



# GIVING THANKS



SECOND HARVEST FOOD BANK OF METROLINA  
500-B Spratt Street, Charlotte, NC 28206 | 704.376.1785

FALL | 2020

## CORONAVIRUS TAKING HUGE TOLL ON MENTAL HEALTH

The coronavirus has taken a tremendous toll on the mental health of Carolinians. One study shows symptoms of depression and anxiety have tripled during the pandemic. There's also been a 15% increase in emergency room visits for substance abuse.

As a case worker, Angela Headen knows the constant struggles of people with chronic illnesses. "I've been working with this population for over 27 years," she says. "They have chronic illnesses such as mental illness, substance abuse, AIDS, whatever the situation may be." Although not required, Angela delivers food every week to many of her clients who don't have transportation or have difficulty getting a ride to one of our agency partners.

She says, "The majority of the population I serve either receive Social Security benefits, they're unemployed, or getting disability." With so little income, "There's really nothing extra. It's always a challenge just to survive, to keep food in their house. Then coming to food pantries that offer groceries of food, it's a blessing," Angela explains.

"There are times I go into homes and there's no food. With some of the chronic illnesses of my clients, they need to eat with the medication to ensure a better quality of life. So, they need food," she says.

Because of generous donors like you, we're able to supply food to hundreds of pantry partners. And through caring servants like Angela, much needed food is provided to those struggling with unseen illnesses that ravage their minds and bodies.

"My clients are just grateful and humbled that somebody is there to help them," Angela says, "If it wasn't for Second Harvest, a lot of them would be hungry — I hate to think what would happen. It's a blessing for someone to give out of their own heart, to give to someone else." Thank you for giving sacrificially to help so many others in need.



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## COVID-19 FUNDRAISING CHALLENGE FROM HOWARD LEVINE

Howard Levine, former CEO of Family Dollar, and one of the Food Bank's biggest supporters, has made it possible for us to conduct a fundraising challenge. Howard is matching every dollar we raise between now and the end of the year, up to \$500,000!

As we continue to plow through COVID-19 and all of its challenges, please remember that this is a marathon event, not a sprint. Many children are still out of school and missing meals, many seniors are still quarantined and cannot go to meal sites, and so many of our neighbors are unemployed. It is critical that we continue to help ensure that everyone is fed during this unprecedented time.

We are so grateful to Howard for his continuing support and would encourage everyone reading this newsletter to please donate and help us get to the match goal. Please also forward this to friends. What a wonderful way to double the number of hungry children, seniors, veterans and families who can be fed.

# SAVE THE DATE

**FOOD LION FEEDS  
FOR THE HOLIDAYS**  
NOV. 11TH – DEC. 17TH  
IN FOOD LION STORES

**HARVEST FEAST  
MARATHON**  
NOV. 18TH - DEC. 29TH  
IN HARRIS TEETER STORES

**STREET TURKEYS  
PRESENTED BY  
WFNZ RADIO**  
NOV. 25TH

**GREAT AMERICAN  
MILK DRIVE**  
NOW THROUGH APRIL 2021  
[WWW.MILKLIFE.COM/GIVE](http://WWW.MILKLIFE.COM/GIVE)



## A MESSAGE FROM OUR CEO

The COVID-19 pandemic has been the most challenging time in my 17 years at Second Harvest. Despite the staggering complications, we have constantly pivoted to find creative ways to serve people who urgently need food.

First and foremost, we are here for our community, no matter what. Our staff has worked at the Food Bank during the entire pandemic. I'm proud to say, we've not missed a single day of serving our community. They've been packing food boxes every week throughout the pandemic while valiantly managing to keep up with their regular work. It's because we truly care, and the need for food has intensified during these times like never before.

Since mid-March, numerous children have been missing school meals they desperately depend on during normal times. Of course, summer is the most difficult period for hungry children. It breaks my heart to consider how many meals they are missing during these unprecedented times.

Because of record layoffs and furloughs, our clientele continues to grow and change with people who have never needed help from a Food Bank before. And many of our seniors are quarantined at home, so they don't have access to congregate meal sites.

It's been a real challenge to get staple foods from grocery sources, moving us to buy full truckloads of many products at a much higher cost. In addition, everything has to be pre-boxed at the food bank and convention center, since many of our agency partners won't allow us to deliver pallets of food or for people to go inside to shop for groceries. We couldn't do all this without our new volunteers, many who are available because of unemployment, and of course, the National Guard.

To keep everybody safe, we're using a drive-through distribution model, where hungry individuals and families pick up boxes of nutritionally balanced food in our regular locations and new sites. Thanks to you, we've distributed 10 million more pounds of food from March to August — this year over last year.

Second Harvest will continue doing what we have done since 1981 — feed the hungry in our 24 counties no matter what comes our way. We take our responsibility to the community very seriously and we will be here for as long as it takes to get through this. Thank you for standing with us when we need you most.

Sincerely,

Kay Carter, CEO



Kay Carter  
CEO

## SCHOOL-BASED MOBILE PANTRIES ARE MORE IMPORTANT THAN EVER

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Things are tight at home, especially food.”

Vickie and her son at  
Larne Elementary School in Clover, SC.



# FOOD GIVES HOPE AND DIGNITY

Volunteering at Second Harvest Food Bank of Metrolina is a privilege and personal to Mike Crandall. “I grew up in very humble means. I’m the youngest of five kids who were abandoned by our dad,” Mike says. “He came back from the war with terrible PTSD, and he had his challenges. I guess the burden of five kids was more than he could bear. He drank a lot.”

Mike continues, “My mom was 27 with just a high school education when he left. She had five kids, ages two to eight, down in Florida with no support mechanism. In 1958, you didn’t have too many things like Second Harvest Food Bank much less most of the government programs we have today.”

Although Mike and his siblings suffered from hunger and abandonment, his determination helped him graduate from college. He had a successful sales career that allowed him to retire early. During his last years on the job, Mike volunteered to lead their annual October food drive for Second Harvest. “Having learned a little bit about it, and how close to home it was for me, I wanted to champion the drive,” he said.

When Mike retired, “I made a commitment that I would volunteer a day a week at Second Harvest.” Mike is one of the crew leaders. “One day we did 1,000 bags with one crew in about 3 1/2 hours. There are 1,000 kids that went home on a Friday with a sack full of food they didn’t have otherwise. Do you know what that means to their families? I want the volunteers to understand this, because if they do, they’ll come back.”

“The food makes a huge difference. It gives them hope and dignity,” Mike says. “From the people at Second Harvest to the thousands of volunteers coming here, the recipients of these programs know that there are people who care and are doing something to help them. Otherwise, most people feel invisible. That described me growing up. I felt invisible,” Mike explains.

Hope is something Second Harvest gives the hungry. “I see it when people come to a mobile pantry feeling ashamed. By the time they get to the other end of the line where volunteers have been encouraging and joyful to help, there’s a smile on their face. They look at all that good food and know their kids won’t go to bed hungry at night. That’s hope,” Mike says.

We are so thankful for all our donors and volunteers, like Mike, who give selflessly to defeat hunger. The pandemic has seriously affected both. Unemployment has hurt our regular donors and many of our corporate volunteers are not allowed to volunteer. And let’s not forget our older volunteers who are quarantining at home to stay safe. Thank you for all you do to help the hungry and hopeless. Please don’t stop, we need your help now more than ever.



Mike Crandall



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Food is very limited at the end of the month for Vickie and her family. With two growing children at home and one income from her husband, a warehouse worker, “things are tight at home, especially food,” Vickie says.

So many families like Vickie’s are struggling to survive on a single income during the COVID-19 pandemic. Her husband is fortunate to have a job, when many don’t. And there is no guarantee of how long his work will last during these turbulent times.

Throughout the pandemic, Second Harvest Food Bank of Metrolina has been offering boxes of food through mobile pantries for hungry families with school-age children. To keep everyone safe from the virus

and reach the most people, the Food Bank set up hundreds of drive-thru food pantries in a 24-county service area. More than 20,000 families have been served at school-based mobile sites and an additional 85,000 backpacks have been distributed to children out of school.

To make ends meet, Vickie explains, “We don’t eat extravagantly, and we don’t eat all the time.” Because of your generosity, families like Vickie’s can overcome hunger for another day through our School-Based Mobile Pantries. Thank you for making a big difference where it really counts. “We really appreciate it,” Vickie says.

# DESPERATELY NEEDED FOOD FOR THE CHRONICALLY ILL

At 76, Frances is retired from years with the Air Force and working in the nonprofit sector. Life has not been easy, but her greatest stress is, “Social Security not being able to go far enough,” she says. “Eligibility and income requirements continuing to flux and for seniors like me who have been able to earn a good living, to suddenly become ill and not be able to do that anymore, it’s hard.”

Over the years, Frances said, “I’ve had two heart transplants, a kidney transplant, and assorted other things.” Not only has her fragile health affected her income, like many seniors, it has affected what she can eat and the need to eat consistently. On her low income, Frances is not able to properly keep up with the food requirements she needs.

To add pain to injury, Frances said, “My food stamp eligibility expired. I didn’t get a notice and I ran out of food. I ran out of money and so here I am.” When asked how she makes a little bit of food last, she said, “I’ve had a lot of soup and egg sandwiches and those kinds of things to stretch food as far as it would go.”

No hardworking woman who is 76 years old should have to worry about running out of food — especially in America! But that’s all too common, even in cities like Charlotte. But thanks to caring donors like you, Frances can get the food she so desperately needs at agency partners like Loaves & Fishes. “I am so grateful to know the food is here,” she said.

“It’s a safety net, and for many people who don’t have any money, this means they can feed their children,” she explained. “They can stay alive.” Thank you for helping struggling families and struggling seniors, like Frances. Your generosity is literally saving lives — especially during the pandemic.



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# UPDATE ON SECOND HARVEST FOOD BANK OF METROLINA’S COVID-19 RESPONSE

Thank you so much to everyone who has donated to the Food Bank during this extremely challenging time. We wanted to share what your donations have made possible the past several months.

From March 19th - August 31st we accomplished the following thanks to each of you:

- **Distributed over 10 million more pounds of food** than last year during this same time-frame.
- **Served over 19,000 families** at our school-based mobile pantries.
- **Provided over 275,000 nutritionally balanced food boxes** throughout our 24 county region (14 counties in NC and 10 counties in SC).
- **Distributed 7 million more pounds of fresh produce, meat, and dairy products** than last year during this same time frame.

Please remember that COVID-19 is still here. Unemployment rates are extremely high, children are still missing school meals, and many seniors are still quarantined.

We need everyone to continue supporting us over the next several months. This is a marathon, not a sprint. Please help us keep our neighbors fed.

## CONTACT US

### SECOND HARVEST FOOD BANK OF METROLINA

500-B Spratt Street  
Charlotte, NC 28206  
704.376.1785

[www.SecondHarvestMetrolina.org](http://www.SecondHarvestMetrolina.org)



Together We CAN End Hunger



Stay up-to-date on all of our upcoming events by following **@shmetrolina** on



Bookmark our website at  
**SECONDHARVESTMETROLINA.ORG**

