I really appreciate all of the people who make this happen & care about my family.

-CAROL

Skipping meals had become a regular part of Carol’s day-to-day before she discovered the Food Bank. Now, thanks to Mobile Harvest and our Partner Agency pantries, her family is able to enjoy meals together.

*Read more of Carol’s story on page 2.*
As a mom, it really hurts to feel like you’re rationing your kids’ food.

My name is Carol, and my husband and I live in the Reno area with our three children. My husband works full-time, and I am taking care of our kids while working on finishing my degree. After we cover all of our other expenses, we typically have only a couple hundred dollars left for groceries. As you can imagine, that doesn’t stretch very far with three growing kids.

Before we started visiting the Food Bank’s programs, my husband and I often skipped meals to try to stretch our food further for the kids. Mostly, I would just try to constantly drink a lot of water to help keep myself full. If the kids noticed I wasn’t eating, I’d sit down and have a couple bites with them because otherwise they’d start to worry about me. Being able to sit down to a filling, healthy meal as a family has been a wonderful change for all of us.

I love that we also are able to have healthy snacks in the house for the kids. Now, they can go and grab a banana or a thing of apple sauce...they love fruit...and I’m not panicking about how that was supposed to stretch to cover us until a certain day. This has really taken so much stress off of my family. Thank you.

With your support, families like Carol’s across our community are able to sit down to a healthy meal together. Thank you!

I love the holiday season at the Food Bank. It is so amazing to watch how the community pulls together and helps families struggling with hunger this time of year. I am hearing a lot of buzz at our facility about food drives, fundraisers, and plenty of people volunteering to help provide the food needed in northern Nevada. When we work together, we can do so much more for the families who need our help.

I am grateful that your help makes it possible for us to assist people like Carol, who is so thankful for the difference you have made in her life. Times were tough for her and her family before she found Food Bank resources and thanks to you, she doesn’t have to pretend to eat in front of her children. Your help gives her the hope that she and her family need to know they can concentrate on other important things they face as a family.

When you support the Food Bank of Northern Nevada, we can provide three meals for every dollar! That is why I am so excited that Bank of America has partnered with us again for the Give A Meal campaign! When you donate now at www.bankofamerica.com/give and designate the gift locally, Bank of America will match the donation to the Food Bank 2 to 1! Who wouldn’t want to triple their impact to fight hunger in their community? This amazing offer goes through the end of the year (or until they reach the maximum for their generous match).

This is definitely a time of year that makes me thankful for YOU and your commitment to helping our neighbors. We are thrilled to be in a community that is so generous and caring. May you have a wonderful and blessed holiday season with your family!

With gratitude,

Al Brislain, President and CEO
If it wasn’t for the Food Bank, we would have nothing.

My name is Susan, and I live in rural Nevada with my son, Michael, who has special needs. I recently lost my husband, and I was left trying to figure out how to build a new life for us. The only income we have now is my social security and Michael’s disability SSI. Together, that gives us about $1,500 a month to live on.

Shortly after I lost my husband, our home was foreclosed on, and I was left trying to find a new place to live that we could afford. I’m so thankful to have found a nice place for us, but the rent takes up a lot of our monthly income. By the time I cover our basic household bills, we have nothing left over for groceries.

We come every month to the Food Bank’s Mobile Harvest program, and I also visit the local food pantry twice a month. Michael loves to volunteer while I’m waiting to get our groceries.

If it weren’t for these programs, I honestly don’t know what we would do. We are so thankful for all of the help that we get, and the Mobile Harvest is especially wonderful. Knowing that we’ll be able to add fresh, healthy food into our meals is a huge relief for me. I love seeing what variety of fruits and vegetables we’ll get each month, and we really enjoy trying out some of the different recipes they share with ideas of how to use the items.

“There are so many people in our community who need this help just as badly as Michael and I do. It’s really just such a wonderful thing that so many people are willing to help.”

-SUSAN

Volunteer Spotlight

Volunteers share kindness

“Often times, people say when you volunteer you get so much more out of it than what you’re giving, and I find that to definitely be so true.”

When Mimi was preparing for retirement, she knew that she wanted to spend her time giving back to her community. Already familiar with the Food Bank from her company’s involvement with food drives, she says that volunteering with the Food Bank seemed like an obvious next step.

Now, Mimi volunteers several times throughout the month, both with sorting and packing food at the warehouse and handing out food at Mobile Harvest sites in the Reno/Sparks area. She says she chooses to split her time between tasks because she loves working with clients but also really enjoys being part of the action where it all begins in the warehouse.

Her favorite thing about volunteering with the Food bank? Sharing this work with a wide array of people and the constant reminder that “everyone’s got a heart and kindness in them.”

“KNOWING THAT I’VE HAD EVEN A SMALL IMPACT IN SOMEONE’S LIFE, EVEN IF IT’S JUST WITH A SMILE AND ASKING ‘HOW ARE YOU TODAY?’ MAKES THIS SO WORTH IT.”

-MIMI
Your Support Brings Hope Back to the Holidays for Families

The holiday season can be a magical time where families gather and spend time with each other enjoying the season. For too many families, however, the holidays can be a time of increased worry and stress. Many families face hunger because their rents and expenses are simply too high for their income, and they can’t make ends meet. This time of year, parents are also juggling increased day-care costs because of the holiday break from school and increased heating bills for their homes.

So many families like Susan’s and Carol’s are struggling every day, and your support is what helps them be able to rest easy and know that they will be able to provide the healthy foods they and their children need. Before finding this help, they would worry often about how they were going to make it through.

Thank you for bringing joy back to the holiday season for so many families with your generous support.

Each $1 helps to provide 3 meals to families who are struggling to put food on their tables. You make it possible for them to enjoy each other and the season, and that is why we are grateful for YOU.

Stay connected to the work you support at these sites and on our website at fbnn.org

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Yes, Al! I want to provide nutritious foods for families in our community.

☐ $250  ☐ $100  ☐ $50  ☐ $25  ☐ Other $ ________

☐ Please sign me up for the Hunger Fighting Champions Monthly giving program.

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MY PHONE NUMBER IS: ( ________ )

Please make your check payable to:
Food Bank of Northern Nevada
550 Italy Drive | McCarran, NV 89434

Please charge my gift on my credit card:
☐ VISA  ☐ MC  ☐ AMEX  ☐ DISC

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May we email you periodically about the Food Bank of Northern Nevada? @

To charge your gift by phone, please call (775) 331-3663.
It’s easy! Give online at fbnn.org

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Save the Date

December 7 - KTVN Share Your Christmas Drive-By Food Drive
For more information about these events, please visit our website at fbnn.org/events.

Thank You

We’re grateful to the following organizations for their generous hunger-fighting grants:

- Thelma B. & Thomas P. Hart Foundation - $30,000 for Core Food
- Wells Fargo Foundation - $30,000 for Core Food
- IGT - $15,000 for Bridges Out of Poverty
- Red Nose Day Child Hunger - $10,000 for Child Nutrition
- Union Pacific Foundation - $5,500 for Mobile Harvest
- Charles H. Stout Foundation - $4,000 for Mobile Harvest

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Food Bank of Northern Nevada
Feeding the hungry today and solving hunger for tomorrow through community partnership.