



food *for*
thought

Wichita Falls Area Food Bank

Fall 2023

*You're Fueling a
Brighter Tomorrow*



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Dear Friend

The Food Bank is in the business of creating happiness! This can be seen on the faces of those we serve at our 9 Mobile Food Pantries, and on the smiles of children knowing they have food to eat after school and over the weekend through our Child Nutrition Programs.

While happiness acquired through giving is not a new concept, there are many ways giving brings joy.

There's an old Chinese saying that goes "If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody."

At the Food Bank, the work of helping feed our neighbors in need is rising and now more than ever we rely on passionate volunteers and generous donors. Recently one of our volunteers shared "As long as people have needs, we'll keep coming here." Regarding the employees at the Food Bank, he stated "We're more than friends now, we're family."

Financial giving also brings happiness when it's connected to one's passion, and it's often ignited by a deep connection to a cause. The Food Banks website and staff are resources to better understand the hunger needs and the impact our programs have on our fellow neighbors. While most of us have been blessed to have never experienced hunger, an informed giver provides the opportunity to passionately care for those less fortunate.

So, give your gift of time, passion, talent, or treasure not until it hurts; but give until it brings you happiness.

Sincerely,

David O'Neil,
CEO

Save the Date

Texoma gives on September 7th / Hunger Action Month all of September / Empty Bowls on October 11th

Please check our website for more info.

Food for the Whole Family

When Aracely returns home from the Family Life & Mission Center food pantry, she always waits to unpack the many bags of nutritious food until her daughter, Jacqueline, 16, and son, Mijoel, 13, come home from school.

"They like going through it and rummaging," Aracely shares, laughing. "They pick out what they like and say, 'this is mine, this is mine!'"

"[It's] a real help for my family"

Like so many parents, Aracely loves to see her children happy. That's why she's so relieved to have friends like you to ensure that she can rely on the Family Life & Mission Center, a partner agency of the Food Bank.

Aracely's husband spends long hours working on a dairy farm, while her adult daughter, Mariana, works part-time to help with expenses. With five family members in the household, the income just isn't enough to cover healthy food for everyone.

Aracely is especially thankful for your partnership, which means her children can

Aracely picks up healthy food for her family at the Family Life & Mission Center



happily pick their favorite healthy foods out of the grocery bags she brings home from the pantry.

"[It's] a real help for my family," Aracely says gratefully.

Thank you for donating so generously to ensure that our neighbor Aracely has the food needed to make balanced meals for her family this fall!

A Volunteer Shares Compassion

For Tanya Nellen, working hard and giving back is a way of life. When she lived in California, she split her time between her business, a travel agency, and volunteering at a local distribution center.

When Tanya moved from California to North Texas, she immediately began looking for a way to get involved in the community. She found that opportunity at the Wichita Falls Area Food Bank.

Three days a week, Tanya fills backpacks for the PowerPak 4 Kids program in order to deliver healthy, kid-friendly food

to children experiencing food insecurity. "It's very rewarding to know that the kids...have food and snacks and milk and things like that to get them through the weekend," Tanya shares.

Each month, Tanya also adds in two days to help with mobile distributions. Staying involved is easy, she says, in a community that cares.

She encourages anyone curious about volunteering to try it on for size. "Even if you only have an hour," she says. "Just to show up...you are doing



Tanya smiles during a volunteer shift filling PowerPak 4 Kids backpacks

something wonderful, and people are benefitting from it."

Thank you, Tanya, and all the amazing volunteers who give time and energy to help end hunger in our community!



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

Debbie's Family Is Thankful for YOU

Debbie's children are a light in her life. Grace*, is the artist of the bunch, while Mary* and Ray* both love to spend time outside playing with friends or splashing in the lake.

Debbie became our neighbor 15 years ago when she and her husband moved to Wichita Falls for his job as a city worker. Since living here, she has found a community of people who truly care.

"If not for the pantry, we wouldn't know what to do. We appreciate everything."

"The community and neighbors all look out for each other," she explains.

Because of her own medical diagnosis and limited mobility, Debbie and her children rely on her husband's income to make ends meet. The budget can often be tight — too tight for healthy groceries.

Thanks to your generosity, Debbie and her family can visit the Jacksboro Community Food Pantry, a Food Bank partner, to pick up foods that fuel a healthy diet like veggies, fruits, and proteins.

"If not for the pantry, we wouldn't know what to do," Debbie says. "We appreciate everything."

Thank you for helping to make our community a thoughtful and loving place, where every neighbor facing hunger can find the nourishing food needed to thrive!

**Debbie's children's names have been changed*



Debbie, Grace and Mary find healthy food at the Jacksboro Community Food Pantry



Stamp Out Hunger 2023

The 31st Annual National Association of Letter Carriers Stamp out Hunger event on May 13th, 2023 was a massive success! This year our community came together to help fill the plates of hungry neighbors across our 12-county area. We are so thankful for our letter carriers that hauled over 60,000 pounds of food from the mailboxes of our community to help fill the shelves. Thank you to all that have participated and helped make this event a success! Let's make next year even bigger!

Consider Planned Giving

Hunger is an issue that will not be going away anytime soon and one way to ensure the hunger needs are met is to consider a planned giving gift to the Wichita Falls Area Food Bank through our Legacy Group, there exist various gift options including beneficiary designations, which may be advantageous to the donor while helping provide food, hope, and dignity to those in our community. Planning today ensures assets are utilized to their best philanthropic use and distributed in a way that reflects the donor's values. Additional information can be found on our website at WFAFB.org under the Planned Giving tab or by contacting, David O'Neil at 940.766.2322.