

**Together, We
*Imagine Ending
Hunger!***



**YOU HELP BRING HEALTHY FOOD TO OUR
NEIGHBORS!**



When we met Reza, he was picking up an abundance of healthy veggies at a Produce on Wheels distribution in Reno.

Three months ago, Reza traded the beaches of San Diego for our beautiful high desert. Before retirement, Reza had his own restaurant, so he knows how meaningful good food can be...

THANK YOU FOR BRINGING NEIGHBORS HEALTHY FOOD

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Reza receives a very small amount of benefits each month, but it doesn't stretch far enough to cover the grocery bill. "It's only \$22 for food," he explains – which doesn't come close to the cost of healthy food today.

"I appreciate...what [you're] doing for people."

Thankfully, our Produce on Wheels program brings health and hope directly into communities like Reza's. He's especially fond of the colorful, fresh fruits and vegetables, which make meals so healthy. "The produce is

great. [There are] a lot of fresh foods," Reza says.

Produce is often the most expensive part of a grocery trip, and the thing that many seniors have to go without. But with Produce on Wheels, our neighbors like Reza have regular access to the most vital part of a healthy diet.

When we asked Reza if he had a message for volunteers and donors like you who make this program possible, he shared, "I appreciate what [you're] doing for people."

Thank you for giving so generously to make programs like Produce on Wheels possible!



Reza waves a friendly "hello"

A NEIGHBOR'S COMPASSION BECOMES COMMUNITY IMPACT

When she founded St. Francis Food Pantry, Cindy Becher hung a tree painting on the wall, called The Giving Tree. Each time a community member invests in the pantry, she adds a leaf to the tree.

Since the pantry opened in 2016, Cindy has watched The Giving Tree bloom with compassion and generosity.

In the beginning, Cindy knew that she wanted to open a food pantry in Reno to help end hunger in her community. "I had the will. I had the desire. But...I didn't have the courage to step into something unknown," she explains.

But with support from her community, church, and family, Cindy found the courage in herself to take a huge step and open the St. Francis Food Pantry. She wanted to create a place where nutrition came first for our neighbors experiencing hunger.

The pantry, open three days a week, is set up like a market so that visitors can choose the items most wanted and needed. Cindy explains that she and her team serve over 1,000 families in a month with food supplied by the Food Bank of Northern Nevada. That's

1,000 Reno area households who now have access to healthy, nutritious food, and a helping hand.

"I love it here," Cindy says, reflecting on Reno's commitment to ending hunger. "I love our community."

Cindy's story shows us all that if you have the desire to help, you CAN make a difference! Thank you, Cindy, for partnering with the Food Bank to make a real impact!



Cindy shares a big smile from the St. Francis Food Pantry.

THANK YOU!

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

- Kroger Company Foundation
- United Way of Northern Nevada and the Sierra
- Wilbur May Foundation
- Renown Health Foundation
- Wells Fargo Foundation
- Roxie & Azad Joseph Foundation

JOIN US!

Every meal served, every caring package delivered transforms lives. As we mark our 40-year anniversary, we celebrate the countless lives we have changed, and we reaffirm the mission of putting an end to hunger across our region. Come join us...

imagine
Ending Hunger Experience
Featuring Guests Chef Mark Estee & Chef Jacob Burton

FRIDAY, OCTOBER 20

TICKETS ON SALE NOW.

Details at ImagineEndingHunger.com

R/LAB & Bundox Bocce at Renaissance Reno



April, Lily and Adam are so grateful for a full cart of healthy food!

YOUR SUPPORT FILLS APRIL'S TABLE

Our neighbor April has a heart full of compassion. A full-time mother to Lily, 6, and Adam, 6 months, she keeps things running at home while her husband works. She would work if she could, she says, but she can't earn enough to offset the cost of childcare.

The family made do with a single income until recently, when a rent hike made their housing unaffordable. Now, even basic necessities are a question. "Most of the time, it's either food or bills," April explains.

She says the \$40 of SNAP assistance her family had been receiving was cut when her husband took on overtime hours. Combined with the rent increase, it was a double blow.

**"Without this
[food pantry], we wouldn't
eat half the time,"**

The family recently had to move in with April's brother-in-law to stay afloat. While they look for new housing and adjust to their new household, April is so grateful for partners like you who help her family meet basic needs by supporting the Food Bank of Northern Nevada.

Because of you, April can pick up healthy food from a Food Bank partner food pantry. With access to produce, staples, and proteins, April has the ingredients needed to make delicious, nutritious meals for her whole family – including her brother-in-law and his two children.

"Thank you, we appreciate it," April says of the food from the pantry. She loves to cook and is able to make large meals for the entire family with the groceries you help provide.

Because Food Bank partners like you choose to give, April and her family have the fuel needed for a healthy fall. Thank you for sharing our vision of providing healthy food, for every person, every day!