

Healthy Food. Every Person. Every Day.

September 2021

Caring for Our COMMUNITIES

"This means so much to our family. I could never say thank you enough." -Theresa

Before she started visiting her local food pantries, Theresa and her husband regularly skipped meals so that their grandson would have enough to eat.

Read more on page 2 about how Food Bank partners across our service area are ensuring families can sit down for meals together every day.

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President's Report



**Nicole Lamboley
President and CEO**

A word of gratitude from Nicole

For many of us, September signals the coming change of seasons, when the days get shorter and the air a bit more crisp. For Food Banks across the country, September is **Hunger Action Month** and a stark reminder that we still have a great deal of work to be accomplished in our fight to end hunger across this great nation and in our local communities. Hunger Action Month is an opportunity to renew our concerted collective actions to donate, volunteer and advocate in the fight against hunger. I am inspired every year by both our longtime friends and new friends in support of our work, who ask "What more can I do?"

Across our 90,000 square mile service area, our neighbors continue to face economic challenges and you help us meet those needs. Families living in smaller communities throughout our service area depend on our assistance just as much as our neighbors in urban areas. We are also providing aid to those whose lives have been devastated by unrelenting wildfires. We appreciate the efforts of all who have come together to help us distribute food to residents in these communities who suddenly find themselves with nothing, including food.

This September, in the spirit of Hunger Action Month, we thank you for your commitment to fighting hunger. Your continued support of our mission makes a significant difference every day and is so impactful to the lives of many families, near and far.

With heartfelt appreciation,

Nicole Lamboley, President and CEO

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I'm So Thankful I Found Out About This Help

My name is Theresa, and I live in Susanville, CA with my husband and our 10 year old grandson, who we are raising. I am disabled, and my husband has been unable to work for quite a while now. We're living on a very small, fixed income, and that makes it nearly impossible to cover all of our expenses. By the time we pay rent and our other basic household expenses, we usually have about \$100 to spend on groceries for the month.

"When you're struggling, something as simple as a gallon of milk and a few boxes of raisins can just lift the weight of the world off your shoulders. It might seem insignificant to someone else, but it reminds you that there are people out there who care."
-Theresa

Our grandson has a chronic illness, which makes it even more important that he doesn't miss any meals, and that he's getting nutritious foods. Before we found out about the food pantries here in Susanville, I was scraping together any small amounts of money that I could to buy groceries for him. A lot of times, my husband and I would go three to four days at a time without eating, just trying to fill ourselves up with water. Now, we are all able to sit down and eat together every day.

I'm so thankful not only for the food that we're able to get now through the food pantry but for the kindness and friendship I've found from the volunteers and the people who work here. I was so nervous the first time I came, but they just wrapped their arms around me and told me everything was going to be okay. Looking back, I don't really know how we made it through without this help. It saved my family.

Far too many parents and grandparents have known the reality of skipping meals so their children could eat. Together with our 150 partners, the Food Bank is working hard to change that. Your support makes all the difference for families like Theresa's.

Being Able to Get These Fruits and Vegetables Is Going to Be a Lifesaver for Us

My name is Robert, and my wife, Marie, and I recently moved to Fallon. I became disabled four years ago, and the year after that, Marie had to retire earlier than we'd anticipated due to an illness. Now, we're living on a fixed income and struggling to just make ends meet.

Most months, we feel lucky if we have about \$300 that we can put towards our grocery budget for the month after we cover our other expenses. It isn't much, but we are able to make it work by shopping sales and being thoughtful about which items we choose. It means

"We've worked so hard all our lives. It's really hard to feel like we've become 'those' seniors - you either take your medication or you feed yourself. It can't be both. I just never thought that would happen to us."
-Marie, Robert's Wife

we're eating a lot more canned goods than we used to, and we marvel at the idea of how much a person can really miss good, fresh produce.

Recently, my doctor prescribed some new maintenance medications,

and the co-pays for them are a big hit to our monthly budget. Suddenly, we found ourselves in the situation of trying to decide whether to skip filling the prescriptions or be left with even less money for groceries each month. That's when a neighbor asked if we knew about the Food Bank's Mobile Harvest program, and we decided to check it out.

We received so much fresh produce, I'm amazed just looking at it. There was also eggs, milk, and some meat. So much of that is the stuff we feel like we have to avoid at the store in order to stretch our

dollars, so this definitely feels like a real treat.

I feel like so many of my worries were just erased. Knowing that I can get the medication I need, and my wife and I can get back to eating healthy, nutritious meals means so much. Thank you.

"The first thing I thought when we got here today was 'We're going to be able to have a salad tonight with dinner.' A real, healthy, loaded up salad. I can't wait!"
-Robert



Partner Spotlight: The Susanville Salvation Army

The moment you walk inside The Susanville Salvation Army, you can feel the love the staff and volunteers have for each other and the community they serve. That was one of the first things their coordinator, Carla, noticed when she joined The Salvation Army last fall. It's something, she tells us, that she thinks makes Susanville such a special community.

Every day, in addition to providing assistance with housing, utilities, and other essential expenses, The Salvation Army's food pantry is open to anyone in need of emergency food assistance. Twice each month, they hold a larger distribution when the Food Bank's truck delivers their order of non-perishable foods along with fresh produce, dairy, meat, and more. As volunteers help clients pack their bags and boxes with groceries, they make it their mission to be sure that all visiting the pantry feel welcome and leave eager to return again, should the need continue.

As wildfires have raged across the area, Carla and her volunteers have found their role in the community even more vital than before. They eagerly joined the Food Bank for a special distribution to help serve evacuees and others affected by power outages due to the fires. They've opened their pantry for additional distributions of their own to help meet the increased need, and they've still managed to find time to serve prepared meals to those at the emergency evacuation center at Lassen Community College.

"So many people have shared with me that they don't know how they would eat if we weren't here. I'm just so thankful they know that they can count on us, and on our community, to help them in their time of need. The partnership with the Food Bank is such an important part of being able to be here for them. I think that's really special." -Carla

Filling Plates, Easing Worries

Students have returned to school and, as the autumn leaves are beginning to turn, our thoughts are with the families who are struggling to make ends meet and put nutritious food on the table.

The Food Bank is busy helping people all over our 90,000 square mile service area, which offers a host of logistics challenges on a daily basis. So many of the communities we serve struggled with a lack of resources long before the economic effects of the COVID crisis came crashing down. Many have found access to the resources they need shrink even more in light of the lasting impact of the pandemic and wildfires still raging in our region. Our 150

partners throughout rural Nevada and the eastern California Sierra tell us that the food they are able to access from the Food Bank makes such an incredible difference in the communities they serve. You help us get that food to them, every day.

With every \$1 providing 3 meals for children, seniors, and families in need, your gift has the power to make a tremendous difference. Your support provides families with so much more than this vital food. The food you help deliver represents hope, peace of mind, and the overwhelming sense of community that makes this such a great place to live.

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



Thank You

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

- Albertsons Companies Foundation
- Walmart Foundation
- Wilbur May Foundation
- Redfield Foundation
- Conagra Brands Foundation
- Chick-fil-A Foundation
- Delta Dental
- Marie Crowley Foundation for Child Nutrition
- Costco Wholesale Corporation
- Peterson Foundation for Senior Hunger
- Bank of America Foundation
- Apple
- International Paper
- Marybeth M. Lamb Foundation

Hunger Action Month

Volunteer. Donate. Advocate. Make a Difference.

Every September, members of Feeding America come together for **Hunger Action Month** to raise awareness not only of the issue of food insecurity, but of the incredible impact our communities can have when we take action together.

9/1-9/30: 11th Annual Run on Tuna Food Drive

9/17: Hunger Action Day - **GO ORANGE** with us! Wear orange and let others know why fighting hunger is important to you.

Throughout the month, we're turning landmarks, buildings, food & drink, and anything else we can think of **ORANGE**. How many will you spot? Share on social media and tag us in your photos so we can follow along!

There are so many ways to get involved with the Food Bank during Hunger Action Month, we couldn't possibly fit them all here. Visit our website for a full list of all the great things happening throughout the month, including special volunteer opportunities, partnerships with local businesses, and more.

FBNN.org/HAM

Yes, Nicole! I want to provide meals and hope for families across northern Nevada and the eastern California Sierra.

☐ \$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.



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OF NORTHERN NEVADA

Please charge my gift on my credit card:

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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

Food Source Sept2021

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