



You're transforming lives through healthy food for neighbors across North Texas this fall.

# AROUND *the* TABLE

Fall 2023

Trisha Cunningham  
President & CEO



## This Fall, Neighbors Facing Hunger Need You



As I reflect on the past few years, I am amazed by the resiliency and strength of our North Texas neighbors — and the transforming impact of your support.

In the face of an unstable economic climate, members of our community facing food insecurity have been hit especially hard. Soaring prices for essentials like fresh produce, meat and even eggs have made affording healthy food much more difficult. And it's why many friends are turning to the North Texas Food Bank for the first time.

I'm incredibly thankful you're someone we can depend on. Especially as children return to school, I know your support ensures our Child Programs will reach kids who might otherwise go without the nourishing food they need.

Inside this issue of *Around the Table*, I'm excited to introduce you to just a few of the neighbors you've helped across North Texas. You'll meet Donovan, a single dad who works hard every day to provide for his son, and Lacresha, who loves to bring her family together with a home-cooked meal. You'll also get to know Nolvía, who pays your generosity forward by sharing the healthy food she receives from one of our partner food pantries with other members of her community.

It's for our neighbors like Donovan, Lacresha and Nolvía that your generous support is needed now more than ever. Because of you, they and many other neighbors never have to worry about how they will provide for their families or when they will eat their next meal.

**Thank you for helping neighbors facing hunger this fall. Together, we are building a hunger-free, healthy North Texas.**

Gratefully,

Trisha Cunningham  
President & CEO

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# Because of You, Donovan Can Provide Healthy Meals for His Son

## North Texas neighbors are grateful for your support

As a single dad, Donovan works hard to provide for his 8-year-old son. Every day, he juggles his job and solo parenting while also planning for their future. He's currently studying at an online university to earn his psychology degree. Lately, he's had one more thing to worry about — the high cost of healthy food like meat, milk and eggs.

**“Everything is so expensive right now, and even with my SNAP benefits, almost all of it goes to essentials like dairy products,”** Donovan says. **“I’m also trying to stay away from fast food and greasy foods, so I really need ingredients that I can use to make healthy meals.”**

To help make ends meet, Donovan visits one of our partner food pantries, where he has reliable access to pantry staples and essential ingredients for nutritious

meals. Even more crucially, he's also able to save for other important expenses like household bills, transportation and school clothes for his son.

**“I’m trying to balance everything with being in school and being a full-time father, so this food really helps,”** says Donovan gratefully. **“It’s not about how much you have, it’s about what you are willing to do. You never know how you can make a difference.”**

Because of you, hard-working neighbors like Donovan know they can rely on the North Texas Food Bank when they need it most. Your support ensures that they can always provide a healthy meal for their families.

**Thank you for investing in dads like Donovan!**



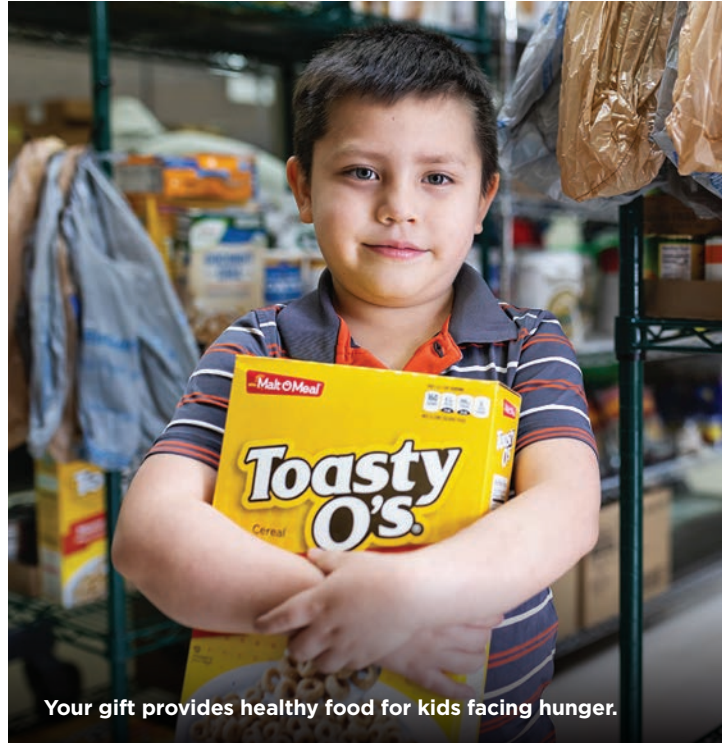
**With your continued support, even more families like Donovan’s will have access to healthy food this fall.**

# Thank You for Feeding Neighbors

Your support makes a difference for children, seniors and



With your help, parents can always put food on the table.



Your gift provides healthy food for kids facing hunger.



Thanks to you, our neighbors can have reliable access to the nourishment they need.



# Facing Hunger This Fall

and families across North Texas



Your support ensures that seniors in our community have nutritious food to stay healthy.



Because of you, children won't have to worry about when they will eat their next meal.



## Ways to Get Involved

### Hunger Action Month

Every September, the North Texas Food Bank joins Feeding America in raising awareness and inspiring action to help end hunger. Throughout our community, we're helping through "30 Days of Fighting Hunger" all month long — from starting a canned food drive to fundraising campaigns to volunteer opportunities, there are many ways you can get involved. Learn more at [ntfb.org/HAM](https://ntfb.org/HAM).

### CANstruction

CANstruction, an annual design and build event of giant canned food structures, will be on display at NorthPark Center from August 26 - September 9. You can make a donation to vote in person or online for your favorite sculpture with donations benefiting the North Texas Food Bank. All canned goods used in the sculptures are also donated to the Food Bank. Learn more at [ntfb.org/canstruction](https://ntfb.org/canstruction).

### 2023 State Fair of Texas

From September 29 through October 22, the North Texas Food Bank is excited to once again collaborate with the State Fair of Texas to help our neighbors facing hunger. Visitors to this year's state fair can bring two jars of peanut butter on opening day to receive \$10 off admission at the gate. And every Wednesday, guests can bring five canned food items to get admission for only \$5!

# Fight Hunger by Leaving a Lasting Legacy

Your compassionate legacy gift will ensure future generations won't have to fear hunger.

By partnering with the North Texas Food Bank, you can help our neighbors receive the nourishing food they need to thrive for years to come.

## Types of Planned Gifts

- Wills and living trusts
- Life insurance gifts
- Stock gifts and real estate
- IRA charitable rollovers
- Appreciated securities

If the North Texas Food Bank is already part of your plan, please let us know. For questions or to share what you envision your legacy could be, contact Erin Fincher at 214.269.8976 or [erinf@ntfb.org](mailto:erinf@ntfb.org).



## SEPTEMBER 1 — 30, 2023

Each September during Hunger Action Month, the North Texas Food Bank's Peanut Butter Drive highlights food insecurity throughout our community by collecting jars of peanut butter and other nut butter varieties. These are distributed through our feeding programs, including our Child Programs which work with schools and other partners to provide healthy foods for children and families.

Last year, thanks to the community's support, we collected nearly 350,000 in pounds and dollars. And this year, our goal is to collect 400,000 in pounds and dollars! Your company or organization can register to host your own drive or participate virtually, or you can collect jars and drop them off at NTFB's Perot Family Campus.

For more information, visit [ntfb.org/peanutbutterdrive](https://ntfb.org/peanutbutterdrive).


## NORTH TEXAS GIVING DAY SEPTEMBER 21, 2023

You can join with fellow North Texans to make this year's North Texas Giving Day the best ever! As the largest community wide giving event, in 2022, we banded together to raise the funds needed to provide **more than 4.5 million nutritious meals!**

As skyrocketing living costs affect all our lives, we need your support again this year. You can help neighbors in need by scheduling your online gift in advance, beginning September 1. Visit [ntfb.org/givingday](https://ntfb.org/givingday) to help our community rise, unite and thrive.

COMMUNITIES FOUNDATION of TEXAS

—NTX—  
GIVING DAY

9.21.23 presented by 





**“Even \$1 can change a life,”**  
Lacresha says.

Lacresha can access healthy fall produce for her family, thanks to your support.

## Your Support Helps Lacresha Cook Healthy Meals for Her Family

Thanks to you, our neighbors have food on the table

As a caring mother, Lacresha knows how important it is to provide nutritious food for her growing two-year-old daughter. But she also knows how difficult that can be in an unsteady economic environment.

With the high cost of living, Lacresha is grateful to know that she can always count on the North Texas Food Bank and our local feeding partners. Thanks to your support, she finds all the nourishing ingredients she needs to make healthy and delicious meals for her family.

**“I love to cook, and this food gives me a way to show my love for my family through cooking,”** Lacresha says. “It allows me to bring my family together for a meal, and that creates positive energy that radiates throughout our whole house. **Even if it is**

**just one meal a week, it makes a difference.”**

You make it possible for Lacresha to pick up the essentials she needs when her monthly grocery budget runs out. Whether it’s her daughter’s favorite fruit or fish for her husband and herself, the food she brings home helps her worry less about how she’ll feed her family.

**“Thank you to everyone who donates, because even \$1 can change a life,”** Lacresha says. “When you donate, it helps people like me get food for their family and contribute more to society — so it is just a positive cycle of good energy!”

**Your support ensures Lacresha and other North Texas neighbors can thrive knowing they won’t face hunger this fall.**



Thank you for ensuring Nolvía's family always has access to nutritious food.

## Thanks to You, Nolvía Has Food for Her Family . . . And Her Community

Together, we're transforming lives across North Texas

When Nolvía first started coming to one of the North Texas Food Bank's partner pantries, her family had just moved to the United States. She needed a way to provide for her family while they were adjusting to their new home.

**"Honestly, this food bank has helped me so much over the past four years,"** Nolvía says. **"Whenever I struggle with food, I know I can come here and find what I need."**

Caring for a family of four, Nolvía works hard to stretch her budget. Her husband's job provides for most of her family's necessities, but when finances are stretched thin at the end of the month, Nolvía relies on her local food pantry to put healthy food on the table.

**"I have two kids who love to eat their fruits and veggies, so it's a huge help to get them here,"** says Nolvía. She often shares the food she brings home with neighbors who are new to the U.S. just like she once was. **"In our apartment complex there are people from other countries just coming in, and I'll give them what I don't need."**

For neighbors like Nolvía, your support is vital — not just for her, but for her family and community. **"I would like to say thank you to those who give. The help I've received here has made a big difference,"** she says.

**Your partnership transforms lives, and we are incredibly thankful for your continued support of our neighbors this fall and all year long!**



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**Our Vision:**  
A hunger-free, healthy North Texas

