

Healthy Food. Every Person. Every Day.

March 2022

MAKING Good Nutrition ACCESSIBLE TO EVERYONE IN OUR COMMUNITY

“Knowing my kids are getting the healthy food they need means everything to me.” -Ty

Ty loves to cook with his kids and teach them about nutrition. Without Mobile Harvest, he hasn't always had the ability to have healthy foods on hand.

Read more on page 2 about Ty's story and how much the fresh foods make a difference in his life.

INSIDE



PRESIDENT'S REPORT

A word of gratitude from Nicole

2



CLAUDIA

One less worry thanks to you

3



YOUR SUPPORT

Providing healthy meals and peace of mind

4

President's Report



**Nicole Lamboley
President and CEO**

A word of gratitude from Nicole

There is so much happening at the Food Bank of Northern Nevada with our work to create healthy communities, and I am always eager to share the latest news with you. There have been many ups and downs felt by the entire community. That is certainly no different for families who face hunger on a regular basis.

We continue to look for the best ways to get healthy food to the most vulnerable members of our region. We have had some great success getting fresh produce to seniors who need it, with our Produce on Wheels program. We are also working on expanding our Prescription Pantry program, providing healthy food alternatives to medical patients. This time of year, our focus turns to the children who may miss meals when they are not in school over the summer. All families are facing higher costs overall, which makes it that much more difficult to make ends meet.

The one thing that has been consistent for us through the challenges of the past two years has been your unwavering support. You have made meeting the needs of families who are struggling a reality and we are so grateful. Thank you for your partnership and generosity in our fight for the food security of our neighbors.

With heartfelt appreciation,

Nicole Lamboley, President and CEO

Continued from page 1

Thank You for Caring About My Family

My name is Ty, and I've been visiting the Mobile Harvest program every month when it comes to Carson City for the past few years. I am disabled and trying to make ends meet on a very tight budget. I feel really fortunate because my grandparents gave me their house, so I don't have rent or a mortgage to worry about. Still, sometimes it feels impossible to cover all of my household bills with just my monthly disability check.

"My boys are six and ten. I never want them to think that going to Dad's house means being hungry. Coming to Mobile Harvest really helps me know that I'll have good, healthy food for them when they visit. Today, we got a pineapple, which is my oldest son's favorite fruit. I can't wait for him to get home from school and see that on the counter!"

Whenever I can, I try to pick up odd jobs around town to make it a little easier to make ends meet.

After I pay my other bills, I usually have around \$150 to spend on groceries for the month. When it's just me, I stretch that by getting less expensive things - I eat a lot of ramen. I have two young sons who come to visit me a couple days a week, and I try really hard to make sure that we have lots of healthy stuff around when they're here. We love to cook together, and I want to teach them to make good, nutritious meals.

My youngest son is out of school today, and he was so excited to get to come to Mobile Harvest with me because the people here are always so nice to him. I'm so thankful not only for the help with food but for the kindness the Food Bank always shows us while we're here.

Throughout our community, so many parents struggle to fill their kitchens with the nutritious foods they so desperately want to provide for their children. Your help makes it possible for kids, and their parents, to enjoy healthy meals together.

We Love All of the Fruits & Vegetables



Hi, my name is Claudia. My husband and I live in the Reno area with our two children.

The past couple of years, we have really struggled to make ends meet. Typically, after we pay our household expenses, we have between \$300-400 to use for groceries for the month. I have been visiting the Food

Bank's Mobile Harvest truck and a couple of pantries in our neighborhood to help us stretch our grocery budget. I usually wait to see what items we're able to receive from the Food Bank first, and then I make my meal plan and shopping list around that. I am so thankful for all of the different foods that we are able to get, but the fresh foods are especially helpful.

We receive fruits and vegetables that would be almost impossible for us to afford with our grocery budget, especially now when things are getting even more expensive. Sometimes, I'm even able to get meat, eggs, and dairy from Mobile Harvest, and that is always a big relief.

My husband recently got a raise at his job and is working a lot of extra hours right now. We are so thankful for that and were really hoping it would make things start to get a little easier for us financially. Then we found out that our rent is being raised \$300 a month. We're still trying to figure out how we're going to make that work. When we first found out, my thought was that we'll have to move, but the reality is that we won't be able to find a new place for less. It's so stressful to worry about what is going to happen to us. I don't know what the answer will be yet, but it has been such a relief to know that, no matter what, we'll still be able to have healthy food for our kids. I'm so thankful for the people who make this help possible.

"I saw when I got here that they have oranges today. Oranges are my daughter's favorite after-school snack, so I know she's going to be really happy when she gets home today." -Claudia

Partner Spotlight: Carson Valley Community Food Closet

For more than 20 years, the Carson Valley Community Food Closet has held a critical role in serving community members facing hunger. When they opened the doors to their new facility in 2019, no one could have anticipated just how much more critical their organization was about to become. As the pandemic led to increased need for food assistance, the staff and volunteers at the Food Closet and their new building, with its dedicated warehouse space and significantly more refrigeration, were ready to meet the need.

Serving the Minden-Gardnerville area, the pantry now regularly serves as many as 700 households each month. Along with their weekly schedule of distributions, they host the Food Bank's Mobile Harvest and Senior Box/CSFP program distributions each month, and they were instrumental in serving thousands of families impacted by wildfire evacuations this past summer.

Looking ahead to the spring and summer months, they have plans to create dedicated distribution days focused on getting even more fresh fruits and vegetables to the community members they serve. They're also looking forward to welcoming guests back into their community kitchen space for nutrition and cooking lessons featuring the pantry staples readily available to those who visit the pantry.

"The partnership with the Food Bank is especially impactful because it gives us access to so much beautiful, healthy produce. I know that goes a long way in making a healthier diet in reach for those we serve. That's why we also love having the Mobile Harvest truck visit the pantry every month." -Sarah Sanchez, Executive Director



Your Support Provides Healthy Food for Children and Their Families

A healthy diet that includes fresh fruits and vegetables is so important for families right here in northern Nevada, especially those with children. Children need healthy food to help them learn and grow, and it can be difficult for families to put these essentials on the table. We are hearing every day that people are struggling with higher costs of food, fuel and rent, making it very difficult to make ends meet.

Families are able to access fresh foods through programs like Mobile Harvest or through their



neighborhood pantry. Your generosity is helping families like Ty's and Claudia's be able to provide these healthy foods for their kids, and they are so grateful. It is so stressful for families to wonder how these vital basic needs will be met and your support helps them to know that healthy food is within reach.

Every \$1 donated helps us to provide three nutritious meals for families all over our 90,000 square mile service area who would not otherwise have a meal on the table.

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 R. Banks Foundation
- David R. and Margaret C. Clare Foundation
- E.L. Cord Foundation
- Deborah and T.J. Day Foundation
- Dermody Properties
- DEW Foundation
- Feeding America Nutrition Guidelines
- Thelma B. and Thomas P. Hart Foundation
- IGT
- Roxie & Azad Joseph Foundation
- Kroger Company Foundation
- Milk PEP Great American Milk Drive
- Nell J. Redfield Foundation
- Charles H. Stout Foundation
- Jack Van Sickle Foundation
- Whitt Family Foundation

Save the Date

5/11-5/15 - 19th Annual CANstruction Reno Design & Build Competition
Entries are still being accepted for this fun event that turns canned food into art masterpieces. Visit our website for the entry form.

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

Yes, Nicole! I want to put nutritious meals on the table for children, seniors, and families this spring.

☐ \$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:

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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 March 2022

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