



# GIVING THANKS



**SECOND HARVEST FOOD BANK OF METROLINA**

500-B Spratt Street, Charlotte, NC 28206 | 704.376.1785

FALL | 2021

## THIS FOOD WILL HELP US TREMENDOUSLY

For over 40 years, Terry worked hard as a pipe welder. So hard, his body finally gave out on him. "I've had both knees replaced and triple hernia surgery, not to mention two vertebrae in my back that have been fused together," he said. "And two more are worn out in my neck." Terry has finally surrendered to disability.

"Yes, I'm on a monthly income, a limited income. It's just me and my wife, and she doesn't have any income. It's been kind of hard," Terry admitted. "My wife got COVID and was sick for about seven months," he said.

"We didn't know what it was at that time, and she went back and forth to the ER. They did a tremendous number of tests on her for months to find out it was COVID," Terry said.

Struggling on a limited income, Terry said, "My wife's health is not real good and she's on about seven prescriptions a month. I'm on two. Sometimes I have to weigh the odds to pay for medicine or pay for food."

Sadly, too many hard-working people are pushed to the point of desperation with little hope of surviving a medical crisis. Without your help, good folks like Terry and his wife wouldn't make it. Because you care, they're able to get the food they urgently need at our agency partner, SOCKS Crisis Ministry in Belmont.

"SOCKS helps us out a lot. This food will help carry us for about two weeks. It will help us tremendously," Terry explains.

Full of excitement, Terry said, "God bless the people who give to Second Harvest. There's a lot of folks in this area who really, really, really need help, and you don't see it till you come to a place like this."

It's so important that you know your gifts are changing people's lives. Thank you for all you do!



“

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# SAVE THE DATE

**CROP HUNGER WALK**  
**NOVEMBER 7**

**FOOD LION FEEDS FOR  
THE HOLIDAY**  
**NOVEMBER 10 - DECEMBER 14**

**HARRIS TEETER'S  
HARVEST FEAST  
MARATHON**  
**NOVEMBER 13 AND 20**

**STREET TURKEYS  
PRESENTED BY  
WFNZ AND THE HARRIS  
TEETER DOG HOUSE  
POWERED BY COCA-COLA**  
**NOVEMBER 24**

For up-to-date event  
information, be sure to  
follow us on Facebook,  
Twitter, Instagram, and  
LinkedIn at @shmetrolina!

## A MESSAGE FROM OUR CEO

I hope you'll join me in celebrating the 40th birthday of Second Harvest Food Bank of Metrolina. Wow, that's a huge accomplishment and wouldn't be possible without you.

Just think, in 1981 Raiders of the Lost Ark was a sleeper sensation at the movies, MTV was launched, Dallas was the number one TV show, and the most-watched program was the wedding of Charles and Diana. Chris Evert won Wimbledon in 1981 and the LA Dodgers won the World Series.

Life seemed to be simpler back then as well. The average cost of a new home was \$78,000, the average monthly rent was \$315, and a gallon of gas cost \$1.25. Even with prices so low, thousands of people in the Metrolina area were still struggling to feed their families.

1981 was also when a group of Charlotte businessmen from the food industry saw that some of their products were being thrown out. They joined efforts and used that food to feed hungry neighbors. Because of their vision and compassion, the food bank was born. It's interesting that they started by weighing food on a bathroom scale. By the end of the year, 220,000 lbs. of food were distributed with a staff of four.

Remarkably, we've distributed nearly 83 million pounds of food in 2021 with a staff of just 65 people. Over the years we have grown from a 5,000 square foot facility on 7th Street to our current location. About five years ago, our donors raised millions of dollars to double our size to 80,000 square feet. In addition, our branch network operates well over 200,000 square feet of warehouse space throughout our 24-county service area.

In 1981, we worked with 130 partner agencies, like food pantries, soup kitchens, schools, and churches. Today we're honored to partner with over 800 agencies. Even so, without our passionate volunteers, none of these accomplishments would have happened over the past 40 years. In fact, in the early 2000s, we were averaging 7,000 volunteer hours per year. Today it's close to 300,000 hours per year.

It's through an ideal combination of our donors, business partners, agency partners, volunteers, and a very dedicated staff that Second Harvest of Metrolina is able to distribute almost 83 million pounds of food each year. From humble beginnings to champions of hope, we're defeating hunger and despair for those who need it most. Thank you for all you do.



Kay Carter, CEO



Kay Carter  
CEO



**J O I N S H F B M**

**and help us celebrate our 40th Birthday!**

For information on volunteering, hosting a fund/food drive, or becoming a monthly donor, visit [SecondHarvestMetrolinaBig40.org](https://SecondHarvestMetrolinaBig40.org).

# FOOD INSECURITY AMONG OLDER ADULTS

Retirement can be a wonderful season of life where folks have the freedom to choose how to spend their time – relaxing, boating, traveling, or pursuing the next big adventure. But for the 48,000 seniors who live in poverty in our area, their lives are filled with fear, uncertainty, declining health, loneliness, and food insecurity.

Jenny spent her career working in retail at a local grocery store. Since retiring, life has been far from the wonder years depicted in retirement TV commercials. “I’m making it, but it keeps me worried,” she confessed with a nervous laugh.

“I’ve been in the hospital,” Jenny said. “And I’ll have to go back into the hospital for more surgery.” Common among seniors, health issues become an ongoing, major expense that severely impacts their fixed income and fragile lifestyle.

After paying for her medicine and bills, Jenny admits, “Sometimes there’s nothing left. I often have to decide between buying my medicine or food.” No one should have to make such choices that will affect their well-being and health. The fact is, nearly one in five seniors in our area struggle to

survive for lack of food in their golden years.

Research indicates that food insecurity is associated with an increased prevalence of health problems such as heart attack, congestive heart failure, diabetes, high blood pressure, asthma, depression, and may limit activities of daily living.

Jenny admits, “Things are very tight at home, and I need food.”

Thankfully, faithful donors like you continue to support Second Harvest so we can supply food to our agency partners like SOCKS Crisis Ministry in Gaston County where Jenny was able to get the food she so desperately needed. “This food will really help,” she said. “Absolutely!”

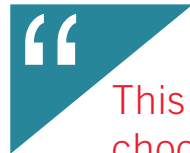
Your passion for fighting hunger is changing the lives of children, their parents, and seniors, like Jenny, who need it most. “God bless you,” Jenny says. God bless you. I appreciate it so much.”



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## SINGLE MOM STRUGGLES TO SURVIVE WITHOUT PAY DURING PANDEMIC



This food helps a lot, because now I don’t have to choose to pay bills for our home or buy food.”

Single moms carry a bigger load than most. They have the added responsibilities of doing the work of two adults while taking care of children and supporting a family on one income. Sadly, her wages are often far less than what the father would earn.

Five years ago, Norris’ husband left her with three children and no support. Fortunately, she had been working for the past 12 years in the laundry department at a local hotel. Unfortunately, Norris is having to provide for her family on an income that’s just above minimum wage.

To make matters worse, COVID-19 hit. “Once the pandemic started, they sent everybody home for two months and a half,” Norris said. “It was very hard to survive without any pay and we’re still trying to catch up.” She hasn’t missed any meals yet, but sacrifices a lot, so her children can eat.

Because of the support of our generous donors, Norris can get the help she desperately needs at one of our mobile food pantries at Devonshire Elementary School in Charlotte. “This food helps a lot, because now I don’t have to choose to pay bills for our home or buy food,” she admits. “This is going to help us save some money for a week or more.”

Norris and her children are so thankful to you, our donors, “It’s really good help. We’re grateful for all you do, because it helps a lot of families that struggle right now when buying food. We don’t have to decide between eating or paying bills, so this is a big help,” she said.

Thank you for helping hard-working single moms, like Norris, take care of their families during the toughest of times.



# EVEN ON THE WORST DAYS, I GET TO FEED PEOPLE

Emotionally, COVID-19 has taken its toll on children, but for many, the biggest drawback has been nutritionally. Thousands of children in our area depend on school breakfast, lunch, and weekend backpack programs for their daily food. If they're not at school, they're not getting the nourishment they need.



“I’m blessed to be in this role. I honestly couldn’t see myself doing anything else.”

Getting food to hungry children during the pandemic has been a real challenge. Thanks to your continued support and individuals like Jessica Hudson, our Child and Senior Nutrition Programs Coordinator, we’re effectively meeting the challenge head-on.

Through our School Mobile Pantry Program, “We go to a different school each night throughout the week, Monday through Thursday,” Jessica said. “We’re not just giving out canned goods. We’re providing fresh foods, like protein, bread, eggs, fresh fruits, and vegetables.”

Today, at Devonshire Elementary School, we’ll serve about 180 to 200 families. “We have the food all pre-packed and ready to go. They drive through and we put the food in their car. It’s all done contact-free,” Jessica explains.

Second Harvest also works with the school systems through our Backpack Program. “We have seven healthy items in a backpack that we distribute to food-insecure kids throughout North and South Carolina,” Jessica said. “Currently we’re serving about 6,000 kids a week in the Charlotte-Mecklenburg Schools and another 1,500 through other schools.”

Seeing kids endure the pangs of hunger every day gives Jessica a deep insight into their troubles. She explains, “I have a greater understanding of how important food and nutrition is. It’s a trickle-down effect. If kids aren’t fed, they can’t study, they can’t perform, they can’t behaviorally be there and be present.”

Jessica continues, “So, I think it all starts with what we’re doing, and then hopefully, they’re better students, better people, better members of society.”

Beaming from ear to ear, Jessica said, “I love what I’m doing. And even on the toughest days, I get to feed people and feed families. I couldn’t ask for a better opportunity. It’s super humbling and you meet great people along the way. I’m blessed to be in this role. I honestly couldn’t see myself doing anything else.”

Because of your generosity, motivated individuals like Jessica can get desperately needed food to children who need it to survive and thrive – giving them real hope today and for their futures.

# CELEBRATING 40 YEARS OF ENDING HUNGER



## Food Distributed

1981 – 220,000 lbs.  
2004 – 6.5 million lbs.  
2021 – Almost 83 million lbs.



## Fresh Produce, Meat, and Dairy

1981 – Under 1%  
2021 – Over 60% of food distributed



## Child and Senior Hunger Programs

1981 – No programs  
2004 – 11 programs  
2021 – 357 programs



## Volunteer Hours Per Year

1981 – NA  
2004 – 7,000  
2021 – Close to 300,000



## Service Area

1981 – 16 counties in North and South Carolina  
2021 – 24 counties in North and South Carolina



## Facilities

1981 – 7th St. 5,000 sq. ft.  
1988 – Moved to Spratt St. location  
2016 – Raised funds to double the size of Spratt St. location to 80,000 sq. ft. (adding freezer, cooler, office, and warehouse space)  
2021 – 200,000 sq. ft. including five locations

## CONTACT US

### SECOND HARVEST FOOD BANK OF METROLINA

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[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](http://SECONDHARVESTMETROLINA.ORG)

