



food for thought

Wichita Falls Area Food Bank

Holiday 2019

*You're Making
Neighbors'
Holidays Brighter!*



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Dear Friend

I’m so grateful to be a part of this amazing community all year long, but I’m always especially in awe of the way friends like you go out of your way to look after neighbors in need during this special season of sharing.

This holiday season is no different. Across our 12-county service area, you’re helping make sure children, families and seniors in need have access to warm meals and nutritious groceries — and they want you to know the difference you’re making.

That’s why I’ve chosen these few stories from your neighbors for this holiday edition of *Food for Thought*. Flip to page three to read how your gifts are helping families like Kristen’s to keep healthy food on her family’s table.

And thanks to you, there are thousands more neighbors who will be able to celebrate the holidays around full tables of nutritious food.

Of course, we know there are many more in our communities who still face hunger on a daily basis. I hope you’ll continue partnering with the Wichita Falls Area Food Bank throughout this holiday season and into the new year to help us make sure we can help even more people on the brink of losing hope.

It’s only through our partnership with caring people like you that we can continue to provide life-giving food to our neighbors in need and end hunger in our communities. Thank you for sharing what you have so generously.

I wish you and yours a blessed and merry holiday season.

Gratefully,

Kara

Kara Nickens
CEO

Local Mom Thanks You

One of the best gifts a parent can receive is the good health of their children — and you’re helping make that possible for countless families this holiday season and beyond.

Parents like Kristen want you to know what a difference your gifts make for her family. She and her husband have three children, Abigail, 8, Mason, 4 and Emma, 1. Kristen says all three children are healthy — and you play a big role in that.

Her husband has a job installing medical equipment, but the high costs of daycare and torn cartilage in her knee have prevented Kristen from working right now.

The family receives \$100 monthly from SNAP benefits, but Kristen says despite shopping at the least expensive grocery stores, she rarely has enough to afford healthy groceries.

And on top of the normal bills, Kristen expects to receive bills soon for medical treatment she had for her knee.

But when the family’s budget tightens, they’re grateful to have access to nutritious groceries at Bowie Mission, a partner agency of the Food Bank. Kristen says she sometimes stops in twice a month to pick up groceries.



Kristen holds produce she’ll take home for her family from Bowie Mission, a partner agency of the Food Bank.

“I love this pantry,” she says. “If it wasn’t for them I wouldn’t know what to do.”

Your gifts to the Wichita Falls Area Food Bank are making a difference for countless more families like Kristen’s.

Thank you for partnering with us to make sure more of your neighbors facing hunger have the food they need, especially in this season of sharing.

"If it wasn't for [the food pantry], I wouldn't know what to do."



Good health and good food often go hand in hand, which is why United Regional Health Care System partners with the Wichita Falls Area Food Bank to make sure both nutritious food and quality healthcare are accessible to everyone.

"It is awesome that you care about those less fortunate."

Good Food Good Health

“This is a great relationship with the Wichita Falls Area Food Bank,” says Amber Beeman, registered nurse with United Regional.

At each of the Food Bank’s Mobile Pantries, URHC is currently providing 100% sponsorship of 5 mobile pantry distribution sites and also provides preventative healthcare screenings including blood pressure and blood sugar screenings, and preventative medical education.

“We are building relationships and [helping] navigate the help they need,” Amber says.

Amber says she shows up to every Mobile Pantry and has helped refer numerous people in the community to

accessible and affordable healthcare.

And critical to this ongoing partnership is the support of generous donors like you.

“It is awesome that you care about those less fortunate,” Amber says of friends like you.

Thank you to Amber and the United Regional Healthcare System for going above and beyond to make sure more people in our community have access to quality healthcare — and nutritious food alongside it!

And thank you for partnering with us this holiday season to make sure the Food Bank can provide healthy food at each Mobile Pantry!



1230 Midwestern Parkway
Wichita Falls, TX 76302
www.wfabf.org

You Give the Best Holiday Gift: *Nutritious Food*

When you give to the Wichita Falls Area Food Bank, you help connect families with nutritious meals and groceries to support their health and well-being. That's why countless parents like Hope are giving thanks for your generosity this holiday season.

We met up with Hope, her mother, Denise and Hope's 14-month-old daughter, Valerie, at the North Texas Food Pantry, a partner agency of the Food Bank.

Hope tells us her husband has a steady job, but once all the family's bills are paid, there's little money left to afford groceries. The family doesn't qualify for SNAP benefits, so Hope plans to find part-time work to supplement her husband's income.

But in the meantime, they're grateful for the food they receive at the food pantry. Hope says she's noticed price increases even at traditionally budget-friendly stores.

And recently, Hope also became a legal guardian for a relative's child, so they've had to stretch their budget even more. She says between her family and her parents, they try to cut costs as much as possible.

"If one house doesn't have food, we partner with the other," she says. "Family relies on each other."

Valerie snuggles with her doll while her mom receives groceries from the North Texas Food Pantry.



"We really do appreciate it."

Hope says the family doesn't visit the food pantry often — only when they really need it. But they're thankful they can rely on the kindness of people like you when they do find themselves in need.

"We really do appreciate it," Hope says.

Thank you for giving the essential gift of food to so many neighbors in need. Your gifts make a big difference, during the holiday season and all year long.



1230 Midwestern Parkway
Wichita Falls, TX 76302
www.wfafb.org

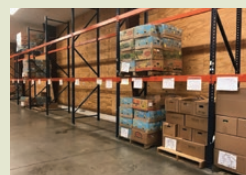
A Night in NOLA



On February 29th — at 6pm — Join us for "A Night In Nola." This fun filled event will be held at the Wellington

Banquet & Conference Center at 5200 Kell W. Blvd. Tickets are \$125 and will be available online and at the food bank. Food will be catered by Sally's Catering & Events. And, there will be live music too!

Please Help Restock the Shelves!



The Food Bank needs your donations more than ever to purchase food to fill our empty shelves! Retail and industry practices are changing, resulting in the Food Bank receiving around 60% less food donations than just a few years ago. But thanks to your gifts, we distributed almost 750,000 pounds (\$1.1 million worth) of food this past summer. We're always grateful to get food to those who need it, but now our shelves are empty as we try to prepare to help more children, families and seniors this winter. When we can distribute food to our 160 partner agencies, they'll be able to feed the ones who need it most.