




PHILABUNDANCE

MEMBER OF  
**FEEDING  
AMERICA**

the  
**Feed**

Holiday 2019

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Glenn Bergman  
Executive Director

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# Dear Friends,

If you're anything like me, you have a lot of happy memories connected with holidays. Maybe your traditions include reminiscing over well-worn boxes of decorations, wrapping presents for those you love or even watching classic holiday movies.

But can you imagine a holiday celebration without a table full of food to share with those you love?

That's the reality hundreds of thousands of your neighbors face this holiday season. Many are living paycheck to paycheck, making hard choices between buying groceries and affording other expenses like rent, bills and medicine.

Your willingness to help neighbors facing these struggles is what this holiday season is all about — and it's making a significant difference. That's why I've chosen a few stories to share with you in this winter edition of *The Feed*, about the real lives you've impacted in your community.

Through your generous gifts, senior neighbors like Gwendolyn (page 7) can enjoy fresh fruits and vegetables and all the health benefits they bring her. Your generous support is a reminder to your neighbors that someone cares.

And during this special season of sharing, countless more children, families and seniors are thriving because you care enough to give. You truly help brighten the holidays for those struggling with hunger.

On behalf of the [Philabundance](#) team and all those we serve together with you, thank you for your compassion during this season of sharing. I look forward to partnering with you in the new year!

Happy Holidays,

Glenn Bergman  
Executive Director



# A Difficult Year Ends with Hope

It's been a challenging year for Linda and Tom, but they say the compassion of friends like you has made all the difference for them and their family.

Linda receives disability benefits and is unable to work. Her husband, Tom, planned to work beyond retirement age, but his plans changed when the shop he worked for closed down last year. He hasn't been able to find work since.

The couple has two grown sons who live on their own, but Linda says they've been helping raise two of their granddaughters. It's difficult for them to pay bills and afford groceries for the whole family on their fixed income.

That's why the couple is especially grateful they can visit the food pantry at Bucks County Housing Group in Milford Square, a member agency of [Philabundance](#). Lately, Linda and Tom have been picking up groceries there once a week to help stretch their small food budget.

But some weeks, Linda says they can't afford any groceries at all and rely solely on the food they receive from the food pantry.

"If it weren't for [the food pantry], we wouldn't have any food," Linda says with sincerity.

Linda and Tom tell us they're looking forward to welcoming their family to their home this Christmas. Though they may not have gifts to exchange, they're thankful they can share a warm, nutritious meal, thanks to your continued support.

"This year, we couldn't have made it without you," Linda says. "Thank you for giving so generously."

When you give to Philabundance, you offer more than hope to your neighbors facing difficult times. You offer sustenance. Thank you for sharing what you have this holiday season!

"This year, we  
couldn't have made it  
*without you.*"

*Linda's all bundled up  
outside the food pantry  
at Bucks County Housing  
Group where she's  
picking up groceries  
for her family.*





# We are Thankful for You!

## THANK YOU

### A GIANT Thank You!

We are truly grateful for the continued generous support from Giant Food Stores in helping us squash hunger! On September 23, volunteers from various Giant stores spent some time packing food boxes in our warehouse before presenting Philabundance with a \$47,694 donation from their Bag Hunger campaign, equating to about 50,000 meals for our neighbors in need!

### Camp Out is Coming!

Join us at the Wells Fargo Center next to Xfinity! Live from Monday, December 2-Friday, December 6 and help us CAN hunger at 93.3 WMMR and Preston & Steve's Camp Out for Hunger 2019. Last year, fans and partners donated more than 1.8 million pounds of food, and nearly \$200,000 to feed people facing hunger in our communities. Join us for the week of festivities including live music, local athletes, carnival rides, games and more – all to fight hunger.

### Ending Hunger with A Smile

With its most recent donation, Amazon has contributed an impressive 800,000 pounds of food to Philabundance since becoming a donor in January! We are so appreciative to have Amazon as our partner in helping beat hunger! You can also help when you shop online at [smile.amazon.com](https://smile.amazon.com) and select [Philabundance](#) as your charity of choice. A portion of sales for all eligible items will be donated to help end hunger.

### Actions for a Cause

Volunteers are essential to the work we do: Individuals and groups; at the Hunger Relief Center or in the field, we couldn't do it without you! Thank you! Did you know there are many ways to help Philabundance fight hunger? Learn how you can support your community and keep families fed throughout the holidays and beyond. Learn more at [www.philabundance.org/GetInvolved](https://www.philabundance.org/GetInvolved).

### Have You Seen Us?

You might have noticed some familiar faces around the city promoting Philabundance. We are so grateful to the Phillies' Aaron Nola and professional football player Lane Johnson who graciously volunteered to help raise awareness of the hunger crisis in our area for Hunger Action Month. A HUGE thanks to The Creative Engagement Group for creating the videos and to our friends at SEPTA and Comcast for running them!





# Experience With Hunger Motivates Volunteer

Tracy Harris remembers what it's like to face hunger — that experience is what motivates her volunteer service with Philabundance to this day.

It was a Tuesday night, Tracy recalls, when she had no more than \$6 in her pocket, but somehow needed to feed her family.

With her two sons by her side, she made her way to the grocery store and thanks to lower prices at the time, managed to afford Hamburger Helper, ground beef, Kool-Aid and the store-brand cookies her sons desperately wanted.

Tracy worked full-time back then, but it was difficult to stretch her dollars enough to make ends meet for her family.

"People work hard, but it's still a struggle," she says, recalling those difficult days.

Since that time, Tracy says she's grateful for other jobs and promotions, which now allow her the resources to give both financially and through her time. Since 2006, she's been a faithful Philabundance volunteer, giving her time to help others facing hunger in her community.

"The whole organization makes me want to do more," Tracy says of [Philabundance](https://philabundance.org/).

"The whole organization  
makes me want to  
*do more.*"

She shared that the volunteer experience with Philabundance is very rewarding, and she enjoys seeing her neighbors happily receiving their groceries and meals.

"They're just like I was," she says.

Thank you, Tracy, for turning your own difficult time into a beautiful way to help others in need! Our community is better because of friends like you!



**You Can become  
a Philabundance  
Ambassador**

Please visit [philabundance.org/volunteer/ambassador](https://philabundance.org/volunteer/ambassador) or email [volunteer@philabundance.org](mailto:volunteer@philabundance.org) to learn more.

# You Put Fresh Produce on Gwendolyn's Table

Gwendolyn is no stranger to a wide variety of fresh fruits and vegetables, thanks to your generous support. And she makes sure not one bit of the produce she receives at her local free produce market goes to waste.

But just one visit to the free produce market gives Gwendolyn enough fresh produce to last her several weeks. She freezes what she can't eat right away, and says some of her favorites are broccoli, cabbage, apples, squash and cucumbers.

"This is a big help," Gwendolyn says of the free produce.

As a special treat, she will cut up a few apples, sprinkle them with cinnamon and a touch of butter and bake them in the oven.

Gwendolyn also receives a Senior Box every month from [Philabundance](#). She lives alone and says the box, which contains shelf-stable foods such as canned goods, powdered milk and cereal, helps greatly.

"[You] are doing a good job — thank you," Gwendolyn says to donors like you. "Keep doing good work."

Thank you for helping make sure your neighbors have the nutritious food they need to thrive this holiday season. Your kindness means more than you can imagine to your neighbors who would otherwise struggle to have enough to eat.

"This is a  
*Big Help.*"

*Gwendolyn sits outside the free produce market in Upper Darby on a sunny winter day*





# Parents Can Feed Their Children, Thanks to You

As the holidays draw nearer, families like Barbara and Raul's are especially grateful they can keep nutritious

food on their family's table. They thank you for making that possible.

The young couple has four children, and we met up with them and their youngest daughter, Melody, 1, at The Simple Way, a member agency of [Philabundance](http://philabundance.org).

It's the family's first time visiting the pantry,

Barbara tells us.

They're grateful a friend told them about the

resource since they've been struggling to keep enough food on their family's table

Barbara's income and some SNAP (Supplemental Nutrition Assistance Program) benefits are all the family has right now to pay expenses. Raul stays home with Melody while he looks for a new job, and Barbara goes to work.

Their older children receive free meals when they're at school, which Barbara says is very helpful. But they have to make up the difference on nights, weekends and holidays. And the children will soon have a long winter break from school.

That's why the family was so grateful for the food they received at The Simple Way. They were especially excited to get milk, cookies and ingredients for sandwiches.

"Everything is good," Barbara says, thanking you for making all of this food available to her and her family.

This holiday season, there are thousands of parents just like Barbara and Raul who need help. Through your support, you give them the comfort of knowing they'll be able to continue feeding their families this holiday season and beyond. Thank you!

*Raul holds daughter Melody inside Simple Way Food Pantry.*

*"The pantry is helpful — a lot helpful!"*