



AROUND *the* TABLE

ntfb.org | Spring 2023

MEMBER OF
**FEEDING
AMERICA**



**“My little check
I live on doesn’t
go very far.”**

*Your support helps
seniors like Patsy
stretch their dollars*

Thank you for helping seniors like Patsy make the most of their budget by providing nutritious food.

The high costs of daily living in North Texas have strained budgets, especially for seniors in our community. Neighbors like Patsy are struggling to cover the rising food costs and meet other needs.

“I’m almost 80,” Patsy says. “My little check I live on doesn’t go very far.”

Living on a fixed income, Patsy says that she often must choose between buying food and paying her bills.

Thankfully, Patsy found a local food pantry run by a partner in our Feeding Network. She is thankful for the nutritious food items friends like you provide through the food pantry.

“This helps a lot when I have to pay bigger bills like my electricity and water and everything,” she says. “And I have to keep my car going, which is old. It helps on my gas bill so I can drive. It really helps.”

Now Patsy doesn’t have to worry about having enough to eat or choosing between food, gas or bills. And it’s all thanks to the generosity of friends like you.

“My favorite food I get is probably vegetables,” Patsy says gratefully. “Then they’re really good about giving me eggs. I love eggs. I eat one egg for breakfast.”

Thank you for your ongoing support to provide Patsy and other seniors, children and families with much-needed food during these challenging times.



Trisha Cunningham
President & CEO

Meet the neighbors you are helping . . .



I have so much to share with you about your impact on our neighbors who face hunger!

You've helped provide 32 million pounds of fresh produce in the past year. And because of your generosity, more than 136 million meals were provided to children, seniors and families in need through the network of more than 400 food pantries and community organizations that you empower with food to distribute.

Most importantly, I want to tell you about Patsy, a senior citizen who was struggling to stretch her thin budget. You helped her by providing much-needed nutritious food so she could cover her bills. You touched Toni's life as well. Toni is a hard-working mother and grandmother who got sidelined by COVID-19 and struggled to put food on the table. Your kindness helped ensure her children and grandchild were fed, too.

These individuals are the real reason why I'm writing to you. Inside this issue of *Around the Table*, you'll meet them and learn how you are providing critical nutrition during their most challenging times.

Your continued support means the world to neighbors like Patsy, Toni and so many others. And on their behalf, I want to sincerely thank you.

Gratefully,

Trisha Cunningham
President & CEO

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“This came right on time to help us.”

You are helping neighbors like Toni put food on the table for little ones

Challenges always seem to have the worst timing. And for some neighbors, the unexpected can put their families at risk.

Toni, a nurse assistant, works hard to provide for her children and grandchild. But when she came down with COVID, her family could have gone hungry.

“I got COVID and couldn’t work,” Toni explains. That’s when she found a local food pantry that offers nutrition and nourishment because of friends like you.

“This came right on time to help us until I could get more food coming in,” she says. “This helps my budget go further. The money I would spend on food can go to a bill, such as water.”

Toni says she is thankful for the nutritious fruit, breads and even fish her family can receive.

“Food banks are so important right now because a lot of us cannot afford enough food, especially right now with prices going up,” she shares. “I’m grateful for this place.”

Your generous donations make it possible for the North Texas Food Bank to provide families like Toni’s with the healthy food they need when the unexpected happens.

Thank you for your continued support to help feed neighbors facing hunger across North Texas.



Your generosity provides nutrition for neighbors like Toni and her grandson.

GET INVOLVED

Empty Bowls February 23, 2023

The 23rd Annual Empty Bowls will be at the North Texas Food Bank's Perot Family Campus in Plano and will feature celebrity chef Uno Immanivong from Red Stix Street Food, who will join us for an interactive cooking demonstration, alongside new chef stations and longtime Empty Bowl favorites. For more information, visit ntfb.org/emptybowls.

Taste of the Cowboys June 9, 2023

Save the date for the 19th Annual Taste of the Cowboys, presented by Ashley. The event will be held at The Star in Frisco and will feature Dallas Cowboys alumni players, live entertainment, gourmet tailgate food stations and more. All proceeds benefit the Child Programs of the Food Bank. Stay tuned for more information!

Triple Your Donation!

Thanks to a generous donor, every dollar you give by March 31 will be tripled — up to \$100,000 — to fight hunger. Give today and multiply your impact for our hardworking neighbors in need. To donate online, visit ntfb.org/springmatch.



Volunteer Spotlight

Murad feels blessed and enjoys giving of his time to help others.

Serving Neighbors in Need

Volunteers join you in helping our neighbors by giving of their time

Three years ago, Murad began giving of his time at one of the North Texas Food Bank's partner food pantries . . . and he hasn't stopped since.

"I really enjoyed it because I saw that people really, really need food," Murad recalls. "Three years later, here I am. I work the night shift at my job and then come straight here twice a week."

Murad helps put out food, keeps lines moving and does anything else that is needed.

"I'm coming here because I see a lot of people who really need help, especially during these times since COVID," he says. **"I'm blessed. I have a job. I'll help them. It's just a couple of hours twice a week. The main thing is that I want to help these people."**

Visit ntfb.org/volunteer to learn how you can get involved.



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Our Vision:
A hunger-free, healthy North Texas



Connect with us on social media!