



SERVINGS

News from the East Texas Food Bank

2025 Summer Newsletter

Give Now: etfb.link/summer_news



Feeding East Texas Kids In Need

Thanks to your support, no child in East Texas has to go hungry when school ends. Your donations are helping the East Texas Food Bank serve 106,000 nutritious meals at 35 locations across our 26 counties this summer.

"Here in East Texas, 1 in 4 children are food insecure, so it's up to our community to ensure we fill that meal gap when the school year ends and kids lose access to free and reduced-price meals they depend on," said David Emerson, CEO.

Your Impact in Action: "ETFB will serve 106,000 meals to over 3,000 children," said Kim Morris, Chief Impact Officer. Nutritious meals are provided at various community sites Monday through Friday. Children can just come to one of the locations and enjoy a free meal without needing to register."

When you give to ETFB, you're making moments like this possible: Tyler resident Jason brought his grandchildren to our kickoff event, saying, "I think this is a great opportunity for people to come out and have lunch and learn about some of the programs that we have available to them here in Smith County."

Your support is boosted this year through our partnership with PepsiCo's Food for Good program. "Summer hunger is one of the most urgent yet solvable challenges we face," said Andrea Moribe, Director of Food for Good, PepsiCo Foundation. "Our collaboration with the ETFB is a powerful example of how public-private partnerships can bridge access gaps and deliver real solutions to families when they need them most."

Thank you for making summer hunger a solvable problem in East Texas.



NEW FEEDING AMERICA STUDY SHOWS THE MEAL GAP IS GROWING



A Special Message From Our CEO

Summer is a fun time in East Texas, with families enjoying the outdoors—holding cookouts, swimming and playing games.

But for some, when schools close, children who rely on free or reduced meals have less access to nutritious food. Parents struggle to come up with an extra ten meals a week per child.


Meeting the increased need puts tremendous pressure on these families. That's where you can help.

Your support ensures we can provide healthy food through programs that reach children. This summer, we are feeding over 106,000 meals to 3,000 children at 35 feeding sites across our region. Kids can come every weekday to enjoy healthy food. Some locations, such as the Tyler Public Library, offer other activities to keep their minds active during the summer.

I hope you enjoy this summer issue of Servings. The inspiring stories clearly show the compassion and generosity of the impact you are making on so many lives across East Texas. We repeatedly hear from our neighbors how appreciative they are of the people who give financially. They are also thankful for all the volunteers who give of their time to keep our programs going.

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

Gratefully,


David Emerson
Chief Executive Officer

A new study reveals the stark reality: hunger is growing in our community. Feeding America's Map the Meal Gap study shows that 1 in 5 East Texas adults are now food insecure—up from 1 in 6 just last year. The need has truly never been greater.

The Growing Crisis in Our Backyard



235,670

East Texans are Food Insecure
(up from 217,260)



80,370

Children don't know where their next meal will come from
(up from 78,620)



44.6 million

Our community faces a meal gap of over 44.6 million meals
(nearly 4 million more than last year)

"This year's study confirms that food insecurity levels are influenced by income-related factors, like unemployment, poverty, high cost of living and health-related factors," said David Emerson, CEO. "Hunger remains an urgent crisis, especially in rural America. When we listen to people facing hunger and use the study's findings, we can unite in our efforts to create a future where everyone has access to the nutritious foods they need to thrive."

As hunger rises, your donations become even more critical. Every dollar you give helps us bridge that growing meal gap and reach the 18,370 additional people who now face food insecurity in our service area.

LEARN MORE:

- 1) Visit EastTexasFoodBank.org
- 2) Click on Map the Meal Gap to see how food insecurity impacts your specific area.

Together, we can ensure no one in East Texas goes hungry.



"Map The Meal Gap" Released

Data finds more East Texans are food insecure.

[Learn More »](#)



CELEBRATING FOUR YEARS OF LIFE-CHANGING IMPACT

Thanks to your support, the Deep East Texas Resource Center (DETRC) in Lufkin has served over four million meals since opening in 2021. Your generosity is directly addressing a critical need—20 percent of Angelina County's population is food insecure.

"We are so excited to support the neighbors in this community," said Kim Morris, Chief Impact Officer for the ETFB. "We are so proud that we are able to offer fresh produce and other nutritious food, plus support services to this area."

Your Impact in Their Words:

Valli, 71, is a widow who survived both heart and kidney transplant surgeries. On a recent visit, she was overwhelmed when she found a potato shaped like a heart. "Thank you for my life," said Valli. "This food is a lifesaver for me and has helped me heal. Life is easier for me because of the ETFB. I feel grateful knowing I have food for my table to keep me going. I never envisioned my life would be like this, but I have no complaints—so many blessings."

Viki works seasonally and struggles to balance food costs with other bills. "Having food from the pantry, especially the produce, helps me stretch my budget," said Viki. "It is a privilege to shop at the DETRC, and I very much appreciate it."

Jason, a neighbor at the DETRC, works temporary jobs while seeking full-time employment. "Thank you, God, for this food," said Jason. "Thank you for coming to Lufkin. I hope the people who make this happen can keep doing what they are doing, as you are helping so many people."

Your continued support makes stories like these possible every day.



THE VOLUNTEERS WHO INSPIRE US ALL

Every Wednesday, you'll find Lauren Hogan and her dad, Mike, stocking shelves at our Tyler Resource Center. They stack cans, bag produce and fill freezers—but their story represents something much deeper about the spirit of giving.

Lauren, 38, has stage 4 colon cancer and receives weekly chemotherapy treatments. She even wears a portable chemo device while volunteering. Yet she chooses to spend her precious time serving others through the food bank you support.

"We love coming here to contribute to the ETFB and the community, but most importantly, it helps Lauren and I to spend time together doing something that makes a difference," said her father, retired Tyler attorney Mike Hogan.

"I have a renewed sense of hope, and have found the strength to move and do things like volunteer," said Lauren. She considers herself not just surviving but thriving as she continues her battle with cancer. Lauren keeps a Bible verse on her refrigerator with a note that says, 'Never give up' and quotes Galatians 5:22: "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."

Her dedication reminds us that the East Texas Food Bank isn't just about the meals we distribute—it's about the community we build together, where even those facing their greatest challenges find purpose in helping others.

Visit EastTexasFoodBank.org and click on "Volunteer" to discover how you can be part of this inspiring community.



MRS. BAIRD'S FIGHTS HUNGER IN TEXAS

In June, Mrs. Baird's donated 10,000 loaves of bread to the East Texas Food Bank to help fight hunger. Teams from Mrs. Baird's retail partners handed out bread to neighbors in Gilmer at our monthly mobile distribution. Bread was also distributed through our pantry partners and resource centers. Overall, Mrs. Baird's donated 175,000 loaves of bread to food banks all over Texas.

Thank you to this corporate partner for their generous support!



TEXARKANA MAKES AN IMPACT

The Texarkana Resource Center celebrated its first anniversary in May. In its first year, the center served over 1.2 million pounds of produce, over 1 million meals and served over 16,000 households!



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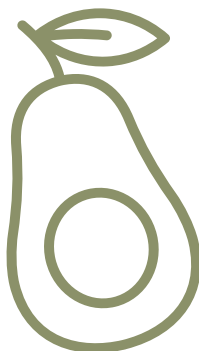
AVOCADO CHICKEN SALAD RECIPE

Ingredients:

- 1 medium chicken breast, cooked and shredded
- 1 stalk celery, diced 1/4 inch thick
- 1 1/2 teaspoons dill, minced
- 2 tablespoons parsley
- 1 cup seedless red grapes, halved (optional)
- 1 ripe avocado, peeled, pitted and cubed
- 2 teaspoons lemon juice
- 1 teaspoon dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Instructions:

1. In a medium mixing bowl, mix together the chicken, celery, herbs and grapes. Set aside.
2. In a separate small bowl, mash the avocado and stir until smooth. Whisk together the avocado, lemon juice, dijon, salt and pepper.
3. Add the avocado mixture to the chicken and mix gently to combine.
4. Refrigerate until ready to serve. Enjoy!



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