

## You've made a more hopeful Thanksgiving possible

My name is Jessica, and living on my own here in Los Angeles has been a struggle. I'm unemployed but continue to look for work. Even with some government assistance, I wasn't eating full meals before coming to the food pantry, because I knew I had to stretch the food I had to last the whole month.

It took me so long to come here because I didn't want people to know I was struggling. I told a friend about my situation and she said I needed to come to the food pantry. At my first visit, I was a bit nervous. I wasn't sure what kind of food I would get.

When I came here, I knew I didn't have to stress out—I wouldn't have to skip meals. I can actually eat. I hope I can get something from the food pantry for Thanksgiving this year. I love to cook for friends, and I would love to have a turkey to carve up.

**"It's nice that there are places like this—people can come where they feel safe. They don't have to be embarrassed or ashamed..."**

—JESSICA



*Jessica says the food she receives helps her avoid skipping meals each month. She's grateful the food pantry is helping her and so many others in the community get their lives back on track.*

### Thankful for finding a safe place

Each time I've visited the food pantry I've received a basket of meats, fruits and vegetables—it's just a relief. I don't have to worry about the rest of the month.

It's nice that there are places like this—people can come where they feel safe. They don't have to be embarrassed or ashamed to ask for something people need every day to live.

To the donors, I would just say thank you. You're helping people in so many different ways. You're not just helping them with a meal—you are helping them get their life back on track and not worry about if they will eat next week. It's a big relief to not worry about that.



A message from  
Michael Flood

2



A partner  
in service

3



Make the holidays  
happier and healthier

4

Inside

MEMBER OF  
**FEEDING  
AMERICA**

## A message from Michael



**Michael Flood**  
President and CEO

**“Thanks to your generosity, we can help families feel the comfort and joy of sharing a special holiday meal with the ones they love.”**

This time of year, I am especially grateful for friends and supporters like you.

While the requests we receive for food assistance tend to increase during November and December, you are there to make sure we have the support we need. Whether it's through food drives, donations or volunteering, we could not distribute all the Thanksgiving and holiday baskets we give to local families without you.

As you know, the holidays can be a season of struggle for thousands of people across Los Angeles County. Families stretch their budgets as much as they can just to put a Thanksgiving meal on the table.

People want to provide all they can to their loved ones to celebrate the season. For someone trying to afford paying rent and feed their family, it can make this time of year especially challenging and stressful.

Thanks to your generosity, we can help families feel the comfort and joy of sharing a special holiday meal with the ones they love. We'll be sourcing turkeys and other nutritious food so men, women and children across Los Angeles County can enjoy all the warmth and happiness of this wonderful season.

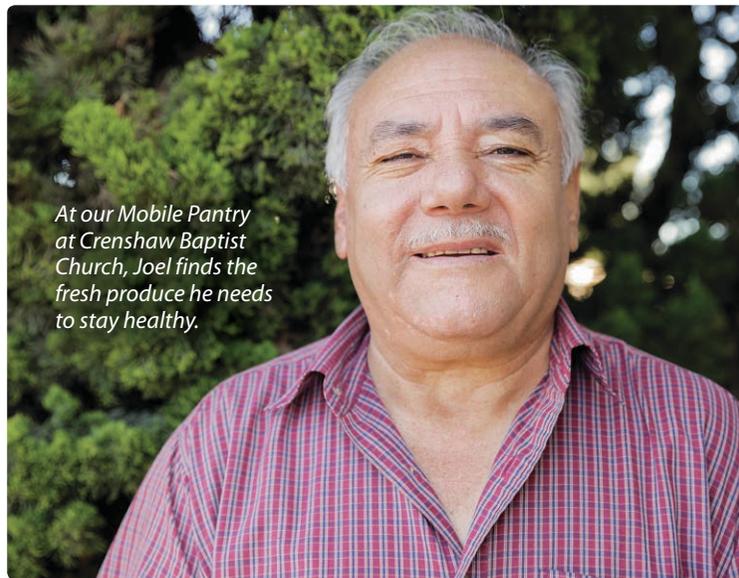
As you read the stories about Jessica and Joel, you'll see what your support means to so many of our neighbors.

Please help the Los Angeles Regional Food Bank make the holidays brighter for the families and individuals we serve. Thank you for all you do for the men, women and children struggling with hunger in our community.

With our gratitude,

Michael Flood, President and CEO

## Reaching our seniors in need



Joel has been receiving food from the Mobile Pantry truck for about a year now. He is grateful for all the fresh produce he can take home. He visits our Mobile Pantry when it's located at Crenshaw Baptist Church—right near his apartment.

“Being able to come here is very good for people like me who don't work consistently,” he says. “If I don't work, I don't eat.”

Joel works in a factory that makes gym equipment. When they need him, the paycheck he receives helps to provide for some of the basics. But even when he has income, often it's not enough to pay his bills and still afford groceries.

“I haven't eaten many times because I just didn't have money to buy any food,” Joel says.

Joel and his neighbor, who also struggles with food insecurity, support each other by carpooling to one of our Mobile Pantry sites to pick up the food they both rely on.

### Grateful for the generosity of others

Surgery on his spinal column continues to complicate Joel's health and makes it even more crucial for him to have access to nutritious food. He really appreciates getting the vegetables from the Mobile Pantry truck and using them in a salad.

Joel is so grateful for having a place to come get healthy food when he struggles to make ends meet. He is especially appreciative of the donors—without them, he'd be skipping meals.

**“I haven't eaten many times because I just didn't have money to buy any food.” —JOEL**

“I give thanks to those who donate. You are people that think about those of us who need help,” Joel says. “The food pantry helps me and so many other people too.”

**AGENCY SPOTLIGHT**

## A partner in service

Lucia Garcia has been the Programs Manager at St. Francis Center, one of the Los Angeles Regional Food Bank's local agencies, for three years. She oversees three hunger-relief programs along with a small staff and dozens of volunteers.



The center utilizes food provided by the Food Bank for their breakfast program that feeds the community's hungriest residents. The center's food pantry also supplies food to approximately 100 families a month, and delivers pre-packed bags of nutritious groceries to seniors through the Food Bank's Brown Bag Program.

"I do this kind of work because it is fulfilling day in and day out," Lucia explains. "We become part of their support system. That is both an honor and a responsibility."

St. Francis Center is also enrolled in the Extra Helpings Program, in which the Food Bank's staff connects grocers and other food suppliers directly to local agencies. "Our relationship with the Los Angeles Regional Food Bank is crucial to us at the St. Francis Center. We are able to meet the demand of our community with their support."

### St. Francis Center receives award for outstanding service

We are honored to recognize this agency and longtime partner with the Tony Collier award, named after the founder of the Los Angeles Regional Food Bank who launched our work in Pasadena in 1973.

**"We become part of their support system. That is both an honor and a responsibility."**

—LUCIA GARCIA

His idea to mobilize resources to fight hunger in his community is the mission we still carry with us today.

The Tony Collier Award is awarded annually to a partner agency that exemplifies our shared mission and the vision that no one goes hungry in Los

Angeles County. We are grateful for our relationship with the St. Francis Center and for the staff, donors and volunteers who continue to fight hunger and give hope.

**THANK YOU**

## Our Board of Directors

- |                           |                                 |
|---------------------------|---------------------------------|
| David Bishop,<br>Chairman | David Luwisch<br>Rosey Miller   |
| James P. Beaubien         | Michael Montgomery              |
| PJ Brice                  | Abhilash Patel                  |
| Christina Carroll         | Robert Perille                  |
| Bradford Chambers         | Whitney Jones Roy               |
| Joseph E. Davis           | Yves Saada                      |
| Stephanie Edens           | Barry Siegel                    |
| David Eisman              | Gregory Slaughter               |
| Jonathan Friedman         | Mark Stegemoeller               |
| Richard C. Fung           | James A. Thomson                |
| Mark Kelson               | Justin Toner                    |
| Jordon Kruse              | Eric Waterman                   |
| Susan K. Leonard          | Michael Flood,<br>President/CEO |
| Dan Lukas                 |                                 |

LOS ANGELES REGIONAL



Fighting Hunger. Giving Hope.

The mission of the Los Angeles Regional Food Bank is to mobilize resources to fight hunger in our community.

*Hunger to Hope* is a quarterly publication. If you are receiving multiple copies, please call us at (323) 234-3030, ext.147.

Do you have a story about hunger and hope in Los Angeles County that you would love to see featured here? Email [pr@lafoodbank.org](mailto:pr@lafoodbank.org) to share your story.

We welcome questions, comments and ideas. Please address all correspondence to:

**LOS ANGELES REGIONAL FOOD BANK**  
Communications Department  
1734 East 41st Street | Los Angeles, CA 90058  
(323) 234-3030, ext. 196 | [pr@lafoodbank.org](mailto:pr@lafoodbank.org)

## Your #GivingTuesday gift DOUBLES in impact!

Black Friday and Cyber Monday may be an opportunity to get great shopping deals, but #GivingTuesday is an opportunity to give back to our community in a big way.

Five years ago, #GivingTuesday started as a global day of giving, using social media to donate time, funds and goods to make a difference for those in need. Last year, your participation in #GivingTuesday helped the Los Angeles Regional Food Bank raise funds for over 300,000 meals for struggling families in our community!

This year, we're hoping to feed even more people in Los Angeles County through your support on #GivingTuesday. Will you help us fill another 350,000 plates of food for hungry families in our community? Every \$1 you give provides 4 nutritious meals. And thanks to a group of generous donors, your gift will be matched dollar for dollar for up to \$75,000! That means your gift doubles in value!

### Here is how you can help:

- On Tuesday, November 28, donate online at [lafoodbank.org/donate](http://lafoodbank.org/donate)
- Take a selfie showing us the other ways you are giving back! Visit us on Facebook and upload your photo with the hashtags #GivingTuesday and #wefeedla

**Remember, your gift will DOUBLE in value on #GivingTuesday.** Thank you for helping us bring meals and hope to hungry families this holiday season and beyond.



# Make the holidays healthier and happier with your support



*Volunteering is a special way you can make a difference for hungry families this holiday season.*

At the Los Angeles Regional Food Bank, we're expecting to provide 5.75 million meals between Thanksgiving and the end of the year. To ensure we have enough food and a way for every meal to reach the tables of hungry neighbors across our community, we need your help.

In addition to our regular food distribution programs, we'll also be packing Thanksgiving and holiday meal boxes. With the help of volunteers, we'll be distributing them to men, women and children in need. We don't want anyone to go without a special holiday meal—receiving these boxes makes this time of year less stressful for families struggling to make ends meet.

"You can see that there's a true need," said Christina Corney, a volunteer at the Food Bank who is also a longtime donor. "People are constantly thanking us. It's such a small thing, but it warms your heart and you wish you could do more."

## How you can make a difference this holiday season

If you can give a gift today, every \$1 you give will provide 4 holiday meals to hungry neighbors in Los Angeles County. If you can volunteer, you'll not only ensure nutritious meals make their way to struggling families, you'll also be providing hope for those who need it most.

No matter how you choose to give this holiday season—time, resources or both—we are so grateful for all you do to support our vision that no one goes hungry in Los Angeles County.

Take a moment to visit [lafoodbank.org/volunteer](http://lafoodbank.org/volunteer) for more information. To give a gift today, please visit [lafoodbank.org/donate](http://lafoodbank.org/donate) or return the enclosed form. Thank you!

**"It's such a small thing, but it warms your heart..."**

—CHRISTINA  
FOOD BANK VOLUNTEER  
AND DONOR



## Send holiday cards, help fight hunger!

The Los Angeles Regional Food Bank holiday tribute cards are a great way to honor friends and loved ones while helping to fight hunger in our community.

Each card is personalized so you can honor special friends, family members or coworkers in the holiday season. Choose from three beautiful designs for a suggested donation of \$5 each. Each tribute card you purchase is the equivalent of providing 20 meals to families in need!

To place your order today for cards, e-cards or vellum inserts, please visit [lafoodbank.org/holidaytribute](http://lafoodbank.org/holidaytribute)

**Stay connected to the work you support!**



## MY FALL DONATION

**YES, Michael, I want to help ensure hungry families in our community have healthy meals this holiday season.**

\$150  \$100  \$50  \$25  Other \$ \_\_\_\_\_

**I'll join the Meal A Day Monthly Giving Program.**  
My first gift of \$ \_\_\_\_\_ is enclosed.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

To charge your gift by phone, please call (323) 234-3030, ext. 140.  
**It's easy! Give online at [lafoodbank.org/donate](http://lafoodbank.org/donate)**

Please make your check payable to: **Los Angeles Regional Food Bank**  
1734 East 41st Street | Los Angeles, CA 90058-1502 | (323) 234-3030

USE CHECK OR CREDIT CARD ONLY PLEASE.  
**THANK YOU.**

Please charge my gift on my credit card:  VISA  MC  AMEX  DISC

CARD NUMBER \_\_\_\_\_ EXP. DATE \_\_\_\_\_

NAME ON ACCOUNT \_\_\_\_\_ SECURITY # \_\_\_\_\_

( ) \_\_\_\_\_

TELEPHONE NUMBER \_\_\_\_\_

SIGNATURE \_\_\_\_\_ NN17 NNEAWHT

Your donation is tax deductible as permitted by law. Los Angeles Regional Food Bank will send you a receipt in gratitude for your kindness to the individuals and families in Los Angeles County who rely on us for food.

LOS ANGELES REGIONAL

**FOOD BANK**  
Fighting Hunger. Giving Hope.

MEMBER OF  
**FEEDING AMERICA**