

Healthy Food. Every Person. Every Day.

May 2022



## FOOD Shouldn't Be an IMPOSSIBLE CHOICE

**"It's a big relief to know this help is available to our family." -Edeith**

Edeith and her husband are helping raise their grandchildren. Without the Food Bank, that has sometimes meant skipping meals so there would be enough food for the kids to have the healthy meals they need.

*Read more of Edeith's story on page 2.*

### INSIDE



#### PRESIDENT'S REPORT

A word of gratitude from Nicole

2



#### DONNA

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

One thing that has been consistent in our communities over the past couple of years is the persistent hunger that families are facing. Our neighbors are telling us that higher costs from rent to fuel and food are causing this disparity in their household budgets. Making ends meet becomes a difficult task for many, and people are forced to make tough decisions in their lives. Unfortunately, it is common for access to a healthy diet to be one of the first things affected. It is important for us to be there in these times to help these families so that meals are not skipped. You help us be able to do this for our community every day.

May is Older Americans Month, and seniors make some of the toughest choices. Their incomes are extremely fixed, and they also face the same tough choices as well as increased costs with medical care and vital medicines. The Food Bank has made the commitment to focus on seniors and improve their services with programs such as Produce on Wheels. This relatively new program offers fresh produce only for seniors in quantities that make sense for their households, in the neighborhoods where they live. Seniors often face these challenges alone, and you help make it possible for us to bring these issues to light and tackle them head-on.

The problems we face continue to be significant, but your support reminds us of what we can accomplish when we work together. We are working hard to serve all who need our assistance in our 90,000 square mile service area. With your help, our neighbors know they can count on us to be there for them. Thank you for continuing this important fight with us.

With heartfelt appreciation,

Nicole Lamboley, President and CEO

*Continued from page 1*

## Because of You, We Can All Eat Together

My name is Edeith. My husband and I live in the Reno area and are helping raise our five grandchildren. My husband is such a hard worker, but we still struggle to make ends meet sometimes. Over the past year or so, it's gotten even more difficult. First, our rent went up quite a bit, and now the cost of gas and so many other basics is so much higher, too.

**"With the cost of so many things going up right now, every month it's a little bit harder to make my grocery budget stretch far enough. This really helps fill in the gaps."  
-Edeith**

Typically, we are able to spend about \$100 a week on groceries. I buy a lot of rice, beans, and other inexpensive, filling foods to stretch my dollars as much as possible. Still, I've found recently that a lot of the time I just can't get all of the things we used to buy regularly without spending more than I have available.

With seven people to feed, it sometimes feels like there's no possible way to make it work, and I find myself eating very little or skipping meals entirely to make sure there is enough for the kids. For the past several months, I've been visiting Mobile Harvest when the truck comes to my neighborhood, and it has made a big difference for my family. Now, there's enough food for all of us to have meals together, and I'm able to make sure the kids are getting more fresh fruits and vegetables, which I know is really important. I am so thankful to the Food Bank and the people who donate to this program for helping us.

**As the cost of living continues to climb in our communities and across the country, so many of our neighbors are finding it nearly impossible to stretch their already too-tight budgets to cover all of their expenses.**

**Your support makes all the difference in ensuring they can still put meals on the table.**

## I Don't Know What I Would Do Without the Food Bank

My name is Donna. I'm retired and living in Hawthorne, NV. I rent an apartment from my sister, and I feel very blessed that it means I don't have to worry about increases in my rent. We also share as many of our expenses as possible. That helps me a lot since my only income is my social security.



***"I think a lot about what would happen to me if this help wasn't available anymore. I would probably be missing a lot of meals. I'm so grateful that I don't have to live with that kind of worry and stress thanks to you. -Donna***

Even with that help, my social security is barely enough to pay for all of my bills, medicine, and other necessities. I'm thankful to receive a small amount of SNAP (food stamps) benefits each month - many times, that's the only money that I have to buy groceries with.

I've learned to get creative with new ways to use cheaper foods. Sometimes, I eat some pretty strange things, but I have fun with it as much as possible.

Even with working hard to stretch my dollars, I simply can't get enough groceries with my budget to cover an entire month's worth of meals. That's why I'm thankful that the Food Bank is here to help me and my neighbors. I visit my local food pantries a couple times each month, and the pantry staples and fresh foods I am able to get there are so helpful to me. I also come to see the great folks at Mobile Harvest every month when it's in town, and I just learned about the Produce on Wheels program for seniors. I'm excited to check it out the next time the truck is here. I love all fruits and vegetables and am so happy to have this opportunity to get those healthy foods that I can't afford to buy at the grocery store.

It's important to me to take good care of my health, especially as I'm getting older. Knowing that I can get the good nutrition I need to help me stay healthy really means a lot to me. Thank you so much for making that possible.

## Volunteer Spotlight: Kailey & Eagle Rock Court

Kailey was in middle school the first time she and her family attended a Food Bank volunteer event for the MLK National Day of Service. She had so much fun that she asked to do it again the next year, and this time she invited one of her friends to come with her. "I had the opportunity to visit with some of the staff that time and learn a bit more about the Food Bank and how many people they are serving every month, and it just made me want to find a way to do even more," Kailey says. First, she came up with the idea to invite her friend's entire family to sign up for a volunteer session together. Then, she decided to invite all of their neighbors to join in the fun.

It turns out, Kailey's neighbors were pretty inspired by her new passion for giving back to her community and found some fun neighborhood bonding time in their volunteer session. In 2021, groups of 10-15 neighbors gathered at the Food Bank warehouse for several Saturdays throughout the year. Together, they earned a spot as a Top 10 Volunteer Group for 2021, volunteering more than 100 hours total.



***"Every time we volunteer, we get to find out at the end of the session 'you packed this much food—you're feeding this many people.' Realizing how much impact just one person can have with that little bit of time really inspires me, and it makes me excited to bring other people with me because I want to help as many people as I can. It's pretty great that it also happens to be a lot of fun." -Kailey***

## Your Support Keeps Families From Skipping Meals

Families right here in northern Nevada are struggling every day to make ends meet. The cost of rent, utilities, medical bills, and gas seem to squeeze out the ability for families to afford the healthy food they need.



say before they had this help, they routinely skipped meals so that there was enough food for their children.

With partners like you, we are so grateful that families don't have to make that tough choice and they have the food they need to be healthy.

They are faced with tough choices about how to manage their household budgets and we are here to make sure that they don't have to choose not to eat. We hear from families all of the time who

***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](http://fbnn.org)



## Thank You

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

- Earl and Elizabeth Ash Foundation
- Cisco
- Feeding America Equitable Food Access
- Feeding America Service Insights
- Google
- Roxie and Azad Joseph Foundation
- Nevada ARPA Community Recovery

## 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

5/11-5/15 - 19th Annual CANstruction Reno Design & Build Competition

5/14 - National Association of Letter Carriers Stamp Out Hunger Food Drive

For more information about these events, please visit our website at [fbnn.org/events](http://fbnn.org/events).

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

☐ \$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](http://fbnn.org)**

Food Source May2022

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