

SPRING 2023



# Second Helping

**THE HUNGER HERO (THAT'S YOU!) UPDATE**

**INSIDE:  
HOW YOU HELPED A MILITARY  
VETERAN REGAIN HIS DIGNITY**





**Hard-working Maya had to skip meals to make sure her kids had food. But your thoughtfulness and generosity has her back on her feet and working towards a better future.**

Maya is a single mother of two precious children. And though she works hard as a commercial cleaner, she found it more and more difficult to make ends meet. The absence of child support from her children's father only added to her challenges.

Things became even more difficult when the price of groceries skyrocketed and her rent went up unexpectedly in February.

Fear of losing their home gripped her heart, leading her to seek help from a local church. They referred her to HIM Food Bank.

Because of your generosity, Maya received immediate assistance, including weekend backpack meals for her kids.



**"I never dreamed that just going to get food could change my life forever."**

She cried when she received her first grocery cart. And for the first time in months, she knew she wouldn't have to skip meals so her children could eat.

**Your support didn't stop at providing food. Maya was referred to a local community college to pursue her dream of becoming a nurse. She also found a preschool program for her youngest child, allowing her to attend classes and take steps toward a brighter future.**

*"I will always be grateful to the kind people who provided not only food but the hope that helped me to make a better life for my kids."*

Your generosity has made a tangible impact on Maya's journey. You've offered sustenance, stability, and the opportunity for Maya to pursue her dreams. The opportunity to pursue higher education has been a true blessing.

**You shine as a beacon of goodness!**

Together, we can create a world where everyone has access to the essentials and the chance to thrive.



**Alan was doing everything he could to make ends meet, even skipping visits to his three beloved grandchildren.**

Alan has never been afraid of hard work. At 68, he's a 10-year Marine Corps Veteran, worked in construction, and now he's an over the road truck driver.

Alan has faced some financial challenges in recent years. Despite his years of dedicated service, making ends meet has become increasingly difficult.

He cut his spending as deeply as he could. And he was heartbroken when he couldn't afford to drive to see his grandchildren.

But because of you, Alan's life has taken a heartwarming turn for the better.

Thanks to your kind heart, he can now rely on HIM Food Bank for nutritious food.

Your kindness has transformed Alan's life, filling it with warmth, nourishment, and a renewed sense of hope. You've given him dignity.

You've made it possible for him to focus on what truly matters – spending time with his grandchildren.

Thank you for being an incredible force of change and compassion. Your generosity truly makes a world of difference.

**"I just wouldn't be able to get what I need without HIM Food Bank. What else could I do? I would be eating Ramen noodles and that's all."**

## Our deepest thanks for your monthly gift!

When someone has to choose between food and rent or gas or medicine, they're afraid. Where can they turn?  
**They'll need help. And there you are.**

Your monthly gift is an island of certainty in a river of unknowns. Your constant kindness means people can get healthy food. It's one less thing they have to worry about.

*For your monthly gifts giving families hope and comfort, we cannot thank you enough!*

**Want to become a monthly supporter? Your monthly gifts will make sure kids don't go hungry, vets have healthy food, & seniors don't have to choose between food or medicine.**

*To join today, just use the back of the enclosed form. Thank you!*



**The USDA and other health organizations recommend eating 5 cups of vegetables and fruits every day to stay healthy.**

HIM Food Bank is committed to making sure that 60% of every box of food given away is fruits and vegetables, with as much fresh produce included as possible.

*Thank you for making this possible!*

## HOW YOU HELPED JANUARY - APRIL



11,895 families received enough food for one month



38,952 individuals received enough food for one month



1,169,637 pounds of food was distributed to deserving people