

Healthy Food. Every Person. Every Day.

March 2020



"It just doesn't seem like enough to say Thank You. This has changed our lives."

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President's Report



Nicole Lamboley
President and CEO

A word of gratitude from Nicole

With spring time approaching, many of us begin thinking about our spring cleaning tasks and the pleasure of seeing the buds on the trees, the daffodils pushing the winter soil, and that first red robin sighting signaling a promise of new beginnings. But for many of the families the Food Bank of Northern Nevada serves, one fact that stays constant, even as the seasons change, is that many continue to make tough choices on basic living expenses. With your continued support we are able to provide nutritious food for families, helping them balance extremely tight budgets.

We know that healthy food is vital for the health of our community and its future. Children and youth who experience food insecurity are at risk for a variety of health issues and they are far more likely to struggle academically.

Families we serve share how just a little extra support and compassion provides hope and changes so much in their lives. Many, like Mary's family, make difficult decisions between choosing nutritious food or how to maintain housing, pay for medical expenses, cover their heating bill or pay for child care. I am confident that my appreciation for you is matched by every single person who has received help from the Food Bank.

As we begin to enjoy spring, I hope you will join me in renewing our commitment to alleviating the hunger experienced by hard-working families. By working together, we can connect people to the food resources they need and improve our community's food security.

With gratitude,

Nicole Lamboley, President and CEO

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This Help Means So Much to Families Like Mine

My name is Yanet. My husband and I have four children. We both work very hard - he works in construction, and I clean houses. Still, we are really struggling to make ends meet.



A while ago, we sold our car to buy a trailer for our family to live in. It's helped a bit with our expenses, but even the rent for our trailer space has started to go up quite a lot. Now, by the time we pay rent and all of our other household bills, we're left with less than \$200 to spend on groceries each month.

"It's not an option to not make it here. If I don't get to Mobile Harvest, it means my kids don't have enough to eat. Knowing my kids are leaving the table hungry...that really hurts."

For a long time, that meant we would buy a lot of cheap food - things that I knew would fill my kids' tummies, even if they weren't very healthy. There were times when we'd run out of food, even with my

husband and I skipping meals. Sometimes, my kids were still really hungry but all of the food was gone, and there was nothing that I could do to make it better.

I don't remember how I first found out about the Food Bank's Mobile Harvest program, but I am so grateful that I did. The Food Bank makes it possible for our kids to not just have enough to eat but for it to be the good, healthy food they need. Now, I can't imagine having to tell my kids no again when they are hungry. I am so thankful for the people who make this happen so that I don't have to.

With your support, parents like Yanet are able to give their children the food they need to grow and thrive. Thank you!

This Nourishes Us in So Many Ways



My name is Mary, and I am disabled. I live with my daughter and my 10-year old grandson. I receive a small disability payment each month, and my daughter works full-time. I really admire how hard she works to care for

her son and to help me. Unfortunately, our incomes together just don't stretch enough to cover all of the basics.

“This isn't just food. It also means we don't have to make that horrible choice about whether you buy food or keep your power turned on.”

I visit the Mobile Harvest site near my home every month. Having access to this help is really important for our family. There is so much worry and stress that comes with struggling to just pay for your basic household expenses. Sometimes, the worry consumes me. I look around our neighborhood and see rents going up again and again, and I worry about what will happen when it's

I visit the Mobile Harvest site near my home every month. Having access to this help is really important for our family. There is so much worry and stress that comes with struggling to just pay

time to renew our lease. I stress over what we'll do if any unexpected repairs or other expenses come up. It really impacts your health, and your mental and emotional well-being, too.

Knowing that we have the Food Bank to turn to really helps bring some peace. It means that my grandson can just be a kid and can focus at school. My daughter is able to go to her job and stay focused on doing her work. At least when you have food, and warmth, and just your basic needs met, the world doesn't feel quite so impossible to face. And the only way I can do that every month is because of this being here.

I get emotional when I think of the people who make this program happen. I truly praise them for showing up, rain or shine. Because, honestly, I don't know what my family would do without them.



“To tell a child who is *hungry* that there's nothing to eat? No one should ever have to know how that feels.”

Volunteer Spotlight

I Love All the Other Volunteers - We Have a Lot of Fun Together



The first time Janine volunteered with the Food Bank was at our warehouse, after seeing a story on the local news about a need for volunteers in the summer. She attended a few of our CSFP Pack-a-thons, then decided to sign up to volunteer at a Mobile Harvest distribution near her neighborhood.

You might say she was quickly hooked. Less than two years after that first volunteer session, Janine has given more than 500 hours of her time to the Food Bank and volunteers at 20 distribution sites every month. Janine says she loves that she's found a way to spend her days outside and to be part of brightening someone's day.



“It really feels good to see how grateful the people are when they come through the line. This honestly makes that difference of whether they're going to have food on their table, be able to feed their kids, and they want us know how much that means to them.”

You Support Offers Peace of Mind as Well as Food

It is really tough to quantify the toll it takes on a family when they are struggling to meet their basic needs. While many of us may be worrying about all we have on our to-do list, families such as Mary's are worrying about that one unexpected expense that will make it impossible for them to eat that day.

With your support, Mary's life no longer feels impossible to her. She knows that she won't need to tell her grandchild who is still hungry that there is simply no food left to eat.

The tangible benefits of getting nutritious food to families seem obvious. An adequate amount of healthy food helps children to grow

and do well in school. It gives a parent the energy to tackle the difficult situations they may face. But the lack of the same food does so much more damage than we can imagine.

Mary tells us that she doesn't know what she would do without this help. Thank you for providing this help to Mary and so many others. We are grateful for your commitment to helping families through these tough times. You are making such a difference in their lives.

Every \$1 donated helps to put three of these vital meals on to the table for the families we help.

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



Save the Date

April - National Volunteer Month

5/3 - Reno's Biggest Little Half Marathon/10K/5K

5/9 - National Association of Letter Carriers
Stamp Out Hunger Food Drive

5/13 - VolunBEER at Revision

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:

- **E. L. Cord Foundation** - \$75,000
- **Charles N. Mathewson Charitable Lead Annuity Trust** - \$50,000
- **The Jack Van Sickle Foundation** - \$35,000
- **The Thelma B and Thomas P. Hart Foundation** - \$30,000
- **Wells Fargo Foundation** - \$30,000
- **Robert Z Hawkins** - \$25,000 for mobile harvest
- **United Healthcare Services Inc.** - \$25,000 for school pantries, mobile harvest and child nutrition
- **Albertsons Hunger Is** - \$24,786 for school pantries
- **DEW Foundation** - \$20,000
- **NV Energy Foundation** - \$20,000
- **The Nell J. Redfield Foundation** - \$20,000 for holiday food
- **Robert R. Banks Foundation** - \$7,500 for child nutrition
- **Walmart Stores** - \$7,000 for Mobile Harvest

Yes, Nicole! I want to provide nutritious foods for hard-working families in our community.

☐ \$250 ☐ \$100 ☐ \$50 ☐ \$25 ☐ Other \$ _____

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

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

MY PHONE NUMBER IS: (_____) _____

Please make your check payable to:

Food Bank of Northern Nevada
550 Italy Drive | Sparks, NV 89437

Your donation is tax-deductible to the full extent of the law. We will send you a receipt for your records.

Please charge my gift on my credit card:

☐ VISA ☐ MC ☐ AMEX ☐ DISC

CARD NUMBER _____ SECURITY # _____

SIGNATURE _____ EXPIRATION DATE _____

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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FEEDING AMERICA

Food Source Mar2020

Feeding the hungry today and solving hunger for tomorrow through community partnership.