



This holiday season, you are giving your neighbors in need the gift of nourishing food.

AROUND *the* TABLE

Winter 2021



Trisha Cunningham
President & CEO

This Year, I'm Thankful for You



We've all navigated a challenging year. I hope you have a chance to be with your family and friends this season and that it's filled with joy, good memories and making holiday meals. But for too many of our neighbors, having even a small holiday meal is not an option. That's why your support today is so important.

The face of hunger is all around us. It may even be someone you know. It could be the face of your child's friend, who goes to school on an empty stomach. It could be your neighbor, going through difficult times.

You never know who might be struggling. That's why earlier this fall, we announced our bold approach in the fight against hunger with Nourish North Texas, our strategic vision to provide both Food for Today and Hope for Tomorrow as we work with our Feeding Network member agencies to address the root causes of hunger.

It's thanks to generous friends like you that many children, seniors and families facing hunger in North Texas will have nutritious meals for the holidays. Instead of wondering how they will feed their families tomorrow, they can enjoy togetherness today.

Inside this newsletter, you'll read about neighbors whose lives have been deeply affected by hunger — and how your support helps them every day. These are people like Nohemi, a mother of five who relies on a Partner Agency's food pantry to feed her growing family, and Sharon, whose husband's health problems have made it hard to make ends meet.

Because of you, our neighbors featured here and so many more across North Texas will have a happy holiday season this year. Thank you for making this possible.

Gratefully,

Trisha Cunningham
President & CEO

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Your support makes it possible for Sharon to be there for her family.

When Things Get Tough, We're There for Our Neighbors

Sharon's family has one less thing to worry about, thanks to your generosity

Like so many of our neighbors in North Texas, Sharon's family has been through some tough times this past year. She and her husband are retired, living with their daughter who has a health condition and their 10-year-old granddaughter. **With a full household, it's crucial that they have access to nutritious food.**

They were managing to get by until the unthinkable happened. Sharon's husband was stopped in a traffic jam when a truck came speeding down the road and slammed into him.

The crash left Sharon's husband paralyzed.

That was four months ago, and he's been in and out of the hospital ever since. "He's very positive, and we try really hard to be positive around him," Sharon shares through tears. "We don't want him to see that we are suffering with him."

The hospitalizations have caused medical and other bills to pile up, and Sharon's social security benefits just aren't enough to sustain all of them. "My daughter got COVID this year, and she hasn't been able to work for a long time now."

But much like her husband, Sharon is a fighter. Yet even the strongest people need help. Thankfully, she was able to turn to a Partner Agency food pantry when her family needed it most.

"I can't tell you how much this means to me. It's a lifesaver."

Because of the generosity of friends like you, Sharon has one less thing to worry about. With your ongoing support, we can continue to provide nutritious food for families like Sharon's today, tomorrow and all year long.

*Name/photo changed for privacy.

North Texas Giving Day

Thank you to Communities Foundation of Texas, our match sponsors and the support of friends like you for an incredible North Texas Giving Day! Together, we raised enough funds to provide access to more than **5 million nutritious meals** for our neighbors facing hunger.

Thank you to our match sponsors:

Priscilla Endicott Charitable Foundation



Mary Anne and Paul Fego

Anonymous

From Hunger to Hope: YOU Are Helping to Nourish North Texas

With your support, our neighbors won't have to face hunger this holiday season



Your support means a holiday season full of hope, not hunger.



Hungry North Texans will always have somewhere to go for help, thanks to your generosity.



Because of you, families can share a meal together during the holidays.

Fight Hunger All Year Long

Become a Monthly Meal Maker today and join a group of dedicated supporters working toward a hunger-free, healthy North Texas.

As a monthly donor, your gifts will help make sure children, seniors and families in our community have access to nutritious food every day of every month, all year long.

Want to learn more about becoming a monthly donor? Visit ntfb.org/mealmakers.



Thank you for keeping our neighbors hopeful and fed this season.



We depend on people like you to help keep the shelves stocked for hungry families.

DO YOU KNOW THE FACE OF HUNGER?

More than 800,000 people right here in North Texas are living in food-insecure households. It could be your neighbor down the street. A teacher at your child's school. It could be a coworker you see every day. The face of hunger is anyone who doesn't know where or how they will find their next meal.

That's where you come in. It's because of the generosity of people like you that children, seniors and families facing hunger in our community have somewhere to turn.

You can help them know they're not alone. **Just one gift — one meal — can make all the difference for a neighbor in need.**

For more information, visit faceofhunger.org today.



Your Gift Helps Put Food on the Table

Thank you for helping neighbors like Nohemi this holiday season

Things changed for all of us during COVID-19. But for some of our neighbors, their lives will never be the same. That's especially true for Nohemi, who was pregnant with her fifth child at the height of the pandemic.

"I had to leave work because they put me on bed rest," she explains. This was difficult for Nohemi. **With only one income, two teenagers and two other little ones to care for, she needed a way to keep food on the table for her growing family.**

Thankfully, she has access to a Partner Agency food pantry where she can get meat, produce and shelf-stable items that will last. This helps stretch her budget so she can afford all the things she needs for her family — including nutritious food. "My kids love the cereal bars and the applesauce! They all love applesauce," Nohemi laughs.

Nohemi's story is a common one. She and her husband were getting by paycheck to paycheck, but when she was on bed rest and unable to work, they became a single income family. And it wasn't enough to keep the lights on and put food on the table.

One life event put this family at risk of hunger. It's because of your generous donations that the North Texas Food Bank is able to provide children, seniors and families like Nohemi's with the nutritious food they need so they don't have to worry.

"I want to say thank you to all of the people that donate food," Nohemi says. **"It really helps my family."**

This holiday season, we are so grateful that you are helping feed neighbors across North Texas. It's only through your continued support that we can provide food and hope for people like Nohemi.



Nohemi's son smiles gratefully with the food his family received thanks to friends like you.

Upcoming Events

A Christmas Carol
November 24 – December 26
Wyly Theatre

Dallas' favorite holiday tradition returns with joyful songs, magical spirits and holiday cheer. The Tony Award-winning Dallas Theater Center's *A Christmas Carol* boldly reimagines Dickens' classic tale of joy, redemption and the spirit of Christmas. Donations collected during the show will benefit NTFB. To purchase tickets, visit ntfb.org/christmascarol.

Giving Tuesday
November 30

Join the Giving Tuesday movement this year and make a difference for children, seniors and families facing hunger right here in North Texas. To make your gift, visit ntfb.org/givingtuesday.

Dallas Holiday Parade
December 4

For the first time, the North Texas Food Bank will be the beneficiary of the Dallas Holiday Parade. The parade is the city's largest one-day, outdoor event, and it has become a holiday tradition for thousands of families. Experience "The Miracle on Commerce Street," a tradition that is 34 years strong. Visit ntfb.org/dallasholidayparade.

Give Three Times as Many Meals This Holiday Season

Your gift to the North Texas Food Bank will triple

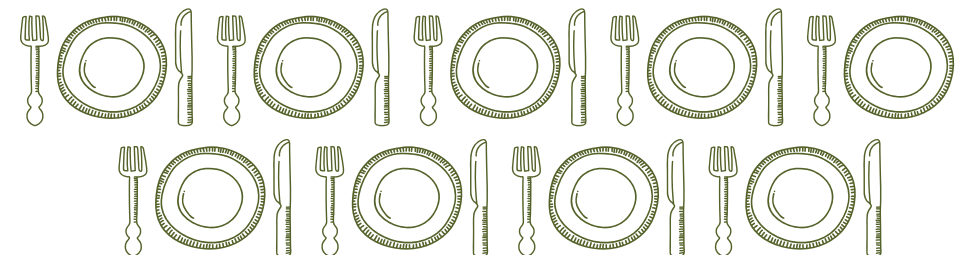


Hungry children, seniors and families continue to turn to the North Texas Food Bank for healthy meals, and because of you, we can be there to help them. Thanks to a Matching Opportunity from our friends at Sammons Enterprises and the Beaumont Foundation of America, **anything you give before December 31 will be TRIPLED!**

That's right. Your gifts will triple, up to \$200,000, to feed three times as many neighbors facing hunger right here in North Texas. **All it takes is \$1 to provide nine holiday meals.** Just think of how much joy and nourishment you can bring to so many children, seniors and families when your gift goes three times as far.

YOUR GIFT WILL TRIPLE!
Thanks to a generous Matching Opportunity

\$1 = ~~3~~ 9 MEALS



Hunger Bugs Me!

The North Texas Food Bank is proud to launch a new children's book for early readers, *Hunger Bugs Me!* Set in Jan's Garden at our Perot Family Campus, the story features playful bugs who find out that their friend, Butterfly, is hungry. They jump into action and work together to make sure that no other bug goes without.

Showcasing friendship and compassion, this book will create a conversation about the issue of hunger and allow young readers to gain an understanding of how they can be part of the solution. Every book purchased will provide access to 90 meals for our neighbors facing hunger. For more information, visit ntfb.org/hungerbugsme.



Purchase a Paver

This holiday season, you can support the Food Bank by purchasing an engraved paver that will be located in Jan's Garden at our Perot Family Campus. Pavers can be personalized and make a wonderful gift for friends or loved ones.

For more information visit ntfb.org/paver.





Changing Lives, One Meal at a Time

Your support helps give seniors hope this holiday season

Pearl and her husband, James, never thought they would need to go to a food bank for help. Unfortunately, when living on social security benefits, it's not always enough to get by. "They've been wonderful here," Pearl says. "They've been helping us when we are in really hard times. I didn't come too often, but I'd come when I needed it."

Lately, Pearl and James have been needing the extra help more and more. James had a part-time job at a local business to supplement their income. **But when COVID-19 hit, the business suffered. James lost his job and, along with it, their safety net.**

"It's just not enough," Pearl explains. Even with both of them receiving some kind of assistance, they are still struggling to pay the bills — and help care for Pearl's mother, brother and niece, who live with them.

Thankfully, Pearl and James can go to a Partner Agency food pantry to help stretch their budget and keep nutritious food on the table. "I like getting the meat and the fresh vegetables," says Pearl. "That way I can make one meal, and it has everything you need."

Because of friends like you, the North Texas Food Bank can continue to offer relief so that Pearl and her family can afford to pay rent and other bills without worrying about going hungry.

During the holiday season, your support is giving Pearl, James and neighbors like them the biggest gift of all — healthy food. **"Thank you! You're a godsend,"** Pearl says.



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Our Vision:
A hunger-free, healthy North Texas

