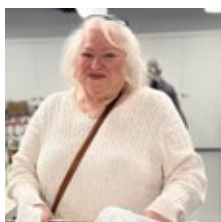


food for thought



Fall 2026

A HEALTHY FALL FOR IRENE AND HOWARD



Irene, 66, spent her career working behind the scenes for the city of Fort Myers, making the community what it is today. "Everything you can possibly think of, I did," she says. The job on paper was finance

coordinator, but she remembers wearing hats from office manager to event coordinator.

Retirement gave Irene a chance to catch her breath and spend cherished time with her husband, Howard, an Air Force veteran. But it also brought a new challenge to the couple.

(Continued on page 3...)



GREETINGS, FRIENDS OF ALL FAITH FOOD BANK!



Nelle S. Miller,
President & CEO

Dear Neighbor,

I'm happy to welcome fall alongside you as our community settles into the back-to-school season and the busy months ahead.

At All Faiths Food Bank, our work

continues. Because hunger is close - too close for comfort - in our neighborhoods, workplaces and children's schools.

Food insecurity impacts all of us. Right now, it's affecting a record number of people - many of whom work full-time jobs, but still can't seem to get by.

Despite the high cost of living and economic uncertainty, we're here to stay. And that's because of you. You help make sure neighbors can get groceries even after an unexpected car expense, a medical bill or their paycheck just runs out.

I'm grateful we can continue working together, day after day, to show up for our community. Partners like you make it possible.

Your support is at work as you read this, making a difference for community members like Irene and Howard, p. 3. I hope their story, and the other stories in this issue of *Food for Thought*, inspire you.

I look forward to seeing the impact we can make this back-to-school season. Hunger is close, but hope is closer.

Sincerely,

Nelle S. Miller
President & CEO



The need has never been greater.

**Hunger is in season.
Give now**



allfaithsfoodbank.org

Less paper. More impact.

Share your email address to receive meaningful updates, inspiring stories and a closer look at how your support is helping neighbors thrive.

Scan the QR code

to update your contact information and stay connected.



A HEALTHY FALL FOR IRENE AND HOWARD

(Continued from page 1...)

"As retired older people, it's a little bit more difficult [to afford food]. We can't work overtime," she explains.

Thankfully, it's still possible for Irene and Howard to cook their favorite meals, like

chicken soup. That's because they stop in at Lift Church, an All Faiths Food Bank agency partner.

"I'm so blessed to be able to come and do this," Irene says. Often, she shares the fruits and veggies she receives with neighbors and friends, making sure nothing goes to waste.



I'm so blessed to be able to come and do this



A little extra help takes a major stressor off Irene and Howard's shoulders. Their golden years are feeling much more restful with nourishment and community to rely on.

"I am just so grateful for the help," she says. "I wish they knew how grateful!"



"SOMETIMES, IT'S JUST MEANT TO BE!"

There are two roles that keep Cindy busy these days. The first is *grandmother* to two, 12 and 14. Cindy doesn't miss any opportunities to spend time with them. The second? *Volunteer*.

"I know how grateful I am...to give some of my time back," she says.

Cindy didn't start out volunteering at All Faiths Food Bank's choice pantry, Margie's Market, but after her first shift, she knew that's where she wanted to be. "I've been going there ever since," she says. "Sometimes, it's just meant to be!"

Cindy has been navigating health challenges recently, so she's not working. Volunteering gives her a routine, an important purpose and a direct line to the community.

Every week, she comes home feeling inspired by the people she gets to work alongside. "If I could tell you how special the staff are...it's incredible,"

she says. "They care about each other. They care about the community. They care about the people that walk in."

Cindy encourages everyone to volunteer. "If you give it a shot, you will enjoy it," she says. "[It] led me to meet some wonderful people." Thank you, Cindy, for helping Margie's Market reach our community!



Please consider volunteering over the fall to help distribute food to neighbors at mobile pantries throughout Sarasota and DeSoto counties. Scan the QR code to learn more and get started!



A FAMILY'S WEEKLY VISIT



Judith, Ricardo and Shakella carpool to Margie's Market every Tuesday

Shakella's two little ones, 3 and 4, are on the cusp of starting school. They've grown up fast, and she couldn't be prouder.

We met Shakella, along with her brother, Ricardo, an Army veteran, and mom, Judith, at Margie's Market, an All Faiths Food Bank choice pantry.

Many of the foods the family picks up wouldn't be affordable otherwise. "Groceries are [priced] high, doing nothing but getting higher," Shakella says.

Thankfully, nourishing food is just a short drive away.

All three shared with us how helpful it is to have food access through Margie's market. "It helps a lot," Judith says. "If I can save here, I can put gas in [the tank]."

“

It's not like 'eat or drive?' now

”

"It's not like 'eat or drive?' now," Ricardo adds.

"I love when I can get a lot of stuff for the kids," Shakella says. Pediasure and kid-friendly snacks fill her basket, along with ingredients like fruits, vegetables, "and, of course, the meat," Judith chimes in.

Thank you for helping fill this family's table!



AUTUMN HARVEST



Oct. 16, 2026 | 6:30 p.m.
All Faiths Food Bank

20th Anniversary BOWLS OF HOPE



Nov. 8, 2026 | 11 a.m.
Ed Smith Stadium

FRIENDS FULL OF GIVING



Nov. 14, 2026 | 5:30 p.m.
The home of Dan and Shannon Connors

For more information, please contact **Jeremy Lisitza**
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