

BRAZOS VALLEY FOOD BANK

The Story:

*Solving hunger today for
a hunger free tomorrow.*

HOLIDAY 2021



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**We're Thankful
for YOU This
Holiday Season**



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Dear Friend,

This year, by all accounts, was supposed to be a better year than 2020. In reality, 2021 has been really tough. In addition to a never-ending pandemic, we faced a catastrophic winter storm, followed by a major hailstorm. It is and has been a lot.

And now the holidays are here – a time that should be joyous. But, honestly, we're all feeling additional stress worrying about the health of loved ones and wondering what the holidays will look like this year.

Hopefully, your holiday plans this year include a full menu of your favorite holiday traditions. As we all know, not everyone in Brazos Valley is so fortunate.

When times are as tough as they are now, it is beneficial to find healthy ways to cope with stress. A great way to do this is to take care of ourselves, which includes our mind and our bodies. An important component of taking care of our bodies includes eating right.

Food is energy, food is medicine, food is nourishment. Doesn't everyone deserve the same access to it?

We value your partnership that makes nutritious meals available to neighbors in need. We hope this newsletter inspires you to deepen your investment in the Brazos Valley Food Bank (BVFB) and, more importantly, your neighbors facing hunger.

2022 is right around the corner, and we have more work to do.

Gratefully,

A handwritten signature in black ink, appearing to read "Theresa Mangapora".

Theresa Mangapora
Executive Director

You Bring Aid to Rural Communities

Chelsea works hard as a home care aide for a local mother and her son who both have muscular dystrophy. The family Chelsea works for utilizes the Washington Mobile Food Pantry, a BVFB mobile pantry at St. Peters Episcopal Church in Brenham.

Chelsea was glad to realize help was so close, especially because she and her 5-year-old daughter, Mia, have been in need of food, too. When she drove down to collect groceries for the family she works for, she also got fresh food for herself and Mia.

"I was aware of pantries in larger cities, but I didn't know this was so close!" Chelsea says gratefully. **"Thank you for bringing it to a smaller town because we need it too."**

You make critical resources like food available to Brazos Valley neighbors struggling to make ends meet. Thank you for providing relief to communities that often go unnoticed.



Chelsea is so thankful to receive nutritious food from BVFB's Washington County Mobile Food Pantry located at St. Peters Episcopal Church in Brenham.

Kent Gives Back to the Place He Loves Most

Kent Miles of Bryan was stationed at the local federal prison and moved to the area six years ago with his wife. As a career federal employee, he and his wife have lived in many places, but fell in love with the Bryan community. Kent knew when it was time to retire, he and his wife wanted to make Bryan their long-term home.

When that time came in 2018, Kent searched for places to volunteer in order to give back to the community that's given so much to him and his

family. As he looked, Kent remembered that the crisis management team at his former place of employment had taken a tour of BVFB.

Kent recalled they were very impressed with BVFB and its programs, so he signed up to volunteer. He's come back regularly ever since – and has even achieved the distinction of Volunteer Leader.

Having worked in the prison system, Kent is familiar with a lot of resources meant to help the community. But he was especially moved by the quality of services that BVFB and our partners provide.

Kent recommends anyone with free time volunteer at BVFB, saying, **"It's hard to describe the impact [the Brazos Valley Food Bank] has on the community."** There is such a positive impact and such a great need."

To join Kent and the volunteer team, please visit www.bvfb.org/volunteering.





Henry Shares His Success with You

Henry moved to College Station from New Orleans a year ago in the thick of the pandemic. The move was difficult. He left behind all his friends and was unemployed and struggling to support himself when he arrived in the Brazos Valley.

Henry's grandmother is the one who suggested he enroll in Together We Grow (TWG) at BVFB, a program dedicated to empowering individuals to reach career goals and gain food security.

Henry is making his way through TWG, learning and strengthening skills that will help him build a successful career.

"(TWG is) just great," Henry says. ***"I have been all the way down and I have been up, and I can tell who genuinely wants me to***

succeed and the people at the Food Bank do."

Henry is now employed as a contractor for Professional Transportation Inc. and is in a much better place financially and personally. He's able to support himself and plans on utilizing his newly learned skills to further his success in life.

"I can't even explain how thankful I am," said Henry. "I am just grateful."

Henry is proof that investment in our neighbors in need – whether through education or direct food resources – positively changes lives. BVFB and the people we serve like Henry are grateful to have help from friends like you. Thank you!

Mark Your Calendar For...



THE 26TH ANNUAL KBTX FOOD FOR FAMILIES FOOD DRIVE

Wednesday, December 1st – 5 a.m. - 7 p.m.

Drive-Thru Food and Monetary Collection!

Visit <https://www.kbtx.com/food-for-families/> for more details.



MINGLE FOR MEALS

February 2022 (date TBD)



BRAZOS VALLEY
foodbank

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