

Giving Thanks

TOGETHER WE CAN END HUNGER

I don't know what we'd do without this food bank. Put simply, I don't think my family could make it on our own."
— Scott



I DIDN'T KNOW HOW I'D FEED MY GRANDKIDS

If you told me a few years ago that I'd be reaching out for help from a food bank, I wouldn't have believed you. I never thought that would be me.

I owned and operated a pest control business for almost 40 years. Most of that time, I made good money. Enough to raise three kids and live comfortably with my wife. At the end of each month, we had a tidy sum to put away in savings. But then my health started failing.

I've suffered three heart attacks and got two artificial valves in my heart. I can't do the physical labor I once could. In fact, my doctor warned me that the stress of the job could even kill me. It was hard to give up that business, but I sold it.

Even so, the medical bills drained our savings. My wife still works, but she makes just over the minimum wage. Even worse,

she's constantly worried about the possibility of a layoff.

We've recently begun caring for two of our grandkids — an 8-year-old girl and a 5-year-old boy. I didn't know how we'd feed them. You can't support growing children on our limited income and disability. It just doesn't cover it.

Thankfully, when our budget won't stretch the entire month, the food bank is here for us. It's helping us raise two strong, healthy children. I can't thank them enough for that.

Thank you for helping families like Scott's survive through your support of Second Harvest Food Bank. Because of you, he knows his grandchildren will be fed.

HOLIDAY HELPERS NEEDED!

Volunteers keep our food bank running



Each year, volunteers donate **162,000 hours** to keep Second Harvest Food Bank operating at peak capacity. Distributing more than 50 million pounds of food annually is no easy task — and we can't do it without you! You can do even more to fight hunger in our region by volunteering a few hours of your time this holiday season and ensure our hungry neighbors have food. Here are some answers to questions you might have about the volunteering process.

When can I volunteer? Volunteers 17+ years of age can volunteer on Monday & Saturday 9-12 noon, Tuesday thru Friday 9-12 noon or 1-4 p.m., and Thursday nights 6-8 p.m.

Can children volunteer? Kids ages 13 thru 16 years of age can volunteer on Thursday evening from 6-8 p.m. or Saturday 9-12 noon and must be accompanied by an adult 21+ years of age. Groups must have 1 adult per 4 children.

What will I be doing as a volunteer? Volunteers help us inspect and sort food or non-food products in our Charlotte warehouse that will get boxed and distributed to our partner agencies.



A MESSAGE FROM OUR
CHIEF EXECUTIVE OFFICER

Let's Talk Turkey!

As a caring friend of the Food Bank, I know you'll agree: No one deserves to go hungry. That's doubly true at Thanksgiving time, when most families sit down to a bountiful meal and count their blessings for the year.

It's almost too sad to imagine a Thanksgiving without turkey and the classic fixin's we all know and love. And that's why I'm so thankful for your partnership with the Food Bank.

Your generous support makes it possible for Second Harvest to provide those wholesome meals for hungry folks in our community. You help bring families together to create memories that last a lifetime. That's no small thing, and I thank you for it.

Now the holidays are drawing near again, and there are so many mouths to feed across our 19-county service area. Children, families, senior citizens — so many people will be hungry and hoping to enjoy a Thanksgiving meal. I know I can count on your support to see us through the busy season.

On behalf of all of us at Second Harvest, I wish you a safe, happy Thanksgiving season, surrounded by loved ones. As you bask in the holiday glow, please know that you're helping many others in our community enjoy a Thanksgiving of their own.

With gratitude,

A handwritten signature in black ink that reads 'Kay Carter'.

Kay Carter



If you have a special skill that you would like to offer, please discuss with our Volunteer Coordinator, Nancy Hagerman.

Is there a training session? Yes. Please arrive 10 minutes before your shift so that you can sign in, create a name tag, and be ready at the start of your shift.

What is the address?

500-B Spratt Street
Charlotte, NC 28206

What should I wear to volunteer?

All volunteers **MUST** wear closed-toed

shoes (no sandals or flip flops) in order to volunteer. You should wear comfortable clothes as you will be in the warehouse. Please leave valuables at home.

Can I volunteer on a regular basis?

Absolutely! Regular individual volunteers are always needed and help tremendously.

To sign up or learn more about volunteering this holiday season, please visit
SecondHarvestMetrolina.org/give-time

HOW TO END CHILD HUNGER FOR THE HOLIDAYS

Here at Second Harvest Food Bank, ending childhood hunger remains our #1 goal. Right now, 188,000 children in our area are at risk of hunger. With so many mouths to feed, your partnership is more valuable than ever.

This holiday season, you're doing your part to feed these hungry children and their families. Here's how . . .

- 1) Your support of our **Kids Cafe Program** provides free meals, snacks, and nutrition education for at-risk children all year long.
- 2) By contributing to our **Backpack Program**, you're offering a bag full of nutritious, easy-to-prepare foods for kids to enjoy on weekends and during the holidays, when school meals aren't available.
- 3) Your generosity makes our **Mobile Pantry** possible for children at high-poverty elementary schools. Thanks to you, low-income families can shop for essentials — things like meat, eggs, produce, diapers, and toilet paper — right on site.

As you can see, your support works wonders for hungry kids in our community. Please, keep it up! **Every dollar donated provides 4 meals**, so your gift goes a long way. Thank you, and happy holidays!



THIS THANKSGIVING, YOUR GENEROSITY MULTIPLIES



FOUR MEALS FOR A BUCK?

Every \$1 you give provides 4 meals for hungry neighbors

It looks incredible on paper, and the reality is even more miraculous! This Thanksgiving season, and all year long, every dollar you give to the food bank provides 4 meals for hungry children, families, and seniors in our region.

How does it work? We maximize our Food Bank's efficiency by minimizing the costs spent on food. Only 4 percent of the food we distribute is purchased. Thanks to our close relationships with grocery stores and food distributors in the community, an amazing 78 percent of the food we distribute is donated to us first!

It all adds up to make your generous gifts tremendously powerful. During this season of giving, be assured that every dollar you donate will stretch to provide food for hungry neighbors in need. Thank you for showing you care!

SO MUCH MORE THAN MEALS

As a certified nursing assistant and mother, Gloria knows all about caring for others. When she was still raising her children, Gloria worked multiple jobs just to make sure they had enough to eat.

"I'm a giver," Gloria explains. "It's in my nature. I've always done things for other people, never once worrying about needing help myself."

When one of her adult daughters lost her job and became homeless, Gloria didn't think twice. She welcomed the daughter and two grandkids into her home. But the humble income that sustained Gloria and her husband wasn't enough for a household of five. Gloria needed a temporary solution — just to tide the family over until her daughter got her life back on track.

That's when Gloria discovered the food bank. Almost immediately, her anxieties melted away. All around her, Gloria met selfless people just like her. People who wanted to help, rather than judge.

"I consider this place a blessing," Gloria says. "The food is wonderful, and then there's the conversation with people you meet here."



"Every time I come to the food bank, I'm reminded that people care," Gloria says.

Every time I come to the food bank, I'm reminded that people care."

Thanks to you, Gloria and her family will have enough to eat this holiday season. Thank you for helping to feed your neighbors in need!

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.

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I'm ready to fight holiday hunger!

YES! I want to provide wholesome, nutritious food for my hungry neighbors.

Second Harvest Food Bank of Metrolina
500 Spratt St Ste B
Charlotte, NC 28206-3235

Here's my gift of:

- ☐ \$35 to provide 140 meals
- ☐ \$50 to provide 200 meals
- ☐ \$150 to provide 600 meals
- ☐ \$_____ to help as much as possible

☐ I prefer to give by credit card (see reverse side).



☐ Please make this a monthly gift.

☐ I have included Second Harvest Food Bank in my estate plans.

ACCOUNT NO. _____ EXP. DATE _____

NAME _____ SIGNATURE _____

ADDRESS _____

CITY / STATE / ZIP _____

EMAIL ADDRESS _____



Mail: Return this completed form with your gift
Phone: (704) 376-1785
Online: SecondHarvestMetrolina.org