

ALL FAITHS FOOD BANK HOLIDAY 2024

# FOOD *for* THOUGHT



ENDING  
HUNGER™  
ALL FAITHS FOOD BANK



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## Your Neighbors Are Giving Thanks for YOU!



Nelle S. Miller  
President & CEO

Dear Neighbor,

The holidays are fast approaching, and with them, a season meant for good food and generosity. Many neighbors will be able to celebrate around a full table because you support All Faiths Food Bank — so **thank you**.

The cost of living is still a serious barrier to food access. More than 70,000 of our neighbors looked to us for help this year. But because you choose to give, hunger relief is available and accessible throughout Sarasota and DeSoto counties. For that, I'm so grateful.

This time of year, I hope you'll consider making an even bigger impact by joining our ThankFULL campaign to help turn empty plates into ThankFULL Hearts and Tummies.

Your partnership truly shares holiday cheer with anyone facing hunger, including families, children and individuals who have served our country in the armed forces.

Your support is vital to ensure All Faiths Food Bank can operate special programs, like our twice-monthly food distribution dedicated to veterans.

I hope this issue of *Food for Thought* illustrates the difference you make for veterans and civilians alike — including Jacky, page 3, who has a message of thanks and gratitude for friends like you.

Thank you again for sharing hope across our community, and please enjoy a wonderful holiday season!

Happy holidays,

Nelle S. Miller  
President & CEO



When basic costs increase, food can be the first to go. You can help put food back in the bag this holiday season. Turn empty plates into ThankFULL Hearts.






Join the ThankFULL campaign today!



Give today at  
[allfaithsfoodbank.org](http://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're a Lifeline for Jacky

Our neighbor Jacky has faced her share of challenges in recent years, but nothing can dull her brave and caring heart.

When we met her, Jacky emphasized that health is her biggest focus right now, especially since she started chemotherapy for a cancer diagnosis. Budgeting can be hard, she says, especially trying to balance the cost of living with her medical expenses.

"I'm trying to make ends meet just to survive, because my cancer [treatment] is so expensive...I just do the best I can every month," she explains.

*"We're very grateful. Everything [you] give is a blessing."*

"And this is such an enormous help," she adds, speaking of the nutritious food she picks up at the Booker

Middle School Mobile Pantry, an All Faiths Food Bank program.

Because Jacky has multiple food allergies, she's especially grateful that your help enables her to access healthy, allergen-free foods that last up to two weeks.

Always one to think of her family and neighbors, Jacky shares the food she

picks up with her adult daughter, who lives nearby.

"We're very grateful. Everything [you] give is a blessing," she says, adding, "I don't think a lot of people would eat if we didn't have the help. People would just go hungry." We couldn't have said it better — thank you for your support this holiday season!



Jacky picks up allergen-free food at her local mobile distribution.

## The Power of a Food Pantry

At the North Port High School Pantry, students, faculty and staff come together to create a stronger community for all.

Both students and staff members access nutritious food items at the food pantry. Over 80 members of North Port's Bobcat family rely on it — four times more than just a few years ago.

But hunger relief isn't all the food pantry accomplishes. It's also a volunteer opportunity for students who want to get involved and help.

Student volunteers help place weekly orders, unstack pallets, stock the freezers and distribute food.

"This is so crucial and important for students," says Jamie Chavarria, a teacher in the Exceptional Student Education program (ESE), which caters to students with special

needs. The ESE students learn life skills and develop job preparation through volunteering, Jamie adds.

Hayden, a student volunteer in the ESE program, says "I like delivering stuff... [and] helping people."

"It helps so many people that are in need of food," says Shannon Thornton McGuire, an Employee Transitional Trainer who assists with the ESE program.

Thank you, North Port High School students and teachers, for your incredible hunger relief efforts!



# Risa and Yeremiah Say, “Thank You!”

Risa and Yeremiah work hard to provide for their family of eight, which includes their children and grandchildren.

With a savings account and two incomes, things were going smoothly until Risa was involved in a car accident and needed surgery to recover.

“One accident can lead into a chain reaction,” Risa says, speaking to the reality that countless neighbors are experiencing this holiday season.

*“Thank you. You help us a lot. You keep our bellies full, and we appreciate it.”*

Risa and Yeremiah had to empty their savings to cover Risa’s treatment. “The surgery wiped out our bank account because we had to pay out of pocket,” she explains.

Without a safety net to fall back on, the family faced two years of challenges, including housing insecurity and hunger. But things began looking up

With many families displaced and experiencing loss of income due to recent hurricanes, your support is needed more than ever this Thanksgiving.

**Thank you for providing help this holiday season!**



Risa's son smiling at the camera.

when Risa and Yeremiah’s daughter learned about All Faiths Food Bank.

A visit to the Riverview High School Mobile Pantry showed that help is always available, thanks to your generosity. Fresh produce, including Risa’s favorite fruits, meats and other staples, are among some of the foods they bring home.

With the nutritious foods from the distribution, the family can prepare

wholesome dinners again. Yeremiah especially loves lighting up the barbecue to cook.

“Thank you. You help us a lot. You keep our bellies full, and we appreciate it,” Risa says sincerely.



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