

*Together, We Can  
End Hunger!*



## YOUR SUPPORT HELPS OUR NEIGHBORS THRIVE



When Edmund talks about his wife, a loving smile lights up his face. We met him at Mobile Harvest in Dresslerville, where he stopped to pick up nutritious food to bring home to her.

Two years ago, Edmund faced a hard choice when his wife's health began declining – keep working to support them both, or retire and accept partial veteran's disability in order to care for her. He chose the latter...

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Now, he's grateful for the time he gets to spend taking care of his wife. But because they are both retired, his fixed income isn't always enough to cover every expense. So when Edmund heard about the Mobile Harvest distribution at the Senior Center, he decided to check it out.

**"It helps people struggling to put food on their plate."**

"They seemed to have good stuff," he says, explaining why he began attending regularly. Each visit supplies him with nutritious, fresh food items like eggs, fruits, and vegetables, along with the occasional chocolate treat.

With the ingredients Edmund picks up at the Mobile Harvest, he can make meals the couple loves, like pot roast, potatoes, and salads, which are nourishing and healthy.

The most nutritious foods, like proteins and produce, are often the most expensive. That can make it difficult for retirees to afford them – but you help ensure that, no matter what, food access is available and accessible.

When we asked Edmund if he had a message for partners of the Food Bank who make this program possible, he explained, "It helps people struggling to put food on their plate."

For Edmund, and so many more neighbors, your support truly goes far. Thank you for giving so generously!



Edmund loves picking up healthy food at his local Mobile Harvest to bring home to his wife.

## VOLUNTEER LAURI MAKES A DIFFERENCE

Lauri's dedication is an incredible thing. She has spent close to a decade each in various industries, from banking to education. She even spent nine years working at the Napa Valley Wine Club. Now retired, she's decided to pick up the torch of volunteering.

"I've had great careers," she says, going on to add that joining our work in hunger relief is an important milestone in her life. By fulfilling orders at Carson Valley Community Food Closet during her biweekly shifts, she has a direct impact on the health and well-being of our community members.

"It appealed to me," she explains.

Not only does Lauri love to help fill her neighbors' tables, she also loves the social aspect of volunteering. "It's like you're hanging out in the kitchen with your friends," she says, encouraging anyone curious about what volunteering is like to try it out.



Lauri has a big smile to share with all the volunteers who work alongside her!

Since she began volunteering in January, Lauri is looking forward to many more years of service with the Carson Valley Community Food Closet. We are so grateful for her help, especially right now as the cost of living is bringing even more people to our network of agency partners for support.

Thank you, Lauri, for committing to share our mission of ending hunger!

### A HEARTFELT THANK YOU

We would like to thank the following organizations for providing generous grant support to the Food Bank of Northern Nevada:

Bank of America Charitable Foundation  
Greater Nevada Credit Union  
Marybeth M. Lamb Foundation  
Smith's Food & Drug

United Way of Northern Nevada and the Sierra  
Walmart Foundation  
Wells Fargo Foundation  
Whitt Family Foundation

We truly could not end hunger without you!

*A visit to Mobile Harvest puts a smile on Brenda's face*



## BRENDA'S GRATEFUL FOR YOUR GENEROSITY

For 12 years, our neighbor, Brenda, 74, enjoyed her career at a local employment agency. Last year, when it came time to retire, Brenda took the opportunity to shift her focus to hobbies, self-care, and giving back.

**“You never think you’re going to be here.”**

It was a nice change at first. But soon, the high cost of living began impacting Brenda's budget. The strain of inflated prices is something we all know too well, and for older adults especially, it can be difficult to get by on a fixed income.

That's why Brenda is so grateful for friends like you, who support the Food Bank of

Northern Nevada and our network of agency partners. Because of you, she can attend her local Mobile Harvest distribution to pick up the fresh produce and nutritious proteins she needs to thrive.

With the ingredients she receives through the Food Bank of Northern Nevada, Brenda loves making foods like hearty soups and stews, perfect for the coming autumn.

When we met her, Brenda expressed her gratitude for your friendship. “You never think you’re going to be here,” she says, speaking to the reality of high food costs and limited resources. She's glad to know that no matter what, food access is protected thanks to your generosity!