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.”

“I NEVER THOUGHT THIS WOULD HAPPEN TO ME”

“A LOT OF MOUTHS TO FEED”

Debbie’s family would resort to “beans and taters” without Second Harvest.

“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!

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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

Financial information about this organization and a copy of its licenses are available from the NC State Solicitation branch at 1-888-830-4999 and the SC Public Charities Division at 1-803-734-1790. These licenses are not an endorsement by either state.
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.

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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!
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