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AMERICA**

## YOU'RE PROVIDING HEALTHY FOOD FOR FAMILIES



The Renown Health Food Pantry in Reno makes all the difference for families like Diamon's. She has three little ones, the youngest just six months old.

The day we met Diamon, she was picking out fresh foods with her friend Choma, who also has a six-month-old.

Both of their husbands work for a local technology company, but the cost of day care is so high that it's not an option for their



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families, so Diamon and Choma are full-time parents.

Diamon's mother, Shanoë, accompanied the young mothers to the food pantry that day hoping to receive some healthy food for herself, too. She lost her job due to illness, but now that she is recovering, she hopes to return to work soon.

**“We love the fruit and veggies, chicken, fish.”**

Originally from Jamaica, Shanoë and Diamon have called Reno home for six years. “It’s good but it’s been hard,” Shanoë says.

Having access to healthy food for their children takes some of the worry away from the young mothers who have to choose carefully where every dollar goes.

“We love the fruit and veggies, chicken, fish. And we can save things in our freezer at home as needed,” Choma says.

On behalf of working families, seniors and anyone struggling to make ends meet on a limited income, your partnership is so appreciated.

“Thank you,” Choma says. “This means everything to us. It saves us. It is so helpful.”



# VOLUNTEER LOVES SHARING FOOD AND HOPE

The food pantry at Sparks Christian Fellowship is serving up a lot of help and hope to the community – and to volunteers!

“I’ve been attending this church for 10 years and I love my pastor,” Mattie says. “My children are grown and I was at home feeling useless. One of the volunteers asked me to come in and help out. I finally came, and I have been coming for three years.”

Then came the pandemic which caused the food pantry to close for a time. Mattie had no idea how much she would miss interacting with all the families, older adults and other neighbors!

“When the pandemic hit and we shut down, I was miserable,” she recalls. “When I was able to come [back again], I would get up and say, ‘Oh thank you, Lord, it’s Wednesday. I can finally do something for somebody else.’”

Mattie says, “[Volunteering] just makes me feel better. I just love it. I really do. And from 9:00am to 12:00pm, we try to help as many as we can.”



*Mattie serving as a volunteer in the Sparks Christian Fellowship food pantry.*

“When we have a family, I’ll give more cereal, chicken, or pasta. When there are children, I give grape jelly and cans of fruit as well.”

Through your support of the Food Bank of Northern Nevada, you’re equipping volunteers like Mattie to show compassion and to provide healthy food to households struggling to put nutritious meals on the table. Thank you!

## THANK YOU!

We’re grateful to the following organizations for their generous grants that are fighting hunger in our communities:

Albertsons Companies Foundation  
David R. Clare and Margaret C. Clare Foundation  
Dermody Properties Capstone  
E.L. Cord Foundation  
Feeding America Google Technology  
Gene Haas Foundation  
International Game Technology  
Kroger Company Foundation  
Link Logistics  
NV Energy Foundation  
Thelma and Thomas Hart Foundation

## DID YOU KNOW?

Your generous support of the Food Bank of Northern Nevada equips more than 150 partners who are at work on the frontlines of the fight against hunger. Non-perishable and fresh food items are distributed by the Food Bank to our network of partners, who then distribute the food directly to families, children, and seniors in need within their neighborhoods. *Thank you for fueling help and hope through emergency food pantries, shelters, family resource centers and more over our 90,000 square mile service area!*



*Lisa visits a Mobile Harvest  
food distribution in Reno*



## YOU MAKE THE DIFFERENCE FOR LISA'S FAMILY!

Lisa knows what it means to endure and go the extra mile. The strength and resiliency that once helped her compete as a triathlete, helped her to win the battle with thyroid cancer.

She still relies on that strength today as she tries to get back to work and back on her feet after the cancer, which caused lingering complications, including respiratory distress.

**“I am very grateful for  
the food bank.”**

“I get winded just walking to the car. I have had to make a lot of adjustments,” Lisa says.

When she got COVID-19 and couldn't work for an extended period of time, she lost income and realized she needed help to cover the high cost of food.

That's when she visited the Food Bank of Northern Nevada's Mobile Harvest distribution at the Neil Road Recreation Center in Reno.

As a strong woman and single mother of three, Lisa knows she will get through these difficult days and greatly appreciates having access to healthy food for her family since the state benefits she receives don't cover the current cost of food.

“I am very grateful for the food bank,” Lisa says. “These [groceries] make a difference for us. Every little bit helps.”

Thank you for your generous support that keeps healthy food within reach for families like Lisa's who are navigating a challenging time in life.