,” Connie says.

“My generation was taught to use everything and not throw anything away.”

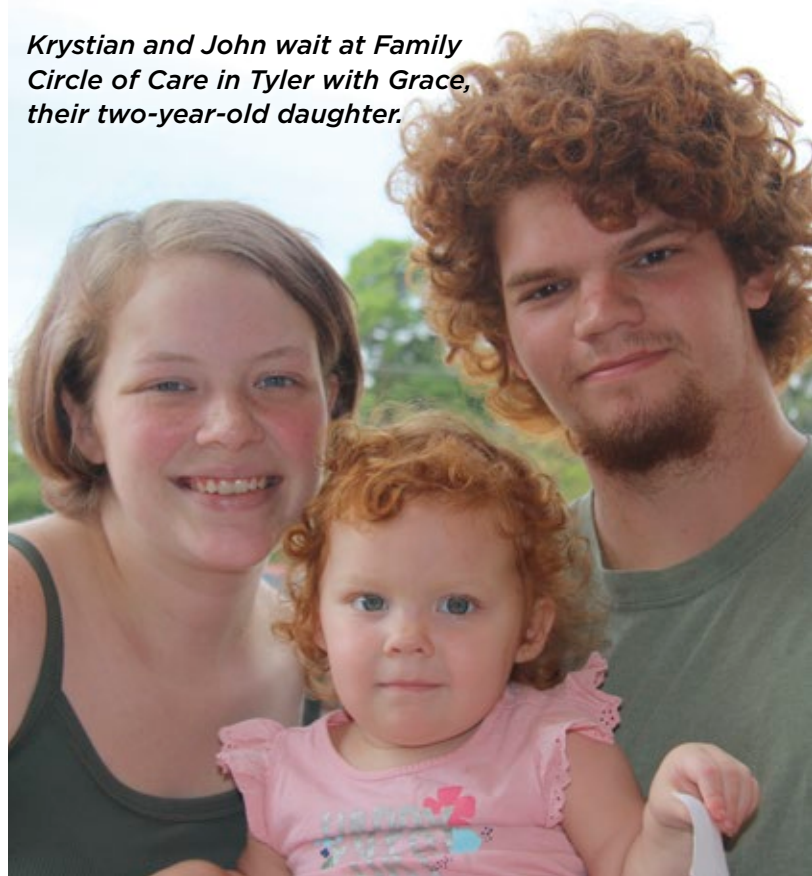
Connie enjoys volunteering at the pantry and paying forward the generosity she's been shown, helping make sure every neighbor has access to healthy food.

Thank you, Connie and all the amazing volunteers who help build a brighter, healthier future for our community. Our efforts wouldn't be possible without caring volunteers like you.



Connie volunteers at the Tyler Family Assistance Pantry.

Krystian and John wait at Family Circle of Care in Tyler with Grace, their two-year-old daughter.



You Help Fuel Our Neighbors Future

Krystian and John, are the loving parents of daughter, Grace, 2, and are preparing for the arrival of a son, Daniel. The couple is working hard to make sure both their children have a high quality of life in the community they proudly call home.

John works as a local house painter to support the family while Krystian stays home to care for Grace — and soon Daniel — until they're old enough to attend school. The family lives in a one-bedroom apartment but Krystian and John still manage to make room for family bonding activities.

“It makes a huge difference for us.”

— *John*

With Daniel expected to arrive soon, his parents are taking proactive steps to ensure he has everything he needs to thrive, including good nutrition for his mom right now. But John and Krystian's efforts to keep enough food at home are made more difficult by the persistent high cost of living and dwindling SNAP benefits.

Thanks to friends like you, Krystian and John have help this season filling their table with good, well-balanced meals.

We met Krystian, John and Grace on their first visit to an East Texas Food Bank distribution at Family Circle of Care in Tyler. The family is so grateful to have access to wholesome food from the Food Bank that can help offset grocery expenses when their budget is stretched thin.

“It makes a huge difference for us,” John says.

The mobile food pantry has given the couple so much relief, knowing their children have ongoing access to nutritious food. Thanks to you, Grace and Daniel will continue to have the fuel they need to stay healthy and have a bright future.

Thank you for helping us build a community where every East Texas neighbor has access to wholesome meals through every season.



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