



# SERVINGS

News from the East Texas Food Bank

**2025 Spring Newsletter** Give Now: [etfb.link/250103](https://etfb.link/250103)



## Monthly Food Boxes Provide Stability for East Texas Seniors

**Gladys, 85, raised her two children as a single parent after the death of her husband. "I learned to make do with what I had," said Gladys.**

She has resided in the same Texarkana house for 50 years. Gladys receives a monthly senior box from the East Texas Food Bank. The box contains staple items such as beans, rice, fruit, canned meat, juice, cereal and more. *"I love that I can depend on the items I get in the box. I have learned new dishes with the recipe cards that are included. I cook one meal a day and try new things."*

Gladys also shops at the East Texas Food Bank's Texarkana Resource Center, which opened in the spring of 2024. *"I can live off of rice and beans, but I also love the mac and cheese!"*



On average, 4,900 low-income East Texas seniors in our 26-county region receive a box of nutritious food each month. Many of the recipients live in rural communities and have fixed incomes.



*"Many seniors live on a fixed income. The box helps them supplement the limited amount of food they are able to purchase as they navigate other expenses such as utility bills, rent and medicine,"* said Kim Morris, ETFB Chief Impact Officer. *"To qualify for the program, applicants must be 60 years of age or older, provide a declaration of residency and fall within the income guidelines."*

**Tommie, 76, works at a Texarkana daycare to make ends meet. She also gets the monthly senior box. "Food is so high. I love to cook, and the items we receive are very helpful. I like to make spaghetti with vegetables."**

She's thankful for ETFB, as without the box and Resource Center, it would be difficult to buy food each week.



*"In fiscal year 2024, ETFB distributed over 58,000 boxes,"* added Morris. *"This program would not be possible without volunteer support. We are always looking for more volunteers to help with the program."*

Your generosity helps seniors like Gladys and Tommie access nutritious food when they need it most. With high grocery costs straining fixed incomes, your support ensures our elderly neighbors don't have to choose between food and other necessities.



To learn more go to [EastTexasFoodBank.org](https://EastTexasFoodBank.org)

# TEXARKANA DONOR BELIEVES IN THE MISSION

**Dianne Griffith knows what it means to be hungry.**

*"My mother did the best she could with one income, but many times, we only had one meal each day when I was growing up," said Dianne.*

Dianne has lived her entire life in Texarkana and works for the US Postal Service. On her routes, she has seen poverty firsthand, which motivated her to select the East Texas Food Bank as a nonprofit she partners with.

*"I see how ETFB helps my community. People are going hungry every day. I want to make sure children and seniors are getting the food they need," added Dianne.*

Dianne toured the Texarkana Resource Center, which opened in the spring of 2024, with Amber Adams, Director of Engagement, to see firsthand how her donation helps feed her neighbors. *"I watch the people coming out of the center and feel relieved we have a place they can get something to eat. It makes you feel humble."*

Dianne hopes others consider a gift to ETFB to help alleviate hunger in East Texas. *"If you have ever been hungry, like I have, you never forget it. You can give back and help someone else. It's a wonderful feeling."*

**Donors like you and Dianne create lasting change in our community by supporting our mission. Thank you.**



## A Special Message From Our Chief Impact Officer

Dear Friends,

Spring brings with it the promise of a fresh start and the joy of new beginnings for many. However, for the vulnerable populations we serve, without the support of basic needs, like food, spring is just another season of hunger.

In fiscal year 2024, the East Texas Food Bank, thanks to the generous support of donors, distributed over 31 million meals to East Texans. Many of whom did not know where their next meal was coming from, and some who, like those featured in our cover story, are trapped on fixed incomes in a world where costs continue to rise.

We know over 40 million East Texans rely on food support. We know that it takes a community to take on this work. We know that spring is a time to re-invigorate our critical work, and I ask you to consider what that means for you and for your community.

If you have never donated your time or treasure, leverage this season of new beginnings to Fight Hunger and Feed Hope for those who need a fresh start the most.

A handwritten signature in black ink that reads "Kim Morris".

Kim Morris  
Chief Impact Officer, ETFB

## PANTRY PARTNER RECEIVES LIFETIME ACHIEVEMENT AWARD

**Henry McCant with the Christian Pantry in Cass County received the ETFB Hunger Hero Lifetime Achievement Award.**

Henry started Christian Pantry 20 years ago after seeing a need to feed people in the Domino community.

*"Some people suggested we do a cookout, and I said the need is more than just a one-time feeding of people," said Henry. "The work we do is possible because of my incredible volunteer base and supporters."*

Henry became a partner of the ETFB in 2014 and has served over 8.3 million meals. He is also a Vietnam War veteran and proudly served his country from 1958 to 1979, achieving the rank of First Sergeant.

*"Henry makes the drive weekly to Tyler to our warehouse to pick up pantry staples and produce," said David Emerson, ETFB CEO. "He cares deeply about the people he serves and is so deserving of this honor and recognition."*





# CORPORATE PARTNER SPOTLIGHTS



**ATMOS ENERGY** donated \$50,000 to the ETFB as part of their Fueling Safe and Thriving Communities initiative. The funds will feed children in the five counties they serve in East Texas.



**BROOKSHIRE GROCERY CO.** donated 40,000 pounds of produce to ETFB to help feed East Texans. The donation included bananas, carrots, tomatoes, potatoes and cabbage. BGC has been a dedicated partner of ETFB since we opened in 1988 and continues to support our efforts with retail and monetary donations today.



## VOLUNTEERS KEEP MOBILE PANTRY MOVING

**Roy and Beth Shockey give back to their community by serving neighbors at the Mineola Mobile Pantry.**

*“Volunteering for the East Texas Food Bank at our mobile pantry is one of the best ways to help people in the most direct way possible,”* said Roy. *“We belong to several service organizations, including Rotary, and their motto is ‘Service above Self,’ which guides us along with our Christian faith.”*



The Shockeys moved to East Texas after raising their four children in the Dallas-Ft. Worth area. Roy works remotely as an engineering manager, and his wife is retired. He remembers a time growing up when his family did not have much food.

*“It’s important to us that everybody has something to eat and to receive fresh fruits and vegetables and not processed foods,”* added Roy. *“Some of the people we see in Mineola might not get any food if it weren’t for the mobile pantry.”*

Roy greets the neighbors as they pull up in their cars. *“I get a chance to talk to them and bless them. I like seeing the children as they are excited about the fruits and watermelons.”*

Roy says if you have a few hours, consider volunteering at a mobile pantry. *“Anyone who has a heart and cares about the welfare of others should learn about available opportunities for service and get involved. Neighbors helping neighbors is the best illustration of service.”*

To learn more about volunteer opportunities, visit [EastTexasFoodBank.org](http://EastTexasFoodBank.org) and click on volunteers at the top of the page.



# LEAVE A LEGACY OF HOPE & NOURISHMENT

Planned giving ensures your commitment to ending hunger continues to make a difference for generations to come. By including our nonprofit in your estate plans, you join *The Legacy Table*, a special group of supporters dedicated to sustaining our mission far into the future for the children of East Texas.



THE LEGACY TABLE  
EAST TEXAS FOOD BANK

Your gift—whether through a will, trust or beneficiary designation—provides vital resources to combat hunger and build stronger communities. Joining *The Legacy Table* honors your generosity with exclusive updates, recognition and the knowledge that your legacy will help put food on every table.

Take your seat at *The Legacy Table* and leave a legacy of hope and nourishment.

Contact Tim Butler for more information at [tbutler@easttexasfoodbank.org](mailto:tbutler@easttexasfoodbank.org).



## CHICKPEA, AVOCADO & QUINOA LETTUCE WRAPS RECIPE

### A QUICK AND DELICIOUS SPRING RECIPE FROM OUR TABLE TO YOURS!

Prep Time:	Ingredients:
5 mins	1 can (15 oz) chickpeas (garbanzo beans) drained + rinsed
	1 medium avocado
Cook Time:	1/4 cup cooked quinoa (substitute brown rice)
5 mins	1/4 cup cilantro chopped
Total Time:	Juice of half a lime
10 mins	Salt and pepper to taste
Servings:	6
	1 head romaine lettuce
	<i>Optional toppings:</i> sliced cherry tomatoes, chopped cilantro, sour cream, tahini

#### Instructions:

Add the chickpeas and avocado to a large bowl. Mash with a potato masher or fork until chickpeas are broken up and the avocado is creamy. Stir in quinoa, cilantro and lime juice. Add salt and pepper to taste.

*Divide into lettuce leaves and top with desired toppings.*

#### Recipe Notes:

Recipe by Simply Quinoa



Interested in even more healthy recipes? Visit our website! [easttexasfoodbank.org/programs/recipes](http://easttexasfoodbank.org/programs/recipes)

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