

Healthy Food. Every Person. Every Day.

November 2021

Filling the Holidays with Joy & Good Health One Plate at a Time

**"We wouldn't
have made it
without this."
-Michelle**

When Michelle's family lost their income due to COVID-related business closures and then layoffs, she worried about how they would meet their most basic needs. Then she visited her community's new food pantry and found the help she needed to keep her family thriving and healthy.

Read more on page 2.

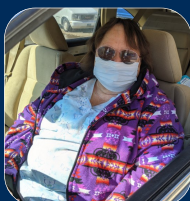
INSIDE



PRESIDENT'S REPORT

A word of gratitude
from Nicole

2



TERESA

Thankful
for you

3



YOUR SUPPORT

Making a difference
this holiday season

4

President's Report



**Nicole Lamboley
President and CEO**

A word of gratitude from Nicole

With the holiday season upon us, it seems even more important to make sure we are doing all we can to help those who are struggling to meet even their most basic needs. The year-around demand for food assistance has increased, but we know the holiday season can be especially difficult.

I take comfort in the fact that you are there for us helping to make the holiday season a little brighter for these families and seniors. Your support makes it possible for us to provide the nutritious food necessary in the most effective ways. Your commitment is with us every step of the way and is making a true difference in the lives of people who are facing hunger.

As we celebrate this special time of year, the team at the Food Bank thanks you for your generosity as we see every day the faces who are grateful for the nourishment we are able to provide because of you.

I wish you and your family health and joy this holiday season.

With heartfelt appreciation,

Nicole Lamboley, President and CEO

Continued from page 1

The Pantry Has Helped My Family Immensely

Hi, I'm Michelle. I am a member of the Walker River Paiute Tribe, and I live on the Reservation with my husband and our sons.

Our reservation is located about 25 miles from the nearest grocery store, which has always made it challenging to meet our food needs. The past 18-months, it went from challenging to incredibly difficult. My husband's company has had a lot of layoffs, and he was out of work for almost a year. Even now that he's back to work, he isn't always able to get as many hours as he used to, and we're still struggling to catch up on the things that fell behind while he was unemployed.

"That's how I've lived my entire life - on canned goods. So this is really amazing. We've never had a lot of access to fresh fruits and vegetables before they opened the pantry, and now I'm getting a lot of things I've never seen before. I've loved having the chance to try so many new vegetables, and knowing that they're so much healthier for us is a big relief."
-Michelle

The Food Bank's Mobile Harvest program and the new pantry here on the Reservation have helped us tremendously. It's been such a relief, even with all of the challenges we've faced, to know that we didn't need to worry about food. Every time I come to pick up food, I go home and put away the groceries just amazed at how fortunate we are to have this available to us.

I'm especially grateful for all of the fresh produce we receive. Some of it, I've never even seen before, but we love all of it. A lot of my neighbors and I have started sharing recipes for all of the different vegetables. We are all so thankful to have this available to us.

For so many of the families served by Food Bank programs, the fresh, nutritious foods we all know are best for us have often felt out of reach. With your help, families like Michelle's are putting healthy meals on the table, one new favorite vegetable at a time.

This Has Really Changed the Way We Eat

My name is Teresa. My husband, Dave, and I are helping to raise our four grandkids. Dave retired a couple of years ago. Shortly after, I ended up retiring earlier than we'd planned when we found out that I needed to have surgery.

We worked hard to plan for our retirement, but we still find ourselves struggling to make ends meet. My husband has had a lot of medical issues over the past few years, and those bills have put a strain on our budget. It's been a challenge, but I've usually been able to stretch things enough to cover our groceries. It usually meant mostly buying inexpensive canned and boxed items, but we were filling everyone up.

When COVID first shut everything down, I found myself really worried about how we were going to get the food we needed. With our health concerns, I was afraid to go into the stores.

Even when I would try to go shopping, I would drive all the way into town just to find the shelves

empty of the foods we could afford.

When the pantry opened here, I was so grateful to know that we were going to be able to get the things we needed, and with a little less worry about getting sick. The first time I came to get food, I was so surprised to see the things they gave us. There were so many fresh fruits and vegetables - things I rarely feel like I can afford to purchase in the store. A couple weeks ago, we got fresh peaches. I can't even remember the last time we'd had those; the kids loved them!

I really feel like the pantry has helped save my family. Now, we aren't just filling our tummies, we're getting good, healthy food. I'm so thankful to the people here at the pantry for bringing this to our community.



"It's decreased our stress a lot, not having to worry as much about how we're going to make sure we have the food the kids need, especially the fruit and vegetables. I used to have to say 'You can have half a banana, share with your brother.' Now, they can have a whole banana for a snack, and I don't have to worry about what that means for if there will be enough for tomorrow. -Teresa

Partner Spotlight: Walker River Paiute Tribe

Located in rural northern Nevada, the residents of Walker River Paiute Tribe Reservation have always struggled with the realities of living in a food desert. As the pandemic took its hold on the nation, many members of the Tribe suddenly found it even more difficult to access the food they needed for their families. Hoping to limit exposure to their community and help residents get the items they needed, Tribal leadership quickly got to work with establishing resources on the reservation. Eventually, this work led to the opening of a brand new food pantry to serve their community.



In its first year, the pantry has already seen incredible growth, and pantry staff have ambitious plans for their future. With a focus on expanding access to fresh foods, they have begun a community garden and orchard, distributing the fruits and vegetables harvested from the garden through the pantry, along with the produce, meats, dairy, and non-perishable foods they receive through the partnership with the Food Bank. Many of those visiting the pantry have been surprised –and delighted– to discover the wide variety of healthy, nutritious foods that they have previously struggled to access are readily available here.

"Having the ability to incorporate more fresh, healthy foods into their daily lives has been phenomenal for so many in our community; it's really been life-changing. It makes my heart happy to know that they don't ever have to think about going without again." -Amber Torres, Tribal Chairman

Bringing Meals and Warm Memories to the Table This Holiday Season

Making sure families have the nutritious meals they need during the holidays is at the center of all of our hearts right now. With your help, those who face hunger will be able to relax and enjoy the season with the knowledge that they will not have to worry about where the food on their table will come from.

Parents won't have to skip meals to ensure their children have enough on their plate.

Seniors will not have to skip their holiday meal.

So many people in our community continue to struggle to make ends meet, and the problems before them can seem too large to tackle at times.

You are solving a very important problem with the simple gift of nutritious food.

Every \$1 helps to provide 3 meals to those who need them most. Thank you so much!

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:

- Robert Z. Hawkins Foundation
- Estelle J. Kelsey Foundation
- Union Pacific Foundation
- Save Mart Cares
- NV Energy Foundation
- Charles River Lab
- Wells Fargo Foundation
- PG&E Foundation
- Safeway Foundation
- UnitedHealthcare

Planned Giving

A Legacy of Hope

Consider the values you hold dear. Will your legacy reflect these core beliefs?

Ensure your legacy by leaving an estate gift to the Food Bank of Northern Nevada.

For more information, please contact the Development department at 775-331-3663.

Save the Date

11/21 - Pie It Forward Bake Sale at Peppermill

12/10 - KTVN Share Your Christmas Drive-By Food Drive

For more information about these events, please visit our website at fbnn.org/events.

Yes, Nicole! I want to help families gather around the table this holiday season.

☐ \$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 _____ EXP. 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

Food Source Nov2021

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