

AROUND *the* TABLE

Spring 2025

You are
building
healthy futures,
one meal —
and one life —
at a time!



Your Compassion Changes Lives

Trisha Cunningham
President & CEO



Your compassion creates ripples of hope across North Texas every day!

With your help, the North Texas Food Bank provides steady access to nutritious food for thousands of neighbors facing hunger across all walks of life.

Neighbors like Rosalina, who can provide the fuel her children need to chase their dreams. Or Lester, who finds nourishment for himself and his mother right in his own neighborhood. Or even like Antoinette, who can provide healthy meals for her growing family.

Your kindness has empowered so many neighbors, and today it can go three times as far. Thanks to a matching gift, **your generosity will triple in impact!**

I hope you'll join us once again, in support of Rosalina, Lester, Antoinette and all our other North Texas neighbors.

Together, we can close the hunger gap and build a thriving community — one meal at a time!

Gratefully,

Trisha Cunningham
President & CEO



Thank you for providing essential access to nutritious food for neighbors across North Texas.

“When I come here, I get just what I need. I am so grateful.”

You help fuel healthy futures for Rosalina and her family!

As the mother of a college student, Rosalina knows that her son needs nourishing food — not just for nutrition, but to focus on school and pursue his dreams. Thanks to you, she can provide the fuel that all her children need to build their own bright futures!

“This is very helpful for our family,” Rosalina shares. “My husband and son work, but with food and gas prices so high, it makes a difference that we can get healthy food here.”

When Rosalina visits a North Texas Food Bank feeding partner, she's particularly thankful for the opportunity to choose fresh produce that would be too expensive at the store.

She also takes cooking classes and enjoys making new recipes that use all the ingredients so nothing is wasted.

“I like it because I can get fruits and vegetables here and purchase less at the grocery store,” she shares. **“When I come here, I get just what we need.”**

Because of you, Rosalina doesn't have to worry about hunger or food insecurity. Instead, she can focus on what matters most: encouraging her children to chase their dreams!

Thank you for empowering North Texas neighbors like Rosalina — from healthy meals to healthy futures!

Nourishing Food for a Giving Heart

Thank you for providing healthy food for Lester and his mother!

At 66, Lester has witnessed his Dallas neighborhood transform over decades. A lifelong resident who played basketball at the local community center as a child, he's now grateful to find healthy meals there as an adult, thanks to your support of the North Texas Food Bank.

“This helps supplement my income,” Lester shares. “If I can get something here, it saves me from having to buy it at the store because vegetables and all of that stuff are really expensive.”

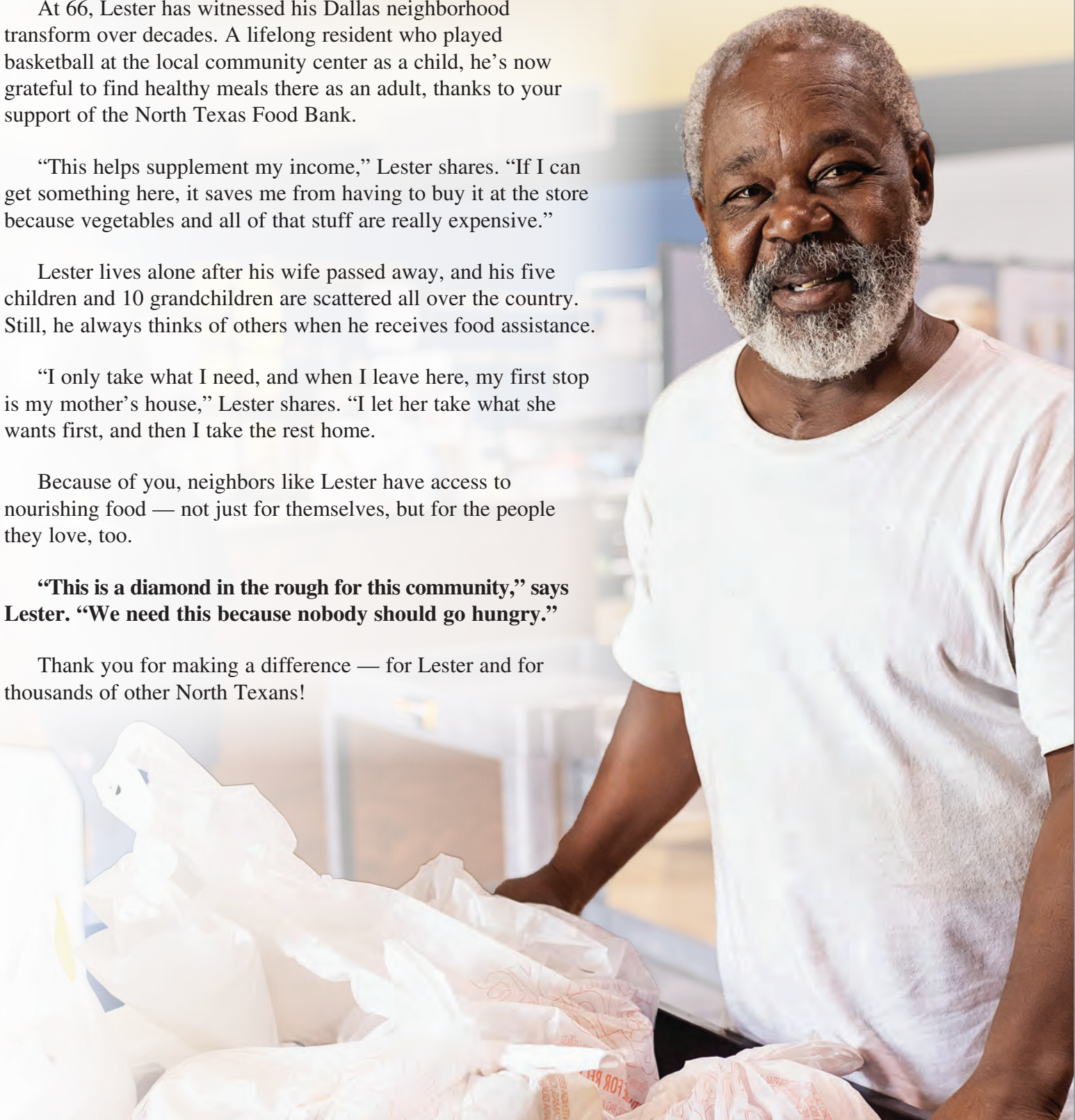
Lester lives alone after his wife passed away, and his five children and 10 grandchildren are scattered all over the country. Still, he always thinks of others when he receives food assistance.

“I only take what I need, and when I leave here, my first stop is my mother's house,” Lester shares. “I let her take what she wants first, and then I take the rest home.

Because of you, neighbors like Lester have access to nourishing food — not just for themselves, but for the people they love, too.

“This is a diamond in the rough for this community,” says Lester. “We need this because nobody should go hungry.”

Thank you for making a difference — for Lester and for thousands of other North Texans!



Thank you for bringing healthy food and lasting hope to neighbors like Lester.

Triple Your Donation!

Our friends at the Lesley Family Foundation are tripling every gift, up to \$50,000! Give today and your generosity will go three times as far for neighbors facing hunger across North Texas. To donate online, visit ntfb.org/springnewsletter.



With your help, Antoinette never has to worry about her children having nutritious food.

Get Involved

25th Anniversary Empty Bowls
February 27, 2025

Presented by  **Kroger**
FRESH FOR EVERYONE™

Join the North Texas Food Bank as we celebrate 25 years of Empty Bowls! This signature event hosted at NTFB's Perot Family Campus will feature chef stations, libations and the chance to select a handcrafted bowl made by a local artisan. Reserve your tickets at ntfb.org/emptybowls.

Advocate for Anti-Hunger Policies

During the 89th Texas Legislature, Feeding Texas and NTFB are calling on our elected officials to support policies that prevent hunger and tackle the root causes of food insecurity, such as healthcare access and housing affordability. Join us by contacting your representatives this spring and urging them to champion policies and programs that support our neighbors facing hunger. Find out more at ntfb.org/advocacy.

Finding a Fresh Start, Thanks to Your Support!

Your generosity nourishes growing families like Antoinette's.

Raising four children on a single income, Antoinette often faces tough choices at the grocery store. That's why she's thankful to have consistent access to healthy food for her growing family.

After Antoinette and her husband welcomed their fourth child, they decided that she would stay home to save money on daycare. But when sky-rocketing inflation made it difficult to afford healthy food on just her husband's paycheck, Antoinette found herself looking to the North Texas Food Bank.

"I feel like there's a stereotype for coming to the food bank (but I) learned that's not true," Antoinette shares. **"So many people come. It's such good quality food, and honestly, it's such a help with how expensive groceries are nowadays."**

Your generosity makes it possible for parents to provide nutritious food for their children — **thank you!**



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Our Vision:
A hunger-free, healthy North Texas



Connect with us on social media!