



GIVING THANKS

SECOND HARVEST FOOD BANK OF METROLINA

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

DEFEATING CHILDHOOD HUNGER

Sadly, there are thousands of children in our area who are living in poverty. A family of four with two children under 18 are considered living in poverty if their annual income is less than \$25,094.

For children in elementary schools that are at the highest risk of poverty, we will provide almost 175 School-Based Mobile Pantries this year. Our mobile pantries take nutritious food and other necessary household items to area elementary schools to help ensure their students are able to go to school and are prepared to learn.

At 29, Ortoria is the mother of three children, ages 6 to 14. To provide for her family, she works hard as a Certified Nursing Assistant. But even with her busy job, Ortoria's income is not enough at times to pay the rent and adequately feed her children. Sometimes supper only consists of "Mashed potatoes and green beans," she explains.

Ortoria says "I find myself at the mobile pantry when we can't make it otherwise." To help at-risk families keep their children fed, the schools contact the parents to remind them when our Mobile Pantry will be at their campus. Ortoria said, "Today, I am so happy when we got the message, 'See you at the Mobile Pantry.'"

There are few things more difficult than for a mother to see her children going hungry. **But because of your generosity, families like Ortoria's can defeat hunger for another day through our School-Based Mobile Pantries. Thank you for making a big difference where it really counts.**

SPRING | 2019



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Today I am so thankful to be going to a Mobile Food Pantry.”



SAVE THE DATE

APRIL 22-MAY 20
WAL-MART'S FIGHT HUNGER.
SPARK CHANGE CAMPAIGN

MAY 11
NATIONAL LETTER CARRIERS
ASSOCIATION FOOD DRIVE
COLLECTION

AUGUST 9
CHEF'S BEST PRESENTED
BY HARRIS TEETER

OCTOBER 17
WINE, WOMEN & SHOES
PRESENTED BY
HARRIS TEETER

**OCTOBER 30-
DECEMBER 31**
HARRIS TEETER'S
HARVEST FEAST

A MESSAGE FROM OUR CEO

Friends of the Food Bank,

I'm often asked if we really do have a problem with childhood hunger in the Charlotte area. My answer is yes. Let me explain.

There are 188,000 children who face food insecurity in our region every day. That's why our number one goal at Second Harvest Food Bank of Metrolina is to **end child hunger.**

Food insecurity is when kids wonder if they'll have access to food on a daily basis. Sadly, children are the most vulnerable in our society. They don't have control of the circumstances they're born into, yet they bear the brunt of the economic challenges their parents or guardians are facing.

From my experience, hunger manifests itself as an educational problem. When children aren't getting enough to eat, they're not going to perform well in school. It's also a health problem. If children aren't getting access to healthy, nutritious food, it affects their well-being – contributing to diabetes, obesity and other illnesses.

We all know that nutritious food, including fresh produce, is absolutely essential to the development of a child. But many impoverished families struggle with the choice of paying their bills or buying food. Unfortunately, the food they can afford is not healthy, and everyone suffers, especially the kids.

But thanks to you, our children's services including, School-Based Mobile Pantries, Backpack Programs and Kids Cafe's are helping to provide nutritious food for kids who desperately need it.

Hopefully you can feel our sense of urgency to help children who go without food because they don't have a choice. Together, we are making a huge impact, but there's so much more we can be doing. **Because of you, we're not just defeating childhood hunger and malnutrition, we're helping kids thrive. Thank you so much.**



Kay Carter
CEO



Kay Carter
CEO

BRIDGING THE GAP FOR HUNGRY FAMILIES

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Sometimes we have
to do without food.”



YOUR GENEROSITY SPREADS HOPE

Joyce, who recently turned 80 has a contagiously optimistic personality. You can't help but smile with her when she proudly says, "My mom's 104 years old." But not everything is so upbeat. Just a few months ago, Joyce lost her son to cancer.

Even with a broken heart, **Joyce has hope, because of your generosity.** Retired and living on a limited fixed income, makes it difficult to buy enough food. That's why she turns to the York County Council on Aging, one of our agency partners. "I'm here at the Senior Center for the meals, Monday, Wednesday and Friday," she says. "I enjoy coming here and being with other people."

Joyce gives back every way she can, like playing the piano at the Senior Center and for the Alzheimer's and dementia patients across the street. "I like to play the piano, and I like going to nursing homes to play the old songs," she says with a chuckle. "They all know the old songs and they appreciate that."

A lot of folks don't know that Joyce has to take the bus just to get to the nursing home. Not an easy task for someone her age. It's her servant's heart and joy of music that motivates her. **"I just enjoy coming and seeing other people and fellowshiping and a good meal. They have meat and vegetables and fruits, which is good."**

Because of your generous support, Second Harvest Food Bank of Metrolina is able to provide much needed food for seniors like Joyce, spreading hope to thousands every day. **Thank you for your sacrifice and ongoing kindness.**



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I just enjoy coming and seeing other people and fellowshiping and a good meal.”

As a mother of four young children, Reina struggles at times to feed her family. For years her husband has been painting houses as a profession, but when the weather interferes, his income can be cut severely.

Limited budgets at home means limited food choices for families like Reina's. Every mother knows nutritious food gives children the energy they need to succeed, but many impoverished families simply can't afford it, so they choose cheaper alternatives

rather than healthy options. Unfortunately, many just do without food.

At times, when things get tight, Reina says, "My husband borrows money from people and pays them back after." She also admits that, "Sometimes we have to do without food." Eventually they turn to one of our many agency partners, like Care to Share, for help.

Every day we help hundreds of families with hungry children make it to their next pay check.

In the process, we try to include healthy foods they may not ever get at home, like squash, sweet potatoes, fresh broccoli and carrots. Because of friends like you, it's nutritious food like this that helps children grow and flourish in life.

Without your help, young families like Reina's suffer at home and at school. **Your generosity is building strong children in our community, giving them security and hope.** Thank you for caring enough to help.

WHAT HAPPENS TO A CHILD FACING HUNGER?

Food insecurity is a real threat to the future of a child's physical and mental health, academic achievement, and economic productivity.

CHILDREN FROM FAMILIES STRUGGLING WITH HUNGER MAY BE MORE LIKELY TO:

- Repeat a grade in elementary school
- Experience developmental impairments in areas like language and motor skills
- Have more social and behavioral problems

CHILDREN WHO ARE FOOD INSECURE:

- Are more likely to require hospitalization.
- May be at a higher risk for chronic health conditions, such as diabetes, obesity, anemia, and asthma.
- May have more frequent instances of oral health problems.
- Are more likely to suffer from a poorer physical quality of life, which may prevent them from fully engaging in daily activities such as school and social interaction with peers.

We are on a mission to help children overcome the effects of food insecurity, but the clock is ticking. 90% of brain development happens by the age of five. Without intervention at this critical time, food insecure children may suffer lifelong social, emotional and educational deficits.

Thanks to you, thousands of children are getting the help they need, but there are more we can reach. Let's keep fighting, because together, we can solve hunger.



TO LEARN MORE, VISIT SECONDHARVESTMETROLINA.ORG.

THANK YOU!



**AMAZING
THINGS
HAPPEN
BECAUSE
OF DONORS
LIKE YOU.**



“

The fact that we have access to food like this helps us, it's been really good. Thank you so much.”

-JESSICA MENEGAY,
CHRISTIAN MINISTRIES RECIPIENT

CONTACT US

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www.SecondHarvestMetrolina.org



Together We CAN End Hunger

Stay up-to-date on all of our upcoming events by following [@shmetrolina](https://www.instagram.com/shmetrolina) on



Bookmark our website at
SECONDHARVESTMETROLINA.ORG

