

*Thank You for
Taking Hunger
Off the Table!*



Your Senior Neighbors Are Thankful for You



Family Circle of Care in Tyler is always a busy place, but on food distribution days, it's bustling!

Seniors like Mary look forward to the outreach that ensures plenty of healthy food on the table.

Plus, Mary says the staff and volunteers are so pleasant and there are always new and familiar faces to see.

Mary, now 84, loves helping people however she can, and she especially has a heart for children. She has worked for Tyler ISD as a bus monitor and also as a teacher aide in classrooms for children with special needs.

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to provide our older neighbors with shelf-stable foods, plus plenty of fresh produce, and protein. This outreach is helping people live their golden years with one less thing to worry about.

I sincerely thank you for your ongoing support which directly impacts the lives of older adults, families with little ones, and any individual who is experiencing hunger in our communities.

On behalf of neighbors who are getting help when it's needed most, thanks for partnering with us again today.

Gratefully,

David Emerson

Chief Executive Officer

Dear Friend,

These continue to be challenging days for many families and individuals throughout the 26 counties served by the East Texas Food Bank.

Hardships of the past few years coupled with today's high prices make it difficult for many neighbors to pay bills and put food on the table — especially older adults trying to make ends meet on a fixed income.

In this Spring newsletter you'll meet Mary, Levetta and Dru. All are local seniors who are spread thin because they're retired and a fixed income will only stretch so far.

But because friends like you care, the East Texas Food Bank and our partners are able

Banana Berry Muffins

Ingredients

1/4 cups blueberries or strawberries
4 tbsp applesauce
2 tbsp water
1/4 cup sugar
1/4 cup oats
1 egg

1/4 cup whole wheat flour
2 ripe bananas
1/4 cup all-purpose flour
1/2 tsp baking powder
1/2 tsp baking soda
Dash of salt

Instructions

1. Preheat oven to 350 degrees F. Spray a 12-cup muffin pan with non-stick cooking spray.
2. In a medium-size bowl, combine applesauce, sugar, egg mix, banana, and water. Mix well. In another large bowl mix flour, oats, baking powder, baking soda, and salt.
3. Add applesauce mixture to the bowl with the dry ingredients; mix just until the batter is moist. Gently add berries into the mixture.
4. Fill each muffin cup about 3/4 full of batter. Bake for 25 minutes until lightly brown.

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



“I’m so grateful for this.”

— *Mary*

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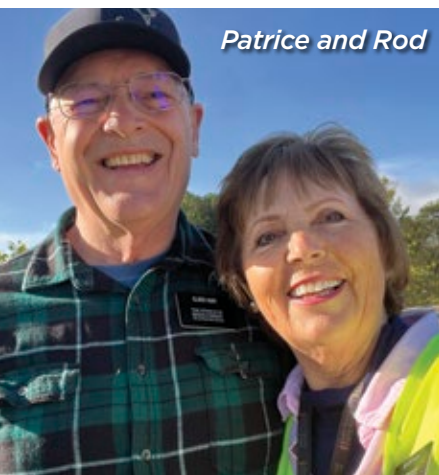
After relocating from California to be of help to her brother who has a disability, Mary volunteered for a time with the East Texas Food Bank’s Summer Food Program. So she knows there is a huge need among neighbors of all ages, including families with children and seniors.

“I’m so grateful for this,” Mary says. Like many older adults, it’s a constant challenge for her to stretch her fixed income to pay bills and buy food. Knowing the Food Bank has food pantry partners in her community who offer fresh fruit and vegetables, protein, dairy, and basic pantry items is a relief.



The food distribution at Family Circle of Care is a big help for many neighbors, including seniors like Mary.

Thank you for partnering with us again today to take worry off the table for older adults in our communities whose fixed incomes sometimes make it impossible to afford healthy food.



Patrice and Rod

East Texas Couple Gives Back

Patrice and her husband Rod were first introduced to the East Texas Food Bank through their mission work for the Church of

Jesus Christ of Latter-day Saints. They are retired and from Utah but currently living in East Texas while serving the church.

“We help with packing rice and beans, senior boxes, and breakfast bags for elementary schools,” said Patrice. “We love helping accomplish some wonderful things for people in need. [Last] February, we were introduced to the Mobile Pantry during the emergency food distribution due to the winter storm. We

have helped at several locations including Tyler, Henderson, Palestine, Longview, Mineola and Quitman.”

Their favorite part is meeting their neighbors who come to pick up food. “Being here has made us so much more aware of people dealing with food insecurities.”

They hope others will consider the benefits of being a volunteer. “If anybody wants to feel good, or just have a better day, they should be involved with volunteering. We always feel like we have accomplished something good.”

For more information on how to volunteer visit EastTexasFoodBank.org and click on the Volunteer button.

Resource Centers Offer Much Needed Services

“Even if I don’t get a lot of things, just a few things will help me out a whole lot,” Levetta says of the food she receives from the new East Texas Food Bank Longview Resource Center. “I’ve learned to stretch through God’s grace.”

Levetta of Longview can no longer work due to back and hip problems, and it’s difficult to make ends meet on her disability assistance. That’s why she’s grateful for the fresh fruit, vegetables and meat at the new East Texas Food Bank Longview Resource Center.

“We need this place. It’s the only thing that keeps people like me alive,”

— Dru

In 2021, ETFB opened the first resource center in Lufkin. The centers are a one-stop-shop of wraparound services including a food pantry, benefits assistance and other support services.

The Deep East Texas Resource Center now serves as an example for three new resource centers that are located in Longview, Tyler and soon Texarkana. Last year, the DETRC served over 1.1 million meals. Longview opened in October of 2023, Tyler in



Many seniors would experience hunger without access to healthy food through local Resource Centers.

December of 2023 and Texarkana will open this spring.

“We estimate that ETFB will serve 756,000 meals annually at our new Tyler Resource Center, and almost one million meals at the Longview Resource Center,” said David Emerson, CEO of the East Texas Food Bank. Locations utilize a “neighbor choice” healthy food pantry model, and are open extended hours when ETFB’s other partners are closed.

Dru of Tyler lives on \$7,000 a year from her social security benefits. By the time she pays bills, she has no money left for food. “If it wasn’t for ETFB, I would starve.” said Dru.

Dru is very thankful for everyone who supports ETFB. “We need this place. It’s the only thing that keeps people like me alive.”



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