





food for
thought

 Wichita Falls Area Food Bank *Holidays 2023*

*You Serve Hope
 for The Holidays
 In Every Bite*



Dear Friend

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The holiday season is a time of reflection and for many, a time of thanks full of warm nostalgic memories. Looking back on my childhood, food seemed to always be a focal point with many of our family recipes being enjoyed during the holidays.

The main ingredient in our recipe to help feed our neighbors in need is you! The Food Bank is incredibly thankful to all our advocates, volunteers, and donors for providing the funding necessary to purchase food to feed children, families, and seniors throughout our 12-county service area. Because of your generosity this year, mouths have been fed and many families this holiday season will have the opportunity to enjoy a meal and create memories to last a lifetime.

However, hunger is not seasonal, for many it's a routine occurrence and our work is never complete. In fact, the food insecurity rate defined as "those who routinely do not have access to sufficient food to meet one's basic needs" is 15.4% in North Texas vs. 13.7% in Texas and 10.4% in the United States. So, meeting the need today is more critical than ever.

It takes the right ingredients to make a recipe come to life and the Food Bank and our employees are grateful to all our partner agencies, volunteers, and donors in the fight to end hunger.

Blessings!

David O'Neil
CEO



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www.wfafb.org



You Help Ruby Get Back on Her Feet

“I guarantee when we get back on our feet, we’re going to donate,” says Ruby, 60.

She’s hopeful it won’t be much longer since she’s starting a new job soon and her husband continues his dedicated search after both he and Ruby lost their jobs around the same time.

The couple have enough savings to remain in their home but it’s been challenging to afford groceries at the same time.

“If it wasn’t for this [mobile pantry] we wouldn’t have any food.”

Thankfully, a friend told Ruby about the Food Bank’s mobile pantry, where she can pick up good, nutritious food until her regular paychecks start coming in again.

Ruby gives thanks on recent visit to the mobile pantry holding nutritious gifts from Wichita Falls Area Food Bank.



“If it wasn’t for this [mobile pantry] we wouldn’t have any food,” Ruby says, matter-of-fact, thanking generous donors like you.

Thanks to you, Ruby and her husband have access to healthy food while they work hard to recover financially, giving them peace of mind and the ability to focus on rebuilding their lives.

Thank you for restoring hope to neighbors like Ruby this holiday season and all year long. You are truly making a difference and bringing us closer to a hunger-free community.

Three Generations Making An Impact

“I enjoy seeing people helping people,” Karen Prezie says.

When she’s not working to help military families transition into new roles in her job with the Air Force, Karen loves to give back by volunteering for the Food Bank. She first got involved as a way to spend time with her daughter, Kristen, 42, and granddaughter, Hannah, 15. It was something they could do together that had the added benefit of providing work experience for Hannah.

Karen very much enjoys watching their hard work and service make a positive impact in the lives of children, families and seniors.

“There’s nobody that wouldn’t be fit in giving back to the community.”

“I began to think [about] how [wide an] impact volunteers actually [make],” Karen says.

Karen believes there is a place for everyone to get involved at the Food Bank and encourages more people to join, where they can use their unique talents to make a meaningful difference.

“There’s nobody that wouldn’t [benefit from] giving back to the community,” Karen says.

Karen shares that she, her daughter and granddaughter are now shifting their volunteer efforts to the mobile pantries this holiday season, which will help provide food assistance where the need is greatest in our community.

Thank you, Karen, Kristen and Hannah, for your commitment to

Karen smiles volunteering at the Wichita Falls Area Food Bank warehouse.



helping neighbors experiencing food insecurity. Our work wouldn’t be possible without caring volunteers like you helping uplift our community this holiday season and beyond.

You Help Anna

Put Food on The Table

Anna is passionate about providing the best care for her children, Desanti, 19, Deschanel, 18, Dorio, 14, and Jacob, 12. She's so proud of who they're becoming – Desanti is in her first year at Midwestern studying to become a veterinarian, and Deschanel is working as a CNA (certified nurse assistant).

For his part, Jacob is growing up strong and looks forward to playing football for his school when he gets older. He also plans to use his love of science in his future career.

“Thank you so much for fulfilling the needs of so many people.”

“I want to be a doctor someday,” he says shyly.

Anna knows good nutrition couldn't be more important for all four of her children's futures, and she's grateful for the role you play in making sure she can cook healthy, delicious meals for her family, even while she's getting back on her feet.

We met Anna and Jacob on a recent visit to the Colonial Church Mobile Pantry, where she was able to pick up healthy food for the whole family.

Anna shares that she's working hard to find a good job that allows her to better support her kids.



Tiffany and one of her sons pick up groceries from a Food Bank Mobile Food Pantry.

With her new computer security certification, she's hopeful that her job search will be successful. For now, she and Deschanel often work odd jobs together for extra income.

Anna receives SNAP benefits and is grateful that her younger children can access free breakfast and lunch during the school year, helping Anna stretch her budget further.

And for those times when it just doesn't quite stretch far enough, you're there to help fill in the gap.

“You know, to have something like this [mobile pantry] it's really a blessing,” Anna says. “Thank you so much for fulfilling the needs of so many people.”

We Need Your Help Stocking Shelves.

The Wichita Falls Area Food Bank needs your support more than ever to help stock our shelves for neighbors facing hunger! With ongoing high prices for food and nearly every other necessity, many neighbors are turning to the Food Bank for help. Last year, we distributed over 1 million pounds of donated food and remain steadfast in providing all our neighbors with access to nutritious food. But we cannot meet the critical growing demand for food assistance alone. Your continued support will help ensure the Food Bank and our 180 partner agencies can continue to provide the nutritious food our community members need to thrive. Please consider coming in to make a donation of non-perishable food at 1230 Midwestern Parkway in Wichita Falls or make a monetary donation at WFAFB.org.

A Community United in Time of Need.

In August, large storms brought damaging winds to Wichita Falls and the surrounding area, leaving many residents without power and perishable food to waste. The Food Bank partnered with Solid Rock House of God to provide emergency food distribution for neighbors facing hunger during this difficult time. Together, we were able to give canned goods, fresh food, bakery items and water to over 280 families, helping replace food that had been lost in the power outage. Volunteers rallied to dedicate their time and service by supporting neighbors with nutritious food and restoring hope to the community. Without the help of our generous supporters and kind-hearted volunteers, our efforts wouldn't be possible. Thank you for helping neighbors through times of hardship and making a lasting impact in the lives of so many.