



GIVING THANKS



Second Harvest Food Bank of Metrolina
500-B Spratt Street, Charlotte, NC 28206 | 704.376.1785

SPRING | 2025

I'M ALIVE AND I WOKE UP THIS MORNING. THAT'S ALL THAT MATTERS

Lisa said they're getting food at Manna House because, "We hit some tough times."

That's putting it lightly. She's had 27 hospital admissions and 12 surgeries over a couple of years. "So, it's left on my husband to try to pay our bills and take care of our kids."

The fatigued look on her face tells all. "You can't survive on a single income anymore. So every once in a while we get a little low on food and health costs rise, but Manna House always helps us out."

Manna House is one of our treasured pantry partners located in Rock Hill, SC. Every Saturday they provide groceries to hurting families, like Lisa's.

"I'm actually in my last round of radiation. I have cancer in my throat and in my stomach. And I've had numerous chemotherapies and on number 21 right now," Lisa explains.

"I learned to smile through the pain because people don't want to see you if you're miserable. I'm not going to sit here and tell you that I'm not hurting now, but I'm alive and I woke up this morning and that's all that really matters," she admits.

"The hardest part is looking at it through my children's eyes." She has four kids, ages 18, 16, and eight-year-old twins. "They see me sick and don't understand why I'm not getting better."

"My husband's trying to do it all," Lisa says. "He works for a financial company as a data analyst. So, he makes decent money, which is great, but it's not enough in our circumstances."



Lisa and her family are a perfect example of how one's "ideal" life can collapse without warning. "I'm not ashamed of where I am because of my illness, but I think that people need to be more aware of the problems folks are dealing with in private," she confesses.

Thanks to you, Lisa and her family can get the support they need, because the food helps bridge the gaps when funds are low. Your compassion is truly amazing. "I've been ill for a while, but I'm on the bright side of it now," she says.

To you who give unselfishly, Lisa says, "I thank you immensely, because your generosity is helping a whole community of people who don't have the money right now, like my family and me."

SECOND
HARVEST
FOOD BANK
OF METROLINA

Together We CAN End Hunger

SAVE THE DATE

LETTER CARRIERS

STAMP OUT HUNGER FOOD DRIVE

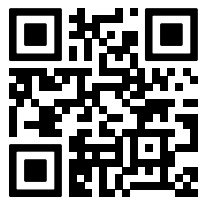
SATURDAY, MAY 10TH

CHEF'S BEST

PRESENTED BY HARRIS TEETER
& THE CRVA

FRIDAY, AUGUST 8TH

HOST A FOOD OR FUND
DRIVE DURING THE SPRING/
SUMMER MONTHS.



FOR EACH \$1 DONATED,
SECOND HARVEST CAN
DISTRIBUTE 7LBS OF
NUTRITIOUS FOOD.

A MESSAGE FROM OUR CEO

The Future is Hopeful As We Grow To Help Our Neighbors

Every day, our communities come together to support those in need through the incredible efforts of Second Harvest Food Bank of Metrolina. We are deeply thankful for your generosity. It is because you deeply care that we can continue to provide hope and help to the families who rely on us. Without your sacrifice, none of this would be possible.



Kay Carter
CEO

Second Harvest stands as a beacon of light for individuals and families who are facing difficult times. Through your kindness, you're not just giving food, you're giving hope. You're providing comfort to those who struggle every day to meet their basic needs, and you're offering more than just sustenance; you're offering dignity, love, and a chance for a better future.

Because of you, we have expanded to meet the growing needs of our neighbors. Here is a glimpse of how we have grown over the past 20 years:

- 🍏 Pounds of Food Distributed have increased by 823%.
- 🍏 Mobile Pantries Conducted have increased by 371%.
- 🍏 Senior Programs have increased by 465%.
- 🍏 Programs to End Childhood Hunger have increased by 1040%.

But the need is still great. One in six people face hunger every day in the 24 counties we serve throughout North and South Carolina. Almost 483,000 people live in poverty, including over 151,000 children and 57,000 seniors.

The heartbreaking truth is that hunger doesn't have a face — it doesn't discriminate. It's something that impacts every age, race, and background. And it's something that so many of our neighbors are silently fighting every single day.

Together, we reach the hungry through our growing number of partner agencies and programs. We now have more than 950, including food pantries, soup kitchens, homeless shelters, senior programs, and low-income daycares.

What started as a single warehouse in Charlotte has expanded through four additional branches, making food distribution more efficient. Last year (2023-2024), almost 90 million pounds of food and household items were allocated throughout our service region.

You've provided nourishment for families that would otherwise go hungry. You've made sure that children can eat before going to school and that seniors can enjoy a hot meal in their golden years. You've given the gift of stability when everything around them feels uncertain.

"The heart of these communities are strong because of you. Together, we are creating a more hopeful tomorrow for the people who need it most."

Thank you for your continued support. You are changing lives every day. Together, we CAN end hunger!

Sincerely,

Kay Carter, CEO

EVERYBODY IS SPECIAL HERE, EVERYBODY!

"At Dorothy Day Soup Kitchen, everybody is somebody, everybody!" says Michael.

"Just for these people doing what they're doing, the volunteers, the cooks, it really means a lot to people who are here," Michael says with sincerity and a smile. "We've got a lot of people homeless, a lot of people who don't have a place to live. We rely on this lunch, because for some of us, this is the only meal we get for the day."

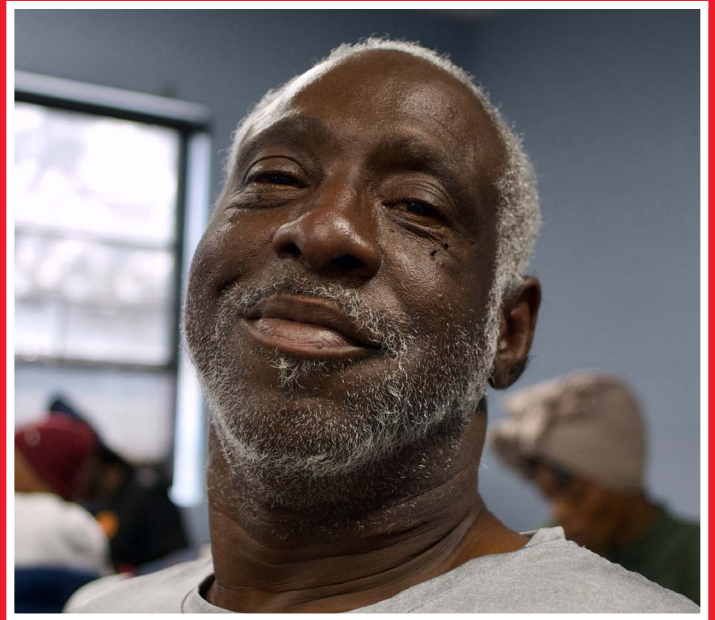
Michael is talking about our agency partner, Dorothy Day Soup Kitchen in Rock Hill, SC. They provide a safe, comfortable place, and a free hot meal, Monday through Saturday, to whoever walks through the door. Sometimes as many as 135 guests arrive. And thanks to your generosity, there is always enough for everyone.

Sadly, Michael has been homeless, "for about four years," he says. Much of the time, he's been living in a tent. "I've been disabled for a little bit over 10 years," he admits. "I got hurt on a job and it messed up my back." With all his issues, he's had a hard time getting back on his feet.

"So, it's kind of like I'm starting all over again, but I'm thankful for what I get," he says. Michael takes the high road, staying positive despite his circumstances. "I try not to let any of that stuff get in the way because I'm a fighter. I keep going. I'm like that little Energizer Bunny, I keep going and going and going."

One thing that keeps Michael moving forward is the fact that good, healthy food is available to help him at the soup kitchen. This would not be possible without your deep compassion for our neighbors who are not recognized as suffering from chronic hunger.

To all who sacrifice to make this food available, Michael



says, "You have no idea what it really means to us, all the donations. And please, if you can, keep it going, because we really need this place."

Because of you and Dorothy Day Soup Kitchen, hope is a reality, not just a wish. "I do have hope and faith and trust, and that's what keeps me going. That's what keeps me striving," Michael says with confidence.

“

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LEAVE A LASTING LEGACY WITH FREEWILL

You can help future generations grow up healthy — not hungry — by making a planned gift to Second Harvest Food Bank of Metrolina. Your gift will assure that people in our community continue to have access to nutritious food when they need it and will support our work ending hunger in the 24 counties that we serve.

We now offer an opportunity for you, our wonderful donors, to create your legacy plans online — with FreeWill, an online tool that takes you step-by-step through creating a legally valid will or trust. It's easy to use and can be completed in 20 minutes. And ... it's free. A gift to you.

For more information, visit FreeWill.com/secondharvestfoodbankmetrolina or scan the QR code.



“

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I'VE ALWAYS WANTED TO GIVE BACK



Most folks put their feet up and relax after retiring, especially once they're 70+ years old, but not Adele. After working for 42 years as a purchasing agent, she was looking for something that would make a difference in other people's lives. "I guess I've always wanted to give back," she says.

When our agency partner, Hope of Rock Hill, moved into its current facility across the street from Adele's church, Grace Lutheran, she decided to help out as a volunteer. "And I come every day because I love it, I just love organizing," she says.

Adele also loves getting close to those she serves, encouraging them to push forward and not give up when hope seems lost. "I've been able to mix with the clients and that has been awesome, because you really see the need. It can be heartbreaking."

Adele has a special kind of empathy for her hungry neighbors, "We don't know what's going on and what they're having to go through. But there are a lot who really appreciate what we're doing."

She volunteers five to six days a week, beginning at around 7:30 AM. For people who can't come during regular work hours, Hope stays open late on Tuesdays. "So, I'm here till 8:00 PM on that day."

Before they start every morning, the volunteers and staff have a meeting and pray. "There have been days that we literally did not have anything in the freezer, so we would pray. And it shows up! So we always know that food will be here, you know. God always provides."

With a glimmer in her eyes, she confesses, "There's not a morning that goes by that I say, 'I don't really want to go.' And you know, I have that option, but I haven't run across it yet."

Thanks to volunteers like Adele and your generosity, Hope of Rock Hill feeds neighbors who are suffering from persistent hunger. Your sacrifice helps provide for about 3,400 individuals a month.

"I think Rock Hill would be in trouble without Second Harvest," Adele admits.

As a word of encouragement, Adele says, "Just give whatever you can. It doesn't have to be a lot, you know. And if you don't have the money, then give your time."

It's clear for Adele, this is more than just a way to pass the time — it's a calling, deeply rooted in faith and the desire to make a positive impact in the community.



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



Bookmark our website at
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