

Giving Thanks

TOGETHER WE CAN END HUNGER

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It's hard when the food stamps run out at the end of the month. I'm so thankful for Second Harvest. Every little bit helps.”
— Betty



“I NEVER THOUGHT THIS WOULD HAPPEN TO ME”

A decade ago, Betty earned about \$45,000 a year in real estate. But then everything seemed to go wrong all at once. Her husband died. She injured her back and had major surgery. She developed a serious lung disease.

“I used to be very independent,” says Betty. “I never in a million years thought this would happen to me.”

“This” is living on less than \$900 a month in disability checks . . . plus \$15 in food stamps.

“Fifteen dollars a month, can you believe it?” Betty says, while leaning on her cane. “That might get two loaves of bread, a gallon of milk, and maybe a dozen eggs.”

That's why Betty is so grateful for Second Harvest Food Bank of Metrolina. She regularly gets food at a monthly distribution at Oak

Ridge Baptist Church in Connelly Springs.

“If it weren't for Second Harvest,” she says, “I would starve.”

Betty says that at first, it was difficult to admit that she had such a need.

“That first time, it's really hard to come and ask for help,” she says. “Your pride gets in the way. But everyone is so nice, and it really wasn't a problem. These people are so helpful. I don't know what I'd do without them.”

And if it weren't for you and your kind support, people like Betty would have no place to turn. Thank you!

DON'T LET HIM GO HUNGRY FOR THE HOLIDAYS



About 20 percent of children in our region are “food insecure,” according to Feeding America.

Imagine . . . 1 in 5 kids in our community will likely go to bed hungry tonight. That’s unacceptable. And with the holidays coming up, even more so.

So what can you do about it?

Second Harvest has several initiatives to help serve these children, including one where we fill backpacks with food and other needed items. For many kids, their only meal(s) of the day comes at school, and when they get home, the fridge is often empty. And when kids are out of school during the holidays, some of them are lucky to get one meal a day.

Your gift to Second Harvest will help to fill more backpacks and fund our mobile pantry program, which distributes food and other supplies to families and children who live in poverty and are food insecure.

Remember: Every dollar donated provides 7 pounds of food, so your gift goes a long way! Thank you!



A MESSAGE FROM OUR
CHIEF EXECUTIVE OFFICER

Holiday Hunger? Not an Option . . .

Can you imagine going without a festive meal — or any meal, for that matter — for Thanksgiving or Christmas?

Neither can I.

Unfortunately, that’s the hard reality for many of our neighbors in the 19-county region that we serve. About 1 in 7 people, including 1 in 5 children, are considered “food insecure,” which basically means they often don’t get enough to eat.

In a country that has more than enough food to go around, we must do better. I’m sure that you, as one of our supporters, agree.

Hungry for the holidays? Not if we can help it.

And when I say “we,” I mean all of us, working together . . . and that includes you! For me, the idea of “getting into the holiday spirit” includes remembering our neighbors who often don’t have enough food to eat. I hope the same is true for you.

You can help by doing one or more of these three things: Make a financial gift, donate food, and/or volunteer with us. All three kinds of support are needed year-round, but especially during the holiday season. Whatever you can give or do, I will be grateful — but even more, our struggling neighbors will be incredibly appreciative.

Thank you for your support. I wish you and your loved ones a Happy Thanksgiving and a wonderful holiday season.

With gratitude,

Kay Carter
Chief Executive Officer



"IT'S A LIFESAVER"



"I don't know what we'd do without Second Harvest. We'd just have to do without, I guess." — **Gloria**



"Without Second Harvest, food would be very scarce. I don't know if I'd be living off of rice and beans, but it wouldn't be too far off that." — **Heath**



"My income runs out before the end of the month, so this helps out a lot. I just trust in God and pray that everything's going to turn out OK." — **Deloris**



"By the time we pay all our bills and buy our medicine, there's nothing left for buying food. If it weren't for Second Harvest, we'd be eating soup and bread." — **Denise**



"I'm on a limited income, and with all the bill payments, there's not much left. I've been getting food from them for about two years, and it's been a lifesaver." — **Gary**



WANTED: TURKEYS BY THE TON!

You can help feed hungry men, women, and children this Thanksgiving.

When you shop for your Thanksgiving turkey, you buy it by the pound.

At Second Harvest, we measure our turkeys by the ton. This November, we're likely to need 75 tons of them — or about 10,000 turkeys to meet the holiday need in our service region.

That's a lot of turkey . . . but there are many mouths to feed. Men. Women. Children. All ages, from babies to seniors. Spread over 19 counties. It's a massive undertaking.

And it can't be done without you.

Your support can help provide hungry neighbors — tens of thousands of families in all — with a meal they will truly be thankful for this Thanksgiving.

This year, the need is greater than ever. Which means your support is needed more than ever. Please consider sending a generous gift today.

On behalf of those who would go hungry without you, thank you so much.



Your support will help provide Thanksgiving dinner to thousands of families in our region. **PLEASE GIVE TODAY!**

"A LOT OF MOUTHS TO FEED"

"I'm a single mother with four children. But there's actually seven children in my house right now, because my niece recently moved in, and she's got three. That's a lot of mouths to feed.

"I used to be a preschool teacher, and income wasn't a serious problem then. But I was in a head-on collision four years ago, and it really caused a lot of damage. My leg is held together by metal plates and screws, I had to have a hip replacement, and I've had lots of nerve damage. I can't spend any time on my feet, so I'm no longer able to work.

"I started getting disability checks recently, but it's only \$729 a month. My niece is also on disability, and she gets about the same. But by the time we pay rent and utilities, it's almost all gone by the third week of the month.

"If it weren't for Second Harvest, we'd probably be eating peanut butter sandwiches, beans, taters, and corn bread. Not very nutritious.



Debbie's family would resort to "beans and taters" without Second Harvest.

"But we get really nutritious food here, and they're so helpful. And I'm so thankful."

Thank you for making it possible for single moms like Debbie to feed their families!



FOUR MEALS FOR A BUCK?

Yes! Every \$1 you donate provides 4 meals for hungry neighbors.

"How is that possible?" people often ask when they hear that Second Harvest Food Bank of Metrolina can provide four meals for just one dollar.

That kind of miraculous multiplication happens because of our relationships with grocery stores and food distributors, who help to provide Second Harvest with donations and greatly reduced prices. When combined with donations from individuals throughout the community, Second Harvest is able to maximize the impact to feed hungry neighbors.

So, please know that your gift will go a long way today, and toward providing neighbors with a nice warm meal for Thanksgiving. Every \$1 = 4 meals!

Second Harvest Food Bank of Metrolina

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