

The Story:

Solving hunger today for a hunger free tomorrow.

WINTER NEWSLETTER 2020



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***Thank You for Making
Sure Your Neighbors
Have Enough to Eat***



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Dear Friend,

When I joined the [Brazos Valley Food Bank](#) (BVFB) team 15 years ago, I was stunned by the rate of senior poverty throughout the Brazos Valley. Texas has the sixth highest rate of senior food insecurity in the nation at 10.5 percent.

This crisis is what drove us, with help from the Beaumont Foundation of America, to launch a Senior Bag/Senior Outreach Program in 2007, which has nourished numerous low-income, homebound seniors with shelf-stable food for the weekend when hot meals aren't being delivered.

Without our Senior Bags, hunger for some seniors in the Brazos Valley would mean:

- Increased risk of frailty, leading to potential physical limitations, such as mobility;
- Risk of additional health issues including depression from isolation, heart disease and diabetes.

The absence of food can hinder, even deteriorate our senior neighbors' well-being. Older adults facing hunger also face the stress of impossible trade-offs, like whether to purchase food or fill an important prescription.

What a dishonor that is. Seniors have raised families and worked hard to make the Brazos Valley a better place. Because of their many experiences, they have so much wisdom to share – and their benevolence and insight can be stifled because of hunger.

Please help BVFB share healthy food so that every resident of the Brazos Valley is able to contribute deeply and richly to this life and this community.

Gratefully,

Theresa Mangapora
Executive Director

You're a Lifeline to Charles

Covering monthly expenses wasn't a problem when Charles worked as an electrician. But one day he fell from a ladder and severely injured his back. He's no longer able to work, and adjusting to life on a fixed disability income has been a struggle.

To further complicate his situation, Charles must pay many medical costs out of pocket. His doctor recently prescribed a new medication that would total more than \$200 a month.

Charles spends much of his time caring for his young granddaughter and picks up mechanic jobs when he can to supplement his income. But being on his feet causes tremendous pain. Since his new medicine is vital to his recovery, he often can't afford the basics – like food.

Fortunately, he found out about the [BVFB's](#) Mobile Food Pantry that distributes fresh, frozen and shelf-stable nutritious food near his home in Grimes County. As he works to find assistance to afford his prescriptions, Charles has access to quality nutrition.

He knows the Mobile Food Pantry, traditional food pantries and other food distribution programs wouldn't be possible without friends like you and was excited to share his gratitude.

"I appreciate the help," Charles says. "A lot of people would go hungry without this."



CHARLES

Our Sincere Thanks to Terry!

Terry was introduced to [BVFB](#) in a novel way: His son began volunteering to pay off a couple speeding tickets, and Terry tagged along!

Terry's no stranger to service – his was actually the second number drawn for his age group in the Vietnam draft. He received an educational deferment to get a commission and served in the military for 25 years before retiring as a Colonel. After over six years of active service, Terry

continued giving time through his local Lion's Club and Wells Fargo, where he worked for more than 30 years. Unfortunately, he's also familiar with hunger.

"I've experienced some hunger in my life," Terry says. "I know how important it is to have nutritious food."

Growing up, his family often struggled to keep food on the table. Terry was grateful for the leftover food he took home from the drive-in theater where he worked, but he will never forget the effects unwholesome food had on his body and energy level.

Nowadays Terry gives back through BVFB's Volunteer Leadership Program. He also volunteers with the Mobile Food Pantry that distributes food at the fairgrounds in Madisonville. "You get to see the people who are served, and they're so grateful," he says.

Thank you, Terry, for your leadership in fighting hunger here in the Brazos Valley!



TERRY



SISSY (MIDDLE) WITH LULAC STAFF

Thank You for Sharing Hope With Local Seniors

“At this stage in my life, I never thought I’d be on food stamps [now known as the Supplemental Nutrition Assistance Program or SNAP],” Sissy says of her current situation.

But that’s been the reality since she retired. Sissy enjoys spending time with her family — she has nine grandchildren and one great grandchild, with another on the way! She supported her children both as a school bus driver and home healthcare worker. Sissy actually used to care for older adults at LULAC Apartment Homes, the senior housing complex where she now lives.

LULAC partners with [BVFB](#) to make sure seniors like Sissy have enough to eat through a onsite Client Food Pantry and with the Senior

Bags. Older adults can choose food items like eggs, produce and healthy canned goods from the pantry each week and/or receive a weekly bag of food filled with nutritionally balanced, easy-to-prepare items that supplement their meals.

Sissy signed up for Senior Bags in October of 2018 and appreciates the healthy items she receives.

“You never know when it’s going to be you who’s needing the bags,” she says.

Always the caregiver, Sissy still checks in on fellow residents who are facing health problems. She’s truly grateful to have your help putting balanced meals on the table — for herself and others.

BVFB Special Winter Projects

COLLEGE STATION ISD’S (CSISD) ANNUAL SCHOOL’S OUT FOOD & FUND DRIVE

Week of April 27

Join this annual competition among all CSISD schools for the most food and funds collected! The event is organized by the city-wide PTO, and all proceeds benefit BVFB.

STAMP OUT HUNGER

May 9

Stamp Out Hunger is the National Association of Letter Carriers’ (NALC) annual food drive. Place your non-perishable food on your porch before your letter carrier’s normal mail delivery on May 9, but call your local post office to make sure your letter carrier is participating.

H-E-B HELP END HUNGER

Mid-May through June

H-E-B stores in Bryan, College Station and Brenham accept \$1, \$3 and/or \$5 donations from shoppers throughout this in-store tear pad campaign at all registers! Your gift is added to your grocery bill, and all H-E-B Help End Hunger proceeds benefit BVFB.



BRAZOS VALLEY
foodbank

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