



The Story:

*Solving hunger
today for a hunger
free tomorrow.*

Spring 2024



**Thank You for
Taking Hunger
Off the Table!**

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Dear Friend,

Theresa Mangapora
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These continue to be challenging days for many families and individuals throughout the six counties served by the Brazos Valley Food Bank (BVFB). Hardships of the past few years and still high prices make it difficult for many neighbors to pay bills and put food on the table — especially older adults trying to make ends meet on a fixed income.

According to Feeding America's "The State of Senior Hunger in America" released in April 2023, food insecurity is even higher for seniors who live alone, are disabled, or have grandchildren living with them.

Rick and Virginia, featured in this Spring newsletter, are local seniors who find themselves visiting one of our Mobile Food Pantries to make ends meet. Both are retired, so their income is fixed, and Rick's health issues have accrued a stack of medical bills that seem insurmountable.

But because friends like you care, BVFB is able to distribute a box of shelf-stable food, including fresh produce, frozen protein and bakery items each month to seniors, as well as all Mobile Food Pantry visitors. This outreach is especially helping our Brazos Valley neighbors, like Rick and Virginia, live their golden years with one less thing to worry about.

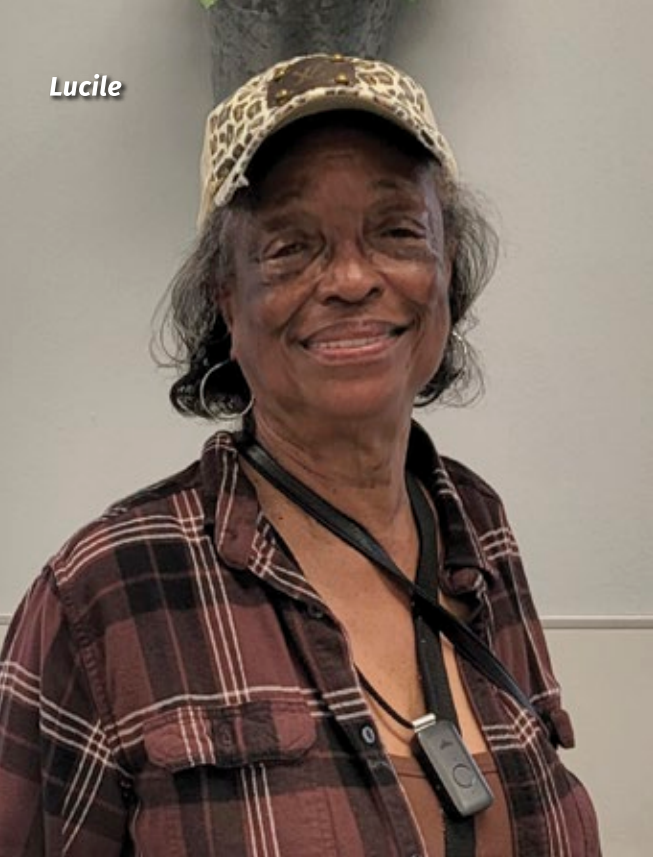
I sincerely thank you for your ongoing support of BVFB which directly impacts the lives of older adults, families with little ones, and any individual who is experiencing hunger.

On behalf of our neighbors who are getting help when it's needed most, thanks for partnering with BVFB again today.

Warmly,

Theresa Mangapora
Executive Director

Lucile



“I was the oldest of six children, so I sacrificed eating to make sure my younger siblings ate.”

Helping Seniors on Limited Incomes Make Healthy Choices

The Brazos Valley Food Banks (BVFB)’s Nutrition Education team teaches healthy eating and cooking classes all over the Brazos Valley, including at The Lincoln Recreation Center in College Station where Lucile is a frequent visitor.

She’s thankful for this support because she knows what it means to experience food insecurity.

“I went to school hungry,” she says. “I was the oldest of six children, so I sacrificed eating to make sure my younger siblings ate.”

Lucile has been diagnosed as prediabetic, so she especially appreciates BVFB’s classes, that are free, that focus on healthy eating on a fixed budget. She also appreciates the encouragement and tips from BVFB’s Nutrition team to maintain an active lifestyle.

Thank you for your partnership that ensures BVFB continues to educate and encourage healthy eating for Lucile, her neighbors, and others facing hunger in our communities in order to keep chronic conditions at bay.

Proud to Serve Neighbors Facing Hunger

The men and women assigned to the USS George HW Bush CVN 77 Aircraft Carrier are proud to serve, even when they’re ashore.

The ship just got back from an 8 ½ month deployment abroad and will undergo maintenance for a few months. Some of the crew members have signed on to give their time volunteering with the Bush Library, as part of their partnership with the Bush Foundation and the Brazos Valley Food Bank (BVFB).

“It’s all about serving our country,” says one of the volunteers. “Whether abroad or at home, we’re always willing to serve where we’re needed.”

“It’s good to be back home and giving to my community,” said one sailor, originally from Plantersville, in Grimes County.

BVFB is thrilled to partner with committed individuals like the team from the USS George HW Bush, as well as all of our selfless volunteers. Special service projects like this one ensure critical food is packed and delivered to areas where it is most needed in the six counties we serve.

**You are invited to volunteer with us, too!
Sign up now at www.bvfb.org/volunteering.**



Crew assigned to the USS George HW Bush CVN 77 Aircraft Carrier & Volunteers from the George Bush Library extend their service to the home front.



Rick and Virginia



There Are So Many Ways to Volunteer with BVFB!

In BVFB's Volunteer Center:

- Sorting food into Like Categories
- Assembling food into Children's BackPacks, Senior Bags, Mobile Pantry, Home Delivery and/or Chronic Disease Prevention Boxes

At BVFB's Facility (but not in the Volunteer Center):

- Loading, Unloading and Pulling Warehouse Orders
- Maintenance of the onsite, Together We Grow Garden

Other Volunteer Opportunities:

- Weekly Local Grocery Store Food Donation Pick Up
- Direct food distribution at the Madison County Mobile Food Pantry (Madison County Fairgrounds)
- Spanish Translation for our Home Delivery Program, Project GotEM

To provide vital programs for neighbors who face hunger in the Brazos Valley, BVFB relies heavily on the time and talents of volunteers. Each activity has different time and ability requirements. Visit our website to learn more AND to sign up. www.bvfb.org/volunteering

Your Senior Neighbors Are Thankful for You

The best part of the day for retirees Rick and Virginia is when their grandchildren come over after school. As a retired daycare worker, Virginia of course loves children. Having her grandchildren and great grandchildren living on the same block is a dream come true.

"It's such a blessing to see everyone together almost daily," she says.

Rick, a retired maintenance worker from Texas A&M University, is thankful to have family nearby, too, especially after suffering a stroke a few years ago. And while he has largely recovered physically, financially, the strain of medical bills continues. "I had to do physical therapy, which got expensive," he says.

Like many older adults, it's a constant challenge for Rick and Virginia to stretch their fixed income to pay bills and buy food.

So, they were thrilled to hear BVFB's Brazos Mobile Food Pantry in their community offers fresh fruit and vegetables, protein, dairy, and basic pantry items.

"Being able to supplement our groceries is wonderful," Virginia says.

The joy of having grandchildren and great-grandchildren visiting daily after school is immeasurable, and the ability to stretch their budget through the support of the Brazos Mobile Food Pantry ensures that these moments remain precious and untainted by financial worry.

Thank you for partnering with BVFB again today to take the worry off the table for older adults in our communities.

"Being able to supplement our groceries is wonderful..."

