



foodsource

Healthy Food. Every Person. Every Day.

*Thank you for sharing
food — and hope —
this holiday season!*



MEMBER OF
**FEEDING
AMERICA**

THANK YOU FOR DELIVERING HEALTHY FOOD TO SENIORS



When the Food Bank truck pulls up to the Arbor Cove at Virginia Lake Apartments, residents like Nova are there to welcome the driver with broad smiles.

Nova and her neighbors know that the Produce on Wheels Truck will be full to overflowing with fresh vegetables and delicious fruit ...

Fresh foods, including vegetables and fruit are often luxury items for seniors living on a

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limited income — especially now, with the cost of groceries at an all-time high.

Nova is a retiree who only receives \$16 a month in SNAP (formerly called food stamps) so, she says, “You have to watch everything you spend. I have been coming to the truck since they started. It helps tremendously.”

Without the Food Bank’s Produce on Wheels program, she says there “just wouldn’t be enough vegetables or fruit.”

The program delivers such a wide variety of items that it never fails to bring out the chef in Nova. She says, “I make zucchini bread and peach crisp. I like to make broccoli and cheese soup, potato leek soup and freeze it. So if I’m

not feeling well, I pop it in the microwave and I have a nice meal.”

“I have been coming to the truck since they started. It helps tremendously.”

Nova has lived in the Arbor Cove apartment complex for over a decade. She used to love cooking for her husband, but, since he passed, she shares her healthy and wholesome creations with her neighbors via the “Sharing Table.”

“There’s nothing wasted,” Nova says. “I don’t believe in waste.”



A TINY FOOD PANTRY THAT GREW TO MEET THE NEED

Steve Wentz vividly remembers the church service 28 years ago when the call went out for a volunteer to take over the food pantry. He rose to his feet – and so did his wife.

“We kind of looked at each other wondering why the other was standing up,” Steve says.

The pantry was little more than a closet at that time. Over the years, the pantry went through many transitions and today has two big rooms and a wall of refrigerators and freezers to keep things fresh. Being able to provide pantry staples, along with fresh vegetables, fruit and other perishable foods helps meet the growing need among families and individuals in their Sparks community.

As a Food Bank of Northern Nevada partner, Sparks Christian Fellowship’s food pantry served as many as 180 households each week during the pandemic, and the numbers are still high – 90 families a week. More concerning, they are seeing as many as 20 new families each week.

Volunteer Kimberly Molerl – one of a dozen who volunteer regularly – loves that they are helping vulnerable populations gain access to



Steve Wentz at work in the Sparks Christian Fellowship food pantry.

healthy food. She says, “This pantry is a Golden Grocery Partner Pantry. It’s geared towards seniors because that is the makeup of most of this community . . . so low sodium foods, lots of vegetables ...”

Through your support of the Food Bank of Northern Nevada, people who are struggling to afford healthy food are able to put nutritious meals on the table! Thank you!

THANK YOU!

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

- Albertsons Companies Foundation
- Conagra Brands Foundation
- Robert Z. Hawkins Foundation
- Estelle J. Kelsey Foundation
- Marybeth Lamb Foundation
- Wells Fargo Foundation
- William N. Pennington Foundation

DID YOU KNOW?

Your support of Food Bank of Northern Nevada fuels our Mobile Harvest trucks which deliver nutrient-rich, perishable foods such as fresh produce, bread, and dairy into high-need neighborhoods. Each month, we visit more than 45 sites throughout Reno/Sparks, as well as rural northern Nevada and eastern California. *Thank you for keeping healthy food on the table for our neighbors facing hunger!*



Gabbie and her son, Nehemiah, visit a Mobile Harvest food distribution in Reno.

YOU ARE HELPING BRIDGE THE HUNGER GAP!

With inflation at an all-time high, it's a challenge for a lot of households to afford basic necessities, so when our Mobile Harvest truck rolls into a neighborhood like Gabbie's, it's a cause for celebration!

Gabbie started coming to Mobile Harvest about a year ago to pick up fresh vegetables and fruit, plus other perishables her family needs to stay healthy.

“We are very grateful to be able to take advantage of this.”

“My husband works very hard and my [older] son also works, but we still need assistance,” Gabbie says.

Gabbie says she loves that she can get the types of vegetables she needs to “make a Hispanic meal.” She adds, “I love to use the vegetables in cooking. Always very fresh. I use

the potatoes and mix with egg for breakfast tacos and love the squash a lot.”

Gabbie has heartfelt words of thanks to share with caring friends and donors who support the mission of the Food Bank of Northern Nevada.

“To the supporters, they should know this is very helpful to our family,” she says. “Even though [my] husband and son work, rent alone takes up such a big chunk of our income, not to mention everything else.

“This helps a lot to supplement what we are able to do on our own. And it's very important to our community. We are very grateful to be able to take advantage of this.”

On behalf of hardworking households like Gabbie's, thank you for keeping healthy food within reach for families and individuals who need a little extra help this holiday season!