

ALL FAITHS FOOD BANK HOLIDAY 2025

FOOD *for* THOUGHT



THANKFULL
ALL FAITHS FOOD BANK

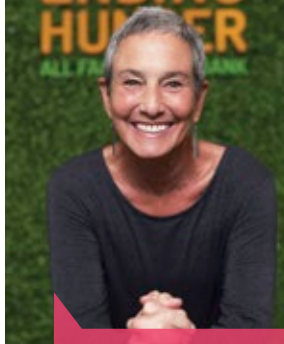
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Healthy Holidays Ahead, Thanks to YOU!



Nelle S. Miller
President & CEO

Dear Neighbor,

It's hard to believe 2025 is already nearly over, and another holiday season is upon us. **Thank you** — because despite the hardships we've all faced this year, you've shared hope with our neighbors facing hunger.

For anyone experiencing food insecurity, the holidays can feel especially out of reach. Food prices are already breaking budgets — and now, with news of SNAP and Medicaid cuts, more people are seeking assistance this fall and winter.

Hunger wears down the health and hope of our community members. And it doesn't stop for the holidays. That's why we hold our annual ThankFULL Campaign — to share much needed food and joy with anyone who needs a little extra help right now.

Our programs and partners serve children, families and seniors, as well as veterans. Twice monthly, we host a mobile pantry dedicated to our neighbors who have served in the armed forces.

I hope you'll consider joining us in our efforts this holiday season, to turn empty plates into nourishing meals for veterans, and neighbors of all ages, facing hunger.

Please enjoy this issue of *Food for Thought*, which is full of hopeful stories that **you** helped make possible. On p. 3, you'll meet Lauren, just one of many neighbors who can count on reliable food access thanks to you.

Thank you again for sharing hope across our community. My best wishes to you and yours this holiday season!

Happy holidays,

Nelle S. Miller
President & CEO



The season of plenty?

The need has never been greater.
The resources have never been fewer.




THANKFULL
ALL FAITHS FOOD BANK





Give today at
allfaithsfoodbank.org


Give smart and make a difference before year-end!

As year-end approaches, there are several ways to give to All Faiths Food Bank while enjoying financial benefits for yourself:

 **Donate appreciated stock:** Give your appreciated stocks to All Faiths Food Bank and eliminate capital gains tax.

 **Give from your IRA (if you are 70 1/2 or older):** Regardless of whether you itemize your taxes, this gift helps you fulfill your required minimum distribution and is not considered taxable income.

 **Charitable remainder trusts:** You may benefit from funding these with appreciated property to avoid capital gains taxes.

 **Donor-Advised Funds (DAF):** Make a gift with a grant through your donor-advised fund.

 **Legacy giving:** Help end hunger by including All Faiths Food Bank in your estate plans and becoming part of the Ending Hunger Society. To learn more, please contact **Rachel Bradley** at 941.549.8140 or rbradley@allfaithsfoodbank.org.

You Help Fill Lauren's Table

This holiday season, Lauren is especially grateful for the kindness of our community. She and her husband are raising their 15-month-old baby, while also running a small business from home.

"The cost of groceries is extremely high, so the fact that this is available is so lovely. I feel extremely blessed by that."

When an unexpected setback left them struggling to afford groceries, Lauren's relative told her about All Faiths Food Bank's mobile pantries.

"I have a family member who had come to the food pantry before when they were in financial duress," Lauren shared. "They found it very helpful to get them through a slump that they

were having in their life, and they were able to feed their family."

For Lauren and so many others, the mobile pantry is more than a source of food — it's a source of hope and comfort during the holidays, especially as government funding cuts, tariffs

and increasing living costs impact more families than ever.

"The cost of groceries is extremely high, so the fact that this is available is so lovely. I feel extremely blessed by that," Lauren said.

Lauren shares a big smile of gratitude.



Cynthia has been joyfully giving her time at the Food Bank for the past four years.

Our circumstances can change at any time," says Cynthia Berkovsky, a dedicated All Faiths Food Bank volunteer of nearly four years.

After retiring, Cynthia made a commitment to give back — and she's stayed true to that promise, volunteering 24 to 30 hours each month at mobile pantries in North Port and Venice.

Cynthia's Commitment — Giving Back With Gratitude

"There are a lot of people who have food insecurities — and no one in America should," Cynthia says. "That's what motivates me. The people that come through the line, they're amazing. They are so upbeat, they are so friendly, and they are so grateful. And that's what keeps me going."

Cynthia recalls how often neighbors express their thanks as she greets them with a smile and a warm "How are you?" before loading their trunks with groceries. "I always tell them it's my pleasure," she adds.

For Cynthia, volunteering is about more than distributing food — it's

about connection and compassion, especially during the holiday season.

"It's worth it to see the joy on people's faces and the kids in the car when you give them something special," she says. "And the organization itself — the leadership, the employees — they're so dedicated. It makes you want to do it. It makes you want to be a better person."

Thank you, Cynthia, for faithfully showing up with heart, empathy and a smile. Your kindness makes such an important impact on our community at this time of year!

Healthy Meals for Crystal's Family

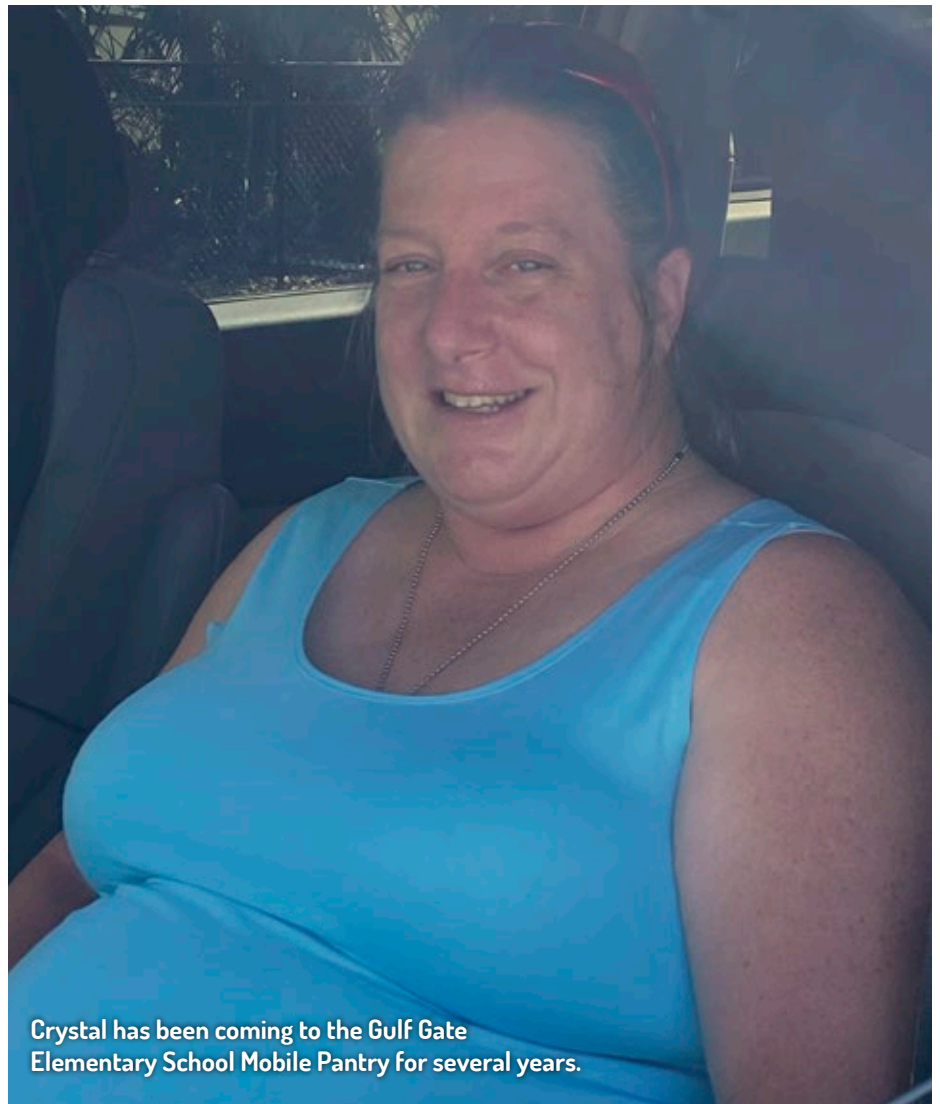
Crystal has been a Sarasota neighbor ever since she moved with her family from Pennsylvania when she was in high school. Now a parent herself, Crystal loves what our community has to offer, and often takes trips to the park with her two children.

In addition to caring for her kids, Crystal also works part-time as a nanny and house cleaner. She enjoys the work, although the hours aren't as steady as she'd like.

"I like the fresh vegetables...I get the canned goods...it's all good. I like it all."

Like many of our neighbors, Crystal has been feeling the impact of high living costs too. Once rent is paid, she says the budget is tight. "Whatever's leftover is not very much."

Although rising prices make it difficult to make ends meet, friends like you



Crystal has been coming to the Gulf Gate Elementary School Mobile Pantry for several years.

ensure that Crystal and her family consistently have enough to eat. At the Gulf Gate Elementary School Mobile Pantry, she can access produce, shelf-stable goods, protein and more.

"I like the fresh vegetables...I get the canned goods...it's all good. I like it all," she says appreciatively.

With these grocery items, Crystal makes healthy family meals. Veggie stew is a favorite, she shares. She's grateful for the variety of produce that you help supply, which makes the holiday season bright and healthy for her family!

Government budget cuts are putting additional pressure on local families already struggling to make ends meet.

With fewer safety nets in place, more of our neighbors are turning to the food bank for help. As demand grows and resources shrink, your support is more vital than ever.

Together, we can ensure no one in our community goes hungry.



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Connect with us online:

