

## HEALTHY FOOD BRINGS A FAMILY TOGETHER

Putting a meal on the table goes beyond nourishing bodies, especially during the holidays. Food brings families together, eases the worry of hunger, and puts a smile on a child's face.

For families who are struggling, hunger can be a constant worry. It aches to know your child doesn't have enough to eat. It's hard to be joyful when a meal has to be rationed at the table. Raquel knows that worry. She comes to a Mobile Food Pantry in their neighborhood where she receives fresh produce, dairy, meats, and during the holidays, special holiday meal items.

"The food we get is special to our family," says Raquel, who has been unable to get full time work. "I come here because I need food for me and my daughter. What we get is healthy and good."

The food they receive not only provides nutrition, it also offers an opportunity to prepare meals together. "I like to help my mom cook because I like to see what she does with the food," says daughter, Victoria. "We have a lot of fun!" "When she's happy, I'm happy," says Raquel, expressing her relief at receiving food assistance.

When the burden of hunger is lifted, parents can focus on other concerns like work or paying rent. Children can engage in play and school without the worry of where their next meal will come from. Families can celebrate their holiday traditions together knowing there will be enough for everyone to eat.




Your generosity helps provide that nourishing food families need to thrive. When everyone has enough to eat, we can all be happy!



**"The food we  
get is special  
to our family."**

**- Raquel**

**Look inside for  
these stories!**

-  Thank you for providing Thanksgiving turkeys
-  Providing food and hope after Hurricane Ida
-  Fighting winter hunger with Help from Home bags

# A MESSAGE FROM THE CEO

We are so thankful for your generosity over the holiday season. And we're excited to welcome in a new year of partnering with you to provide nourishing food to Westchester neighbors in need. Raquel's story (page 1) is a beautiful example of how receiving food assistance is both sustaining and meaningful for a family struggling to make ends meet.

Even as we look forward to a hopeful 2022, we know that the fight against hunger is still a daily concern for too many of our neighbors. Already, we're serving 200,000 children, seniors, and families every month. As the costs of rent, utilities, and gas rise, we expect more families to come to us for food assistance.

Your support is what helps us ensure that our neighbors don't have to worry about hunger as they strive to provide for their families. As we start a new year, we're spotlighting our Nourishing Neighbors, monthly supporters like Michael (page 3), who help us sustain our most vital programs that families in need rely on in our community.

Together we are Feeding Westchester.

With gratitude,

*Karen C Erren*



Karen C. Erren,  
President & CEO

## THANKSGIVING TURKEYS PROVIDE HOLIDAY MEALS AND MORE

### Thank You For Making The Holidays Special!



What do you make with your Thanksgiving dinner leftovers? For families facing hunger, receiving a turkey over the holidays means they can enjoy a holiday dinner and have food for many more meals.

Because of your generosity, we distributed more than 1,450 turkeys and 430 chickens over the Thanksgiving holiday, providing thousands of Westchester neighbors with a special meal. These holiday turkeys come in addition to the fresh produce, dairy, and other grocery items families receive at their regular food distributions. Families shouldn't have to go hungry the rest of the week in order to celebrate the holidays together.

We are so grateful for your support that helps us provide holiday meals and the daily food your hungry neighbors need.

### SEE YOUR IMPACT:

July 1, 2021 to  
Sep 30, 2021



Neighbors helped  
per month  
\*On average

# 200,000



Children receiving food  
through deliveries and  
school programs

# 211,161

 kids

# TOGETHER WE ARE FEEDING WESTCHESTER



## Thank you for Taking Action During Hunger Action Month!

We challenged you to help us fill 30 bins in 30 days by donating to our Hunger Action Month Food Drive — and you more than doubled that! Along with your donations, many of you helped us advocate for hunger relief and raise awareness about the hundreds of thousands of Westchester neighbors who have to make impossible choices between food and other critical needs such as medicine, electricity, or childcare.

## Responding to Hurricane Ida with Ready-To-Eat Meals

When disruptive events make it difficult for people to get food, we're grateful for our network of partners who help us act quickly. With local flooding and damage across Westchester from Hurricane Ida, our community partners at Meals on Main Street by Caritas of Port Chester stepped up to help, providing more than 200 of our breakfast and lunch bags at emergency shelters serving affected communities. "It's what we do," says Bill Cusano, Executive Director for the program. It is indeed what we do, together.



## Monthly Giving Means Nourishing Neighbors

"We've been supporters of Feeding Westchester for a number of years and enjoy including monthly giving in our support. We know how critical monthly giving is and how this reliable revenue really helps feed our neighbors. We take pride in knowing we are joining with others across the county to help provide food to those in need."

-Michael Cappelli

We're grateful to our dedicated community members like Michael, whose monthly support helps ensure our food programs can consistently serve your neighbors in need.



Fresh produce  
distributed

1,710,873 lbs.



Pounds of food  
distributed

4,164,635 lbs.



Number of meals  
distributed

3,470,529



Feeding Westchester is the county's largest nonprofit hunger-relief organization at the heart of a network of 225 community partners and meal programs. With a mission to nourish their neighbors in the fight against hunger, the organization sources and distributes good, nutritious food and other resources throughout every community in Westchester County.

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Elmsford, NY 10523  
914.923.1100

[FeedingWestchester.org](https://FeedingWestchester.org)

Donate online at:

[FeedingWestchester.org/donate](https://FeedingWestchester.org/donate)

For other ways to get involved:

[FeedingWestchester.org](https://FeedingWestchester.org)

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## NOURISHING NEIGHBORS

### Help Every Month

This dedicated group of supporters has come together to fight hunger in our community by committing to a regular monthly gift. You can become one of our Nourishing Neighbors by making a monthly gift today.

Questions? Contact Abigail Brown at [abrown@feedingwestchester.org](mailto:abrown@feedingwestchester.org) or 914.266.3881.

## LEAVE A LEGACY

### Join Nourish Tomorrow

A bequest could be the most important charitable gift you ever make. Show your commitment to feeding our hungry neighbors by naming Feeding Westchester in your legacy plan. For more information, please contact Feeding Westchester's Director of Individual Giving, Kelly Garvey, at [kgarvey@feedingwestchester.org](mailto:kgarvey@feedingwestchester.org) or 914.418.5212.

## HELP FROM HOME BAGS

# FIGHT WINTER HUNGER

## A Simple Way to Help Neighbors in Need

Winter is a difficult time for families facing hunger. With the rising costs of heat and rent, families who struggle to make ends meet face difficult choices. Purchasing enough nutritious food can feel like a luxury.

Help from Home bags are a perfect way to help us ensure your neighbors in need don't have to go hungry when faced with hard choices. In this volunteer-from-home program, you can pack bags with shelf-stable food items and deliver them to Feeding Westchester. Bags will then be distributed to your neighbors in need through Feeding Westchester's community partners and distribution programs.

For more information, reach out to [volunteer@feedingwestchester.org](mailto:volunteer@feedingwestchester.org). Together we are Feeding Westchester!



## LEND US

### Your Voice

Ending hunger requires more than feeding the hungry — eliminating hunger requires addressing its root causes and this cannot be solved through donations alone.

If you would like information on our advocacy efforts or want to join our advocacy action alerts, visit [FeedingWestchester.org/Advocacy](https://FeedingWestchester.org/Advocacy)