

*You're filling plates  
and hearts this  
holiday season!*



## LOVING PARENTS SHARE THANKS

Stefanie and her husband have always been generous. “When we were in a position where we had extra, we were able to donate,” says Stefanie. “It makes your heart happy when you’re able to give.”

Dedicated parents, the couple is working hard to raise healthy children. Brielle, 4,

and Burkelee, 10, are the lights of their mom’s and dad’s lives. And you’re helping to make sure that even as the cost of groceries and everything else remains painfully high, the girls will always have nutritious meals and snacks to fuel their growing minds and bodies.

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## YOU HELP MAKE HEALTHY FOOD ACCESSIBLE

(story continued from page 1)

We met Stefanie, Brielle and Burkelee on a recent visit to Mobile Harvest at Sparks Christian Fellowship Church.

**“...it’s just a really amazing thing.”**

The day we met was only Stefanie’s second time to visit a food distribution.

The high cost of living weighs heavily on the family. To avoid the extra expense of childcare, Stefanie stays home to care for both children while her husband works full-time.

“The wages aren’t keeping up with the cost of everything, and it’s just become so challenging,” Stefanie says.

Stefanie’s family is an example of neighbors who fall through the cracks when it comes

to social safety net programs. Her husband’s income is too high to qualify for SNAP but not always enough to meet all the family’s needs. Mobile Harvest is a newfound lifeline for Stefanie’s family, providing access to good, healthy food.

Stefanie says she and her family have often scaled back the meals they would eat, making small portion sizes and leftovers stretch. She’s so thankful that your support means she has help keeping her kids’ plates full this holiday season.

“For someone who hasn’t been in a position before where we’ve needed the help and now we’re able to get it, it’s just a really amazing thing,” says Stefanie.

Thank you for restoring hope and helping fill the critical need in our community for families like Stefanie’s during difficult times.



Stefanie and her daughters display some of the nutritious food they will take home following a visit to Mobile Harvest at Sparks Christian Fellowship Church.

## 11 YEARS OF PASSION FOR SERVICE

“This is my passion.” - Marcia Gower

Marcia believes in paying it forward and has demonstrated her exemplary commitment to spreading kindness through her volunteer work at the Food Bank of Northern Nevada for 11 years!

Marcia believes “we’re all here to help each other” and that by volunteering at the Food Bank “people are benefiting from what you do.”

Through her church group, Marcia began volunteering at the Food Bank’s warehouse. It’s been over a decade and, motivated by her passion, she continues to offer her time to serve.

**“People are benefiting from what you do.”**

After discovering an overwhelming need for food assistance, Marcia now routinely drives to Mobile Harvest distributions in Reno, Sparks, and surrounding areas to help provide the nutritious food our neighbors need to thrive.

Marcia recalls the worry she felt during the pandemic while waiting for the government



Marcia smiles seeing the impact she makes volunteering at Reno LDS Church Mobile Harvest.

surplus check to arrive when she was out of work; wondering what she might do if she didn’t receive the money she needed to get by. She is proud that her volunteer efforts are helping ease the worries of neighbors who face that hardship.

“It’s very humbling,” Marcia says. “It makes you appreciate what you have.”

Before the pandemic, Marcia would raise money internally for the Food Bank through her job. She volunteered three years in a row, raising nearly \$6,000 dollars for the Food Bank through her sponsorship.

Thank you, Marcia, and all the amazing volunteers who help meet the needs of our neighbors experiencing food insecurity.



## THANK YOU!

Bank of America Foundation  
Marybeth M. Lamb Foundation  
Whitt Family Foundation  
Walmart Foundation  
Marguerite Petersen Foundation  
Cracker Barrel Food For Families  
Conagra Brands Foundation  
Dorothy Lemelson Foundation  
PG&E Corporation Foundation



Randy receives hope in the form of good, healthy food from Mobile Harvest.

## SHARING HOPE WHERE THE NEED IS GREATEST

Randy, 75, and his late wife moved to Reno 30 years ago for better economic opportunity. Randy worked in security until his retirement. He became a fulltime caregiver for his beloved wife as her health declined over several years.

Adjusting to life without her has been difficult for the past two years since her death. Even though she'd been sick for a long time, "it's always unexpected," Randy says honestly.

**"What I like is that I can pick and choose."**

Now on his own, he spends a lot of time at the senior center and has taken up beanbag baseball, which he compares to cornhole. It's a good way to stay social and maintain his friendships.

He says one of his biggest challenges these days is making ends meet with only social security income to depend on. The high cost of living has become a considerable burden for

a lot of neighbors like Randy. Fortunately, he has the support of generous friends like you as he adjusts to this new phase of his life.

"I'm making it from payday to almost payday," Randy says.

Randy and so many neighbors were relieved when the Food Bank's Mobile Harvest truck came to the neighborhood. He loves having a variety of healthy options to choose from at each visit to the program.

"What I like is that I can pick and choose," Randy says. When receiving food from Mobile Harvest, Randy is proud to extend your generosity even further by sharing with his friends and neighbors, knowing more community members will benefit from this act of kindness.

In the spirit of the holiday season, thank you for helping fill plates across our community now and in the days to come.