the STORY

Solving hunger today for a hunger free tomorrow.

Spring 2026

BRAZOS VALLEY foodbank

Dear Friend

Theresa Mangapora
EXECUTIVE DIRECTOR

When I started in this role in 2005, I was shocked at how poverty and food insecurity data revealed that kids and older adults in the Brazos Valley were disproportionately affected. Sadly, 20 years later, this is still the case.

Back then, we distributed food exclusively through Partner Agencies, most of which were food pantries. But the idea of being able to supplement food aid to these special populations was a goal of mine.

In 2007, BVFB started its Senior Outreach Program (SOP), commonly known as Senior Bags. This program increases access to vital nutrition, providing healthy food items on a weekly schedule to seniors who are often homebound and living on fixed incomes.

During the pandemic, we started Project GotEM, a food box home delivery program, which primarily serves seniors and families who have a limited ability to visit food pantries.

Your support continues to help provide food assistance to seniors through food pantries, Senior Bags, Fresh Food Drops, Mobile Food Pantries, Project GotEM, and health partnership food interventions.

On the following pages, you will meet seniors who have benefited from these programs. Not only do these stories bring these programs to life, but they serve as a reminder of the resilience of our neighbors facing hunger.

Gratefully,

Theresa Mangapora
Executive Director

Board of Directors

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Mobile Pantry Stretches Charlotte's Grocery Budget

*Photo changed to protect privacy

For many years, Charlotte ran her own resale shop at a flea market. Eventually, she closed the shop so that she could focus on caring for her husband, who in 2023, lost his battle with cancer.

> *"I get the staples I need...to put a meal on the table."*

With grown children out of the house, Charlotte found herself on her own. That's when Charlotte's sister moved from out of state to live with her. Charlotte now knows her children have peace of mind, knowing that she's not alone.

Like many seniors, Charlotte sometimes has a hard time affording enough groceries, especially healthy food. She was relieved to discover she can visit a Brazos Valley Food Bank (BVFB) Mobile Food Pantry in Madisonville, to supplement her grocery budget.

"I don't have to worry about food, and I get a variety of things," Charlotte says. "I get the staples I need like sugar and flour — things I need to put a meal on the table."

Charlotte's father taught her to always arrive early, so she does her best to be the first car in line at the monthly Mobile Food Pantry.

For anyone else who needs food assistance, Charlotte shares, "Help is out there, just get in touch with BVFB for a list of times [that pantries are open]."

Your generosity helps provide a lifeline for Brazos Valley seniors and neighbors of all ages — people whose stories are not always evident by looking at them. Thank you for sharing hope, care, and nourishment.

You Help Make Senior Outreach Program Possible

Most of us hope that retirement will be a chapter of joy and relaxation. But unfortunately, many older or retired adults face other stressors and worries.

According to Feeding America, 9 million seniors (1 in 7) are food insecure.

That's why the Brazos Valley Food Bank (BVFB) has created programs like its Senior Outreach Program (SOP) that partner with other organizations to make food even more accessible to older adults.

Each week, seniors in this program receive weekly bags of food with healthy, easy-to-prepare items from BVFB delivered through senior programs and/or their living facility. For seniors experiencing mobility or transportation challenges, this program is a lifeline.

SOP, with your support, helps ensure that the seniors most susceptible to hunger and frailty have nourishment. Together, we're ensuring that seniors are nourished without having to face the impossible choices of paying for food or medication, which so many seniors rely on to manage chronic conditions.

Thank you for helping seniors maintain health and dignity. You truly help nourish our neighbors across the Brazos Valley.

Senior Outreach Program (SOP) helps ensure older adults across the Brazos Valley have access to the nutritious food needed to support good health and well-being.

*Photo changed to protect privacy

Limited Mobility Makes Home Delivery a Lifeline

Teresa is retired and lives in College Station. She is independent and lives alone, but she loves the community and "the kindness of the people here."

"I don't plan on going anywhere," she says.

> *If it wasn't for this, I would really be in big trouble.*

Recently, Teresa has faced some new challenges – her knees are not what they used to be. Having already recovered from her first knee surgery, her second is right around the corner.

In addition to her limited mobility, her fixed income and Supplemental Nutrition Assistance Program (SNAP) benefits are not stretching as far in this economy. The reality is, she has found herself struggling to meet her nutritional needs.

Thankfully, Teresa is part of BVFB's Project GotEm (Going the Extra Mile), which is a home delivery service that provides boxes filled with nutritious, shelf-stable food, as well as seasonal produce, when possible, for neighbors with mobility or transportational challenges.

Because of partners like you, Teresa now has the nourishing food needed to support her health and recovery.

"If it wasn't for this, I would really be in big trouble," says Teresa. "Anyone on a fixed income would tell you the same thing."

Your partnership helps provide ongoing access to healthy food for neighbors experiencing food insecurity. Thank you for investing in our Brazos Valley community.

BRAZOS VALLEY foodbank
Pantry To Plate
CHEF CHALLENGE!

Pantry to Plate Chef Challenge

Join us for an unforgettable evening at the Brazos Valley Food Bank's second annual *Pantry to Plate Chef Challenge*!

On April 16, at the A&M Hotel & Conference Center, local chefs will face off in a thrilling cooking competition, using ingredients straight from the food bank warehouse to craft delicious creations.

Local celebrity judges will crown the winning chef—all in support of our mission to fight hunger in the Brazos Valley.

Sponsorships and tables to purchase are available at www.bvfb.org. Save the date and get ready to support a great cause in the most flavorful way!

BRAZOS VALLEY foodbank

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