



*Your partnership helps  
fill plates and hearts  
this holiday season!*

## **DARWIN PROTECTS WASHOE TRIBE FOOD ACCESS**

A nourished, thriving community is Darwin Holman's vision as the Director of the Washoe Tribe Elder Center. "What matters to us is serving the people," Darwin says.

Part of that work includes ensuring that everyone in the community has enough healthy food, especially the older adults who call the Washoe Tribe community home.

(story continues on page 3)



## ROBERT & TIFFANY SAY THANKS

It's been three years since Robert, Tiffany, and their six children left the bustling Bay Area of California for rural northern Nevada. Tiffany's mother runs a ranch in the area, and the family wanted to be nearer to help out.

As everyone has settled into a new home and routine, Robert and Tiffany have been so grateful to her mother for her recommendations of nearby places to check out. One of those places? The local food pantry, supplied by the Food Bank of Northern Nevada.

Robert says, "we came here with her mother and then we were like, oh, this is great!

It's wonderful. So we started coming now ourselves."

"You guys are just a lifesaver," Tiffany says. She's talking about the difference you've made for her family – especially since the cost of living has remained so high, the weekly grocery bill isn't always affordable.

With a family of eight, Robert says, the cost of groceries can easily exceed \$400 per week – too much for Robert and Tiffany to afford even with both of them working.

With the support of the food pantry and friends like you, that bill is halved, and the

family can still pick up nutritious food like meat, milk, canned goods, and more to make healthy meals.

"The most expensive things to get at the store is usually what we find helpful here," Robert says, adding that "this place saves us more money than we spend."

**"[Your support is] feeding my children. I mean, you're feeding little kids. You're helping the next generation."**

Wanting to ensure the whole family has access to nutritious food, Robert and Tiffany often pick up food to share with Tiffany's mom, as well as her brother's family of four.

Your support is so meaningful to Robert, Tiffany, and their whole family. "[Your support is] feeding my children. I mean, you're feeding little kids. You're helping the next generation," Robert says with gratitude. Thank you so much for helping fill the table for our neighbors facing hunger!

## DARWIN PROTECTS WASHOE TRIBE FOOD ACCESS

(story continued from page 1)



Darwin ensures nutritious food is available at Mobile Harvest

One way that's done is through the Food Bank of Northern Nevada's partnership with the Washoe Tribe Community Council.

At Mobile Harvest, pictured, Darwin helps community members balance the increased cost of living with essential expenses like food. "The inflation that's going on is definitely felt in our community," he explains, adding that Mobile Harvest is a resource widely advertised for anyone who might need food assistance.

Thankfully, Darwin's dedication means that hunger relief resources are always available to anyone who needs them. Mobile Harvest serves all four nearby communities with fresh fruits, vegetables, and proteins.

Mobile Harvest is part of our ongoing effort to increase food access, improve health outcomes, and foster strong partnerships with tribal nations and communities. We stand with Darwin and the Community Council of the Washoe Tribe in protecting the health and well-being of every neighbor!



Tiffany picks up healthy food for her family.







Pam loves to bring home fresh produce

## YOU SHARE HEALTHY MEALS WITH PAM

Five years after retiring, Pam and her husband moved from San Diego to Yerington, Nevada. When we asked how she likes being a part of the community, she said, “I love it. I love giving back.”

**“Because of [your] donation and the food we get here, people are not going hungry,”**

Before retiring, Pam managed contracts with local non-profits and food banks for the city of San Diego. She’s also been an active volunteer since she was 15.

Pam’s kind heart is clear to see in her everyday life, too. She cares for her husband, who suffered a stroke a few years ago. And

when a neighbor needs a ride to the food pantry, she’s always there to help.

A few times a month, Pam herself relies on the local food pantry, supplied by the Food Bank of Northern Nevada, to help make ends meet. “The food bank has been a big help because now we’re both on fixed incomes... and the price of everything is so expensive in this area,” Pam explains.

At the food pantry, Pam picks out healthy proteins and fresh produce which help to stretch her grocery budget. With ingredients like salmon, potatoes, carrots, and more, she can make nourishing meals without sacrificing essentials.

“Because of [your] donation and the food we get here, people are not going hungry,” Pam says in thanks to you!

### THANK YOU!

The Hearst Foundation, Inc.  
John Ben Snow Memorial Trust  
Google  
Nell J. Redfield Foundation

Majestic Realty Foundation  
Marguerite Wattis Petersen Foundation  
Robert Z. Hawkins Foundation  
Dorothy Lemelson Foundation

Estelle J. Kelsey Foundation  
The PG&E Corporation Foundation  
Conagra Brands Foundation  
The Deborah and T.J. Day Foundation



550 Italy Drive,  
Sparks, NV 89437  
[www.fbnn.org](http://www.fbnn.org)

