

*Thank You  
for Fueling  
Our Future!*



## You Give James Healthy Options



James, 77, is a veteran of the U.S. Air Force, husband to Deborah, father to three children and grandfather to six grandchildren...and recently, he's adding "chef" to his list of proud titles.

We met James on a visit to the Tyler Resource Center, an East Texas Food Bank partner agency where he picks up food for himself and his wife, Dorothy.

"This is wonderful," James says of the food he receives there. "It helps us get through."

James, now retired, shares that he had spinal surgery a couple of years ago. Dorothy has some medical problems as well, but James says they make up for it by watching cooking shows on TV while they rest. James has even picked up some new cooking skills he used in the kitchen.

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At 77, James is thriving and so appreciative of friends like you who are helping him cook healthy meals for him and his wife, Dorothy.

I hope you'll also be inspired by the other stories we've selected for you in this summer edition of *Servings*. East Texas children, families and older adults can look forward to having wholesome food on the table this summer thanks to your generosity.

Thank you for being a vital part of our East Texas Food Bank community through every season. Your generosity is truly fueling our community's future.

Gratefully,

David Emerson  
Chief Executive Officer

## Dear Friend,

As you read this, most students across East Texas will have already begun the long summer break from school. The months of June, July and August are such an important time for kids to reset and recharge for a new year of learning.

And, thanks to you, we've already been hard at work making sure our network of partner agencies is prepared to meet the increased need for food that summer brings with it, when kids lose access to free and reduced-price school meals.

In fact, your generosity is felt across East Texas, making nutritious food accessible to our neighbors of all ages this summer.



### Cowboy Salad

#### Ingredients

- |   |                              |
|---|------------------------------|
| 1 can (15 oz) black-eyed peas or black beans, drained | 1 avocado *optional          |
| 1/4 tsp salt  | 3 green onions chopped       |
| 1/2 can (15 oz) corn, drained                         | 3 medium tomatoes chopped    |
| 1/4 tsp pepper  | 1/2 tbsp oil                 |
| 1/2 bunch cilantro chopped                            | 1 tbsp vinegar or lime juice |

#### Instructions

1. Drain and rinse the black-eyed peas (or black beans) and corn. Combine beans and corn in a large bowl.
2. Add cilantro, green onions and tomatoes to the bowl and stir.
3. Mix oil, vinegar (or lime juice), salt and pepper in a small bowl.
4. Pour oil mixture over salad ingredients and toss lightly. Top with \*avocado, if desired.

Find more recipes like this at

<https://www.easttexasfoodbank.org/programs/recipes/>

**“This is wonderful. It helps us get through.”**

— James

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“This is great to supplement what we are able to buy with our SSI assistance because that goes so quickly when paying other bills,” James says.

Though James says he comes to the Tyler Resource Center to pick up the “basics,” he is sometimes surprised with special food that he normally wouldn’t purchase on his own.

“Last time I had pistachio nuts and that was great,” he says.

Thank you for joining the East Texas Food Bank to make nutritious, life-giving food accessible to each and every one of us this summer — and all year long.

*James enjoys cooking meals with the ingredients he receives from the Tyler Resource Center.*



## Loving Through Service

**R**icky Ricks says he has always felt it was his responsibility to give back to his neighbors.

“It’s a calling through my faith to love the people in my community,” Ricky says.

He served for many years in East Texas as a pastor to different congregations and retired recently from a church in Longview that was also an East Texas Food Bank partner agency.

“I love the mission of ETFB,” he says. “I heard about the Tyler Resource Center and after meeting the wonderful staff I decided I wanted to be part of the volunteer team.”

Several days a week, Ricky greets neighbors and helps them to shop in the pantry.

“It brings me a lot of joy. I feel connected to the people. I get to learn about them.”

He says it’s the best part of his day and he encourages anyone else who can, to give a little of their time to ETFB, too.

“It’s fun, energizing and it’s good for your soul.”

***For more information on how to volunteer visit [EastTexasFoodBank.org](http://EastTexasFoodBank.org) and click on the Volunteer button.***

# You Are Filling Tables This Summer

Samantha puts extra care into making the healthiest meals possible for her family — and she’s grateful for the fresh ingredients she finds at East Texas Food Bank’s Tyler Resource Center to pull it all together.

“It’s amazing that there are places like this that I can come to and still know that I can feed my family,” she says.

Samantha lives with her husband, adult son and his partner, and their daughter, 8-month-old Lily-Mae. Samantha’s husband works as a truck driver to support the household, but lately weather conditions and a slow industry have prevented him from working enough hours.

“My husband is working as hard as he can when the work is there,” Samantha says.

**“It’s amazing that there are places like this that I can come to and still know that I can feed my family.”**

— Samantha

Until very recently, Samantha also worked outside of the home to help, but she had to stop working when some health problems developed.



*Samantha is grateful she can visit the Tyler Resource Center to pick up healthy food for her family.*

“This was literally my first week of not having a paycheck,” Samantha says on her first visit to the Tyler Resource Center.

She’s grateful she can choose food there that is both nourishing and appetizing for the whole family — like fresh fruits she can mash up for Lily-Mae, and ingredients to make pasta from scratch for the whole family.

Thank you for joining with us to ensure every East Texan has access to plenty of good food this summer. You are building a happier, healthier future for our entire community.



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