



***You're taking
hunger off
the table this
summer!***

NOURISHING OUR RURAL COMMUNITIES

For our neighbors who live in rural or remote communities, accessing food can be a time-consuming chore, or a major stressor. That's something sisters Linda and Lorraine have experienced firsthand.

Both Linda and Lorraine are now retired from community-focused careers. Lorraine worked at Preston Nevada College, and

Linda worked for the Washoe Tribe of Nevada and California.

In retirement, the sisters continue to care for their community – and each other. Although they live separately, they always make sure to find time to spend together, time that often includes Lorraine's two adult children, who are 32 and 31.

(story continues on page 2)

YOU HELP FILL LINDA AND LORRAINE'S TABLES

(story continued from page 1)



Healthy meals are one way sisters Linda and Lorraine share time together

Filling the table with wholesome family meals is important to Linda and Lorraine, and your generosity makes that possible...

Because they live in a remote area, Lorraine and Linda face a barrier to food access that can be challenging. “We’re remote...and so to help us out here, it saves us on funds,” Lorraine explains.

“We’re remote...and so to help us out here, it saves us on funds”

Lorraine first heard about Food Bank of Northern Nevada a few years ago through a referral. She brought the news to Linda and suggested they visit a nearby Mobile Harvest to check it out.

Right away, the resource became a helpful tool, ensuring the sisters could supplement

their grocery budgets locally, with items that can be hard to afford, like fresh fruits and vegetables.

Now, Linda and Lorraine come to their local Food Bank of Northern Nevada Mobile Harvest every month. “It’s nutrition,” Lorraine says, adding, “it’s cutting the cost [of food] for us.”

With the ingredients from Mobile Harvest, Lorraine says, “I like to make salads and soups.”

“I like to eat her salads,” Linda jokes with a smile.

Your generosity means so much to communities across northern Nevada and eastern California Sierra. Thank you for investing in our network of food access, ensuring accessible nutrition for all!

GURNIR SAYS, “WE’RE HERE TO HELP!”

Gurnir, 24, has big plans to help people in her career. “I’m planning on being a nurse – I’m studying,” she shares. But she’s also helping people today, in her job as a caregiver and as a volunteer for Food Bank of Northern Nevada.

“I thought working in the Food Closet would be great, because I could help out anyone that needs help with food,” she explains.

Once a week, Gurnir volunteers at a Food Bank of Northern Nevada partner food pantry to ensure food access is available to our neighbors. So far, Gurnir has helped on the floor at the Food Closet, assisting visitors directly.

She’s also learning what items the Food Closet can order for The Emergency Food Assistance Program (TEFAP), to better serve families facing hunger.

When the USDA purchases food for TEFAP, regional agencies – such as the Food Bank of Northern Nevada – distribute it. The list of foods available to our eligible partners includes over 130 products like fruits, veggies, proteins, and more.

“I thought working in the Food Closet would be great, because I could help out anyone that needs help with food.”

If you’ve ever wondered what it’s like to volunteer with Food Bank of Northern Nevada or one of our partners, Gurnir hopes you’ll join us to try it out. “It’s heartwarming to know we’re here to help,” she says.

Thank you, Gurnir, for donating your time to help provide hunger relief in our communities!



Volunteering is one way Gurnir cares for her community

FOOD BRINGS US TOGETHER

Wherever Danielle goes, she always ends up making friends. That's just the kind of person she is – kind, thoughtful, and caring.

Danielle's life changed drastically in 2010, about a decade after she moved to Reno from Minnesota. She was in a severe car wreck, which affected her ability to work and left her with a disability, as well as chronic pain.

**“It does mean a lot...
it's amazing,”**

Danielle's husband, Paul, has been a helpful shoulder to lean on as Danielle recovered. He works in a local warehouse, which means the couple has one income, but it isn't always enough.

“Our income is not going as far as it used to,” Danielle shares – a sentiment that's true for so many of us. So, to make ends meet, Danielle comes to her local Food Bank of Northern Nevada partner food pantry.

“I love the veggies here. Really, everything is top-notch and fresh,” she says, adding that the community is just as valuable to her as the food. “They are the nicest people...I met my dear friend Wenda here.”

Danielle counts you as a caring friend, because you help fill the table for her and



Danielle appreciates the food and community at her local food pantry.

Paul. “It does mean a lot...it's amazing,” she says in gratitude!

THANK YOU FOR SUPPORTING THE FOOD BANK OF NORTHERN NEVADA!

Dorothy Lemelson Foundation
Elevance Health Foundation
Feeding America
Kroger Company Foundation

Northern Nevada Public Health
NV Energy Foundation
Renown Health
Robert Z. Hawkins Foundation

State Farm Companies Foundation
The Deborah and T.J. Day Foundation



PO Box 50550
Sparks, NV 89435-0550
www.fbnn.org

