



***You're Taking
Hunger Off
the Table This
Summer!***

YOU'RE FUELING OUR FUTURE!

Veronica and her husband are the proud parents of a 7-year-old son, who she describes as adventurous, friendly, and always ready to lend a helping hand, whether at home or in the classroom.

"I really love that about him," Veronica says, beaming.

Veronica is also grateful she can visit the Food Bank of Northern Nevada's Mobile Harvest program to keep plenty of healthy food on the table to encourage her son's growth and development.

HEALTHY FOOD FOR EVERY AGE!

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Veronica found out about Mobile Harvest through an assembly at her son's school, which also happens to be just around the corner from the family's home.

"It's really awesome to have this resource in my own neighborhood," Veronica says.

Veronica's husband works in law enforcement to support the family while she cares for their son at home. She says the food from the monthly Mobile Harvest helps fill the gap in her family's budget.

"It's some of the basics, and those are important," Veronica says of the food she

receives. "The milk, eggs, the meats. I really appreciate that they provide all that."

"It's really awesome to have this resource in my own neighborhood."

Thank you for partnering with the Food Bank of Northern Nevada to ensure children, families, and neighbors of all ages have vital access to nutritious food this summer!



Veronica is grateful she can supplement food for her family with visits to Mobile Harvest.

YOU PUT FRESH PRODUCE ON NEIGHBORS' TABLES

There isn't a fruit or vegetable wasted when Phyllis returns from a visit to a Food Bank of Northern Nevada Mobile Harvest.

"I make this big pot of vegetable soup and I just throw everything in there," she says. "Whether it's spinach and carrots, potatoes and onions...I throw it in the pot."

"If I didn't come here... we wouldn't eat."

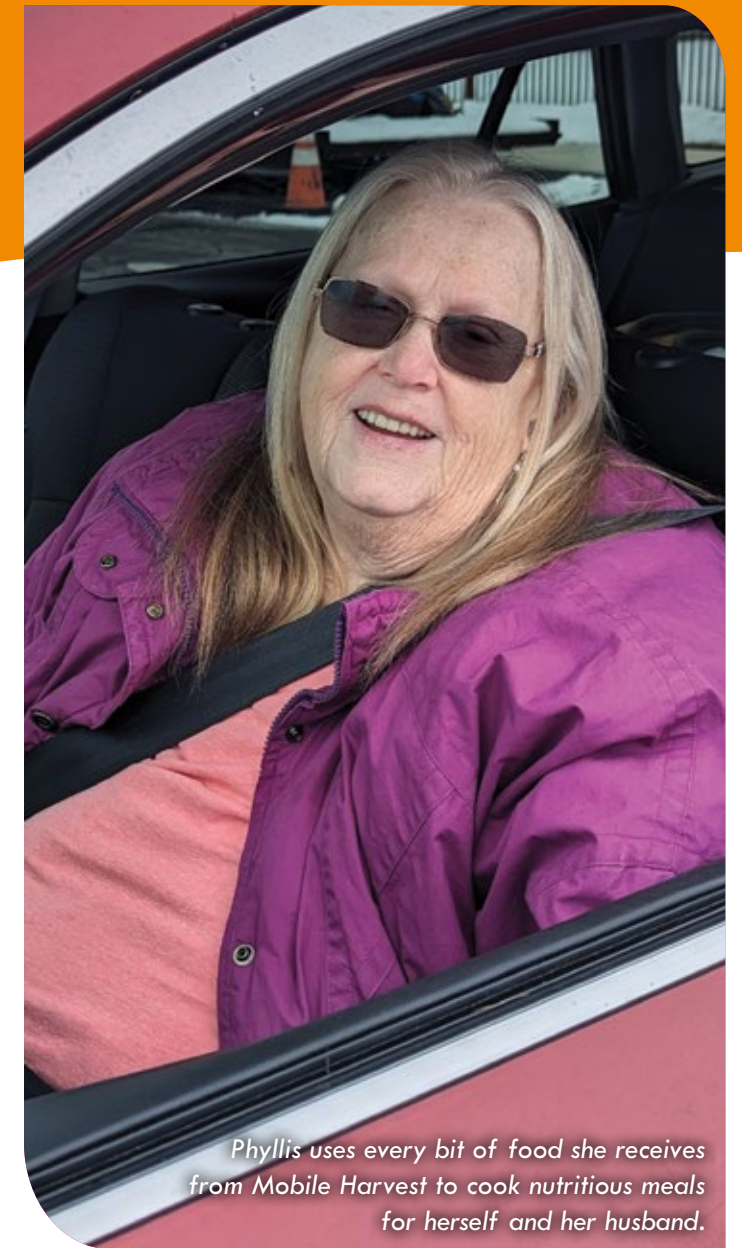
Phyllis, 75, says she similarly makes up fruit salad from fresh fruit she receives from Mobile Harvest and is careful not to miss out on any of the good nutrition wrapped up in each bite for herself and her husband.

Her husband is currently in treatment for cancer. Phyllis shares she also had a cancer diagnosis 15 years ago and still has lingering health problems.

Both Phyllis and her husband receive Social Security income, but she says it has been especially difficult lately to keep up with bills and the high cost of food.

During one of this year's colder months, Phyllis says the couple kept the thermostat at only 66 degrees, but the gas bill still totaled a whopping \$485.

That's why Phyllis is thankful for friends like you who give so generously and help her keep



Phyllis uses every bit of food she receives from Mobile Harvest to cook nutritious meals for herself and her husband.

nutritious food on the table for herself and her husband.

"If I didn't come here...we wouldn't eat," she says.

Thank you for taking hunger off the table this summer for our neighbors of all ages. Your partnership is a beacon of hope.

THANK YOU FOR SUPPORTING THE FOOD BANK OF NORTHERN NEVADA!

Elevance Health Foundation
Nevada State Bank

Willametta K. Day Foundation
Deborah C. Day

Robert Z. Hawkins Foundation

Karen shares her appreciation for friends like you who make it possible for her to visit the Carson Valley Community Food Closet to pick up healthy food.



“THIS PLACE IS A BLESSING...”

Karen, 64, stirs in a little creativity with each dish she cooks – and she’s thanking friends like you for giving her the ingredients to make every creation even more nutritious.

“This place is a blessing,” she says on a visit to the Carson Valley Community Food Closet, a partner agency of the Food Bank of Northern Nevada.

“It’s very generous of all of you guys that you do this for people.”

Karen says she especially enjoys making fresh pico de gallo when there’s cilantro on hand at the Food Closet, which she then uses in tacos and other favorite dishes.

Healthy eating is especially important to Karen these days. Six years ago, she was diagnosed with two different forms of Leukemia. Today, one form of the cancer is in remission, but the other one has no known cure.

“It’s not going to stop me,” Karen says, confidently.

Until recently, Karen worked for the U.S. Postal Service, but she had to take temporary leave when the delivery truck she was driving was hit by another vehicle. Karen suffered several injuries and hasn’t been able to return to work.

“Coming here definitely helps out my household,” she says.

Karen lives with her brother, who isn’t working right now, so she says the food she can take home from the Food Closet stretches to make healthy meals for them both.

“It’s just very generous of all of you guys that you do this for people,” Karen says to donors like you.

We echo Karen and thank you for your generosity and kindness, which is making way for a healthier, happier summer for people all across northern Nevada and the eastern California Sierra.