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.

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

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.

“Our 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

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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.
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’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 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.

“…”

“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

“…”

“I feel 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.

“…”

- Marie, Robert’s Wife

- Robert

- Marie, Robert’s Wife
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

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Hunger Action Month

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!

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.

To charge your gift by phone, please call (775) 331-3663.

It's easy! Give online 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

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


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

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