

Giving Thanks

TOGETHER WE CAN END HUNGER

“

It's hard when the food stamps run out at the end of the month. I'm so thankful for Second Harvest. Every bit helps.”
— Geraldine



NOURISHING STRONGER FAMILIES

Your support of Second Harvest Food Bank of Metrolina helps put food on the table for struggling families. Thanks to your kindness and compassion, healthy food goes to families who really need it — like Geraldine and her great-grandson, Jeremy.

Geraldine's story:

“I live alone, and food stamps only go so far. It's hard when the food stamps run out at the end of the month. I'm so thankful for Second Harvest. It means an awful, awful lot because I really need the food.

“My great-grandson comes with me to visit the mobile pantry whenever the truck is available in our neighborhood. My box with fresh fruits and vegetables, milk, eggs, peanut butter, chicken, a can of fruit cocktail and stuff like that, it all helps. Every bit helps.

“If people have an abundance that they're willing to share with other people — if they can donate money and food — it tells me their heart is really willing to help other people. I'm so grateful to the people who give. I want to tell them, 'God bless you!'”



A few words from Jeremy:

“I'm so glad for the food. It means a lot of people care for me, and want me to have a better life. I don't like to go hungry. This

way, every morning there is food in my house for my stomach. Thank you.”

SECOND HARVEST PET FOOD BANK

Your support ensures pets can stay with their families.



“Imagine not having the ability to keep your beloved pet because you cannot afford to feed it. Thanks to the Second Harvest Pet Food Bank, our seniors do not have to lose their best friend.”

— Wendy Duda, Executive Director at York County Council on Aging

When money is tight, it can be hard to keep food on the table for your family . . . especially when a cat, dog or other animal is part of the family. That’s why Second Harvest Food Bank of Metrolina is working to keep pets and their families together in two ways: **1.** Pet food is salvaged through grocery partners, and handed out to more than 50 animal rescue organizations who find homes for vulnerable animals. **2.** Emergency pantries keep a supply of pet food to hand out to families who are struggling so they don’t have to give up their beloved animal.

Since the pet food pantry began in 2009, more than 2.3 million pounds of pet food have been distributed. This is just another way your support is helping families in need. Thank you!



A MESSAGE FROM OUR
CHIEF EXECUTIVE OFFICER

Spring is a Time to Start Over Again

Spring is such a wonderful time of year. It represents new growth and hope for a better future.

For our neighbors who are hungry, this is a great time of year to take advantage of our feeding programs. Between mobile pantries (like the one Geraldine and her great-grandson, Jeremy, visited in the cover story), feeding programs for seniors like Gloria (page 3) and the selfless support of volunteers like Jim (page 4), lives are changed every day. You’re even keeping families together by helping people like Mary Frances who are struggling to afford food for their beloved pets. Every life that is changed is all thanks to you.

As we focus on regrowth and restoration in our lives this spring, I hope you will renew your commitment to Second Harvest Food Bank of Metrolina. It is only thanks to the dedication of friends like you that we can continue to get food into the hands of our neighbors who need it most.

Perhaps there are new ways you can support our life-changing work this year. Have you ever volunteered? All you need is three hours of your time to work a shift at our food bank facility. There are a variety of ways to help, and no matter what activity you end up doing, you’ll help change lives and have fun.

Or if volunteering isn’t a good fit for you, perhaps you could host a Food Drive with friends. There are so many ways you can help eliminate hunger in our community — and have fun while you are helping others.

No matter whether you donate food, time or money, your support is feeding people and changing lives. Thank you for caring, and happy spring!

With gratitude,



GLORIA GIVES THANKS



Gloria regularly visits one of our senior centers for home-cooked meals. At 74 years old, she is no longer able to cook as easily as she used to, so she loves the variety of meals she gets.

“I happen to be on a special diet, and they accommodate my need for fruit, vegetables and lean meat. It’s what my doctor ordered, so they cook special meals for me. Then I get to take the food home, the produce and sometimes meat. They

make very good, very tasty meals. It’s really nice here.

“I moved down here from New York because of September 11. My sister worked in that building, on the hundredth floor, but she was out shopping at home that day. So she would not be here today if she had gone in to work. She moved here first, and then she sent for me to come down here.

“It’s important for people to support Second Harvest Food Bank of Metrolina, to help people. This is a good place to come for help. Thank you.”

Gloria is just one of the local seniors who can enjoy nutritious meals thanks to you!

YOU ARE HELPING TO FIGHT HUNGER IN OUR COMMUNITY!



Every gift you make immediately goes to work to help feed hungry children, families and seniors in our communities. Here is more information about some of the programs you support:

♥ **Mobile Pantries** – Your support helps fill a special truck with 5,000 to 10,000 pounds of food, and deliver it to one of our 650 partner agencies. That food is then handed out to people who need it most, right near the neighborhoods where they live.

♥ **Kids Cafe** – Local children receive healthy food and nutritional education year-round through 44 Kids Cafes in 11 counties. You help provide hundreds of thousands of nutritious meals and snacks to kids who might otherwise go hungry.

♥ **Backpack Program** – You help prepare a backpack full of nutritious, ready-to-eat or easy-to-prepare foods to send home with children on weekends and holidays. Teachers and counselors say children often tell them this is the only food in the house the entire weekend.

♥ **Second Helping** – To serve homebound seniors who are at risk of going without food, this program delivers monthly boxes of supplemental, nutritious food. This program currently serves five counties in NC, and three counties in SC.

♥ **Community Food Rescue** – As part of our GO GREEN program, perishable produce, dairy, restaurant and bakery items that might otherwise be thrown away are picked up daily and delivered that same day to agencies who feed people on site. Your support has helped save more than 6 million pounds of food each year.



To learn more, visit secondharvestmetrolina.org today.

JIM LENDS A HAND

I've been volunteering with Second Harvest Food Bank of Metrolina for about six years now. Every time I leave a Mobile Pantry, there's such a feeling of satisfaction and gratification to know that I'm helping people that need this food. That I'm able to contribute something, and give back to my community.

I think every family that gets help has a different reason. The fact that they come to Mobile Pantries and receive this food — and are able to take it home and have it sustain them for a period of time — is wonderful. The goal is to be able to feed as many people in the community as we can, and just help out everyone who needs it.

I'm so grateful for the people who donate food and money to Second Harvest Food Bank of Metrolina. There's no amount of words that can thank them enough. When I see the joy on the faces of people that receive food, it's so gratifying. To know that we have done something to contribute to their faith in mankind and in each other is a great feeling.



Every time I leave the Mobile Pantry, I'm thinking about the folks I met. To see the glow in their faces and their smiles and hear them say, "Bless you!" and "Thank you," that in itself is worth more than anything in the world.

Three Pillars of a Food Bank

Second Harvest's contributions come from three main sources:

DONATIONS



Your **donations help** to buy food in bulk, put fuel in our trucks, and keep our warehouse humming — making it possible to provide 4 meals for every \$1.

VOLUNTEERS



Each month, **volunteers help** sort and pack millions of pounds of food. Without that help, we'd have to hire 75 full-time employees to do that work.

FOOD



Most of that **food distributed** — about 3.83 million pounds per month — is donated from local farms, manufacturers, grocery stores and from food drives.

Call us at **(704) 376-1785** to find out how YOU can get more involved. If you would like to take a tour of the food bank, let us know. We would love to show you around!

Second Harvest Food Bank of Metrolina

(704) 376-1785

500-B Spratt Street, Charlotte, NC 28206

secondharvestmetrolina.org



Financial information about this organization and a copy of its licenses are available from the NC State Solicitation branch at 1-888-830-4989 and the SC Public Charities Division at 1-803-734-1790. These licenses are not an endorsement by either state. Costs are average and include the expense of securing & distributing food. If gifts exceed expenses, extra funds will be used to provide food to the hungry throughout the year. Second Harvest Food Bank of Metrolina has a Donor Privacy Policy and does not share donor information.