

the
Feed

Spring 2017

You Improve the
Health of Our
Community

Older Neighbors Can
Access Quality Food,
Thanks to You

Your Support is
Changing Local Lives
for the Better



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Dear Friend,

It's hard to believe that 2017 is already well underway! I want to take a moment to share my gratitude for your support this past holiday season. Thanks to you, families throughout the Delaware Valley were able to celebrate the holidays together around an abundant table.

During the winter months, we turn our attention to the needs of senior citizens and others living on fixed incomes. After decades of work, life and countless contributions to our society, older adults should be able to enjoy their golden years.

But health issues, costly medications and other expenses — like increased winter heating bills — leave our elderly and disabled neighbors struggling to get by on a limited budget.

Many seniors have spent their lives striving for the betterment of our community. I'm sure you agree they deserve to know where their next meal might come from.

Please take the time to read the stories of hope in this issue of *The Feed*. Henry, a decorated war veteran who you'll meet on page 8, sacrificed a warm home to afford his expenses before he connected with a Philabundance member agency. Your gifts help admirable neighbors like him thrive this spring with nutritious food.

I'm truly thankful for your support of this important work, and I hope you'll join us in ensuring our neighbors can access the food they need.

Every dollar you donate allows Philabundance to provide two meals for our hungry neighbors. I look forward to seeing how our partnership will continue to change lives in the months ahead. Thank you for all you do!

Gratefully,

Older Neighbors Can Access Quality Food, Thanks to You

Kat at The Open Link



When Kat, 68, transitioned to a fixed income three years ago, she began having a hard time affording food on top of her insurance costs and medical expenses. Kat worked in the nonprofit sector for 25 years and loved her job as the director of grants for a local community college.

healthy groceries became a challenge for Kat — nutritious produce was simply out of her budget at the store. And because she has hypertension, her diet needs to include fresh, whole foods.

Fortunately, Kat went online and found out about The Open Link, a Philabundance member agency in Montgomery County, PA that's consistently stocked with fresh fruits and vegetables. Kat said the food she had received was contributing to her health and well-being by allowing her to prepare balanced meals.

Your gifts mean seniors like Kat can stay active and have a healthy lifestyle. Kat loves spending time with her five grandchildren and cooking them healthy meals, like hearty stews. She also teaches them about nutrition and

responsibility through her herb garden — she wants them to appreciate where their food comes from.

Kat expressed true gratitude for the relief your support of Philabundance has helped provide. When asked what she'd want to say to the donors who help make healthy food options available to her, Kat cracked a wide smile. "Thanks!" she says. "[The pantry] is really helpful! It leaves money for other things."

Your generosity changes lives every day. On behalf of seniors like Kat, thank you for helping us feed neighbors in need!

"It's great to be able to get healthy food for your family so close."

"I was planning on working for a while," she says.

But due to a chronic medical condition, over time, Kat was no longer healthy enough to keep working and eventually retired.

Making her monthly Social Security checks stretch to include



Irving and Mary Help Provide a Food Safety Net

nutritious food across the Delaware Valley.

Caring friends choose to help drive hunger from our communities for a variety of reasons. Some can't stand the idea of their fellow neighbor going hungry, others feel a moral duty to help provide access to consistent nutrition. For people like Irving and Mary Tyler, generosity stems from personal experience.

During Irving's early childhood, his parents worked multiple jobs to provide for their growing family and sometimes skipped meals so he and his sister could eat. Mary grew up in a large family near the Texas-Mexico border and remembers how hard her parents worked to stretch their food budget with big, lasting meals.

Their early experiences spurred the couple's compassion for their neighbors at risk of missing meals, and when they saw fellow members of their community struggle following Hurricane Sandy, they began supporting Philabundance to help distribute

"You read stories about families who become homeless due to a hurricane or job loss — suddenly they go from stability to dependent on others," Irving says.

The couple believes it's the obligation of those who have abundance to share it with people who are struggling. Irving works for a global information technology firm, and he and Mary have always put money aside to help those in need. They made an effort to teach their four daughters the importance of hard work and giving back to the community while they were growing up.

Because their girls entered the workforce during our country's recent economic recession, Irving and Mary understand how hard young people must work these days to establish themselves financially.

"If our economy is going to take care of everybody, those who

are able to give back have that responsibility," Irving says. "We need to contribute when we can because someday, we may need it."

Philabundance is truly fortunate to have partners like Irving and Mary, who understand how vital donor support is to the well-being of our community. Thank you for your gracious gifts!

Help Us End Hunger Forever

Did you know that you can continue to drive away hunger, long into the future? Through a will, trust, annuity, life insurance gift or other legacy gift, Philabundance supporters are able to make a significant difference in our community, even beyond their lifetimes. As long as there are hungry people in our community, Philabundance will continue working to end hunger forever.

To learn more about how your generosity could make an impact for generations to come, please contact Caryn Rubinstein, Chief Development Officer, at (215) 339-0900 ext. 1105 or crubinstein@philabundance.org.

You Improve the Health of Our Community

An unexpected health problem can have a quick and detrimental impact on a family's budget. Fortunately, your support helps ensure neighbors like Coulette don't have to sacrifice nutritious food to afford medical bills.

"I certainly appreciate it."

When she was diagnosed with breast cancer, Coulette was devastated. She'd been taking classes to earn a higher income as a medical transcriptionist while also working and caring for her 8-year-old daughter. But as she underwent chemotherapy, she didn't have the energy to keep up with her job and coursework.

Coulette's adult son has a stable job at Drexel University and helps her with bills. But with a 2-year-old of his own to provide for, Coulette must cover her other

expenses — including groceries — on a very limited budget.

Having access to healthy food is critical for Coulette's continued healing and vital for her daughter's learning and development. But with so little money coming in, it became difficult to afford nutrient-rich items like fresh produce.

Last year — in the midst of her cancer treatment — she found out about the food pantry at Grace Lutheran Church, a local Philabundance member agency in West Philadelphia.

Being able to visit the pantry was a tremendous relief for Coulette. She was especially glad to bring home ground beef that she could use to make a hearty chili that would last for several meals.

Coulette was anxious for her health to improve so she could get back to school and build a better life for herself and her daughter. But as she focused on overcoming cancer, she expressed deep gratitude for the help and hope friends like you provide.

"Thank you!" Coulette says. "I certainly appreciate it. Every little bit counts — especially if you are on a fixed income."



Coulette

Your Support is Changing Local Lives for the Better



Henry in his home after Pastor Jeff's food box delivery

"It's truly a blessing," Henry says of the Philabundance member agency, which operates through Bristol Borough Community Action Group, Inc. "We can't get out because of my condition...it's a big help."

While serving our country in Iraq, Henry was wounded twice in the line of duty and received a Purple Heart. As a result of his injuries, Henry now has paralysis on his right side and uses a wheelchair.

With limited mobility, a small fixed income and two teenagers — Tiffany and Yasir — he was struggling to afford his monthly expenses.

Fortunately, Henry was connected with help and hope when he needed them most. When Pastor Jeff, executive director of Bristol Borough Community Action Group, first met Henry, he was wearing multiple coats to keep warm in his

cold, dark home — he didn't have enough money to pay his electricity bill at the time.

Since that initial meeting, Pastor Jeff has connected Henry with the resources he needed — including groceries from the Bristol Borough Community Action Group food pantry, which Pastor Jeff delivers personally each week.

"It's truly a blessing."

Henry says having access to nutritious food delivered right to his door is such a relief. Veterans

who've sacrificed so much deserve better than the worry of where their next meal will come from.

Henry is full of gratitude for people like you, whose partnership helps fill his table with healthy meals. Things are looking up for him, and your generosity plays a major role in making his future bright.

"It's truly a blessing," Henry says. "Philabundance is a beautiful organization — I'm saying this from the bottom of my heart — they look out for people in need."