

YOU'RE PROVIDING NUTRITIOUS FOOD FOR SENIORS

It's not easy to recognize seniors who are struggling with hunger. They may have a home, be retired from years of working, and be active participants in their community. But when the bills come due, seniors living on fixed incomes must often make tough choices.

When you first meet Linda, a cheerful and bubbly grandmother of two, it's easy to see that she is a ray of sunshine for all those around her. What may be harder to see is that Linda has struggled with the pain of hunger.

After a career in home healthcare, this is a reality for Linda, who now lives on a fixed income of just \$700 a month. "After I pay my rent, electricity, and other bills, what's left?" she said. "There's not much for food!" The additional benefits Linda receives simply don't cover the cost of her groceries, especially with the rising price of food.

Linda visits her local food pantry to ensure she has enough to eat. She excitedly fills her bags with protein, dairy products, and other groceries that help meet her nutritional needs. "This food is a true blessing," says Linda. "I'd be eating much less than I do now if it weren't for this."

For Grandma Linda, the food she receives is even more meaningful. Thanks to your support, she has enough food so she doesn't have to skip a meal to be able to cook for her growing grandsons!



**"This food is a true blessing."
- Linda**

Thank you for helping ensure our seniors like Linda can count on having enough to eat!

**Look inside for
these stories!**

- 🍌 The best mistake Cynthia ever made
- 🍌 Two brothers' creative way to fight hunger
- 🍌 Making sure kids *and* moms can eat

A MESSAGE FROM THE CEO

I love the promise that comes with the first signs of Spring. After these winter months, we also want the families we serve to experience that hopefulness. And that starts with being able to put enough nutritious food on the table for *everyone* to eat.

If you've been to the grocery store lately, you've seen the price of food going up. In fact, prices have risen over 6% in the last year! The increasing cost of food and other necessities is affecting struggling moms like Dorothy (page 4) and fixed-income seniors like Linda (page 1) who are stretching their limited income so they don't have to go hungry in order to feed their families. It's also impacting our budget as we source

healthy food for the nearly 230,000 children, seniors, and families who come to us for help every month.

One thing that makes me hopeful this Spring is knowing we can count on the generosity of friends like you. We are so thankful to be partnering with you as we face the challenges of fighting hunger in our community.

Together we are Feeding Westchester.

With gratitude,

Karen C Erren



Karen C. Erren,
President & CEO

THANKING CYNTHIA FOR 13 YEARS OF DEDICATION

A happy "mistake" brought this beloved volunteer to our doors



Cynthia (center) celebrates 13 years with Feeding Westchester

A former social services caseworker, Cynthia wanted to continue helping others after she retired. She tried to find her local food pantry online but clicked on Feeding Westchester instead.

"It was one of the best mistakes I ever made!" she laughs.

That click marked the start of Cynthia's wonderful "second career" as a volunteer with us. She has worked Green Thumb mornings, packaging up fresh produce in family-size portions. She has done Retail Recovery, sorting donated goods from local big box stores. And she's helped fill backpacks with healthy food for families with kids in school.

"It feels good to be useful," Cynthia says. "And I've made so many friends in the process!"

If you have a heart for service like Cynthia, visit feedingwestchester.org/volunteer to learn more about volunteering.

SEE YOUR IMPACT:

**October 1, 2021 to
December 31, 2021**



Neighbors helped
per month
*On average

207,662



Children receiving food
through deliveries and
school programs

217,667 kids

TOGETHER WE ARE FEEDING WESTCHESTER



Soap for Soup fundraiser helps fight hunger

For three years, Frank and Jesse Sansevera have been making soap, which they sell to buy soup for their elementary school's annual Souper Bowl food drive supporting Feeding Westchester. This year the boys tripled their previous record raising \$1,019!

"We started this family service project to give back," says mom, Jessica. "We look forward to continuing to promote action to end hunger in Westchester."

Helping from home together

In support of their 119th Founder's Day fighting food insecurity, volunteers from Turner's New York Business Unit (NYBU) packed over 500 Help from Home bags. The donated food, which included canned goods, boxed side dishes, and desserts, was valued at \$2,420 providing 1,126 meals for Feeding Westchester to distribute to families in need.

Thank you Turner NYBU!



JOIN NOURISH TOMORROW

Leaving a Lasting Impact

Most of my life, personal and professional, has been spent right here in Westchester County. We've spent our entire married life here — including raising our kids in White Plains — and why we have chosen to give back to this great community.

Because we care deeply about our Westchester neighbors who are struggling, we want to help ensure that Feeding Westchester can continue to serve everyone who needs food for their families. That is why Nancy and I have chosen to name Feeding Westchester in our estate plans, and join Nourish Tomorrow.

— Nancy and Doug Ruttenberg
White Plains, NY



Fresh produce
distributed

1,857,185 lbs.



Pounds of food
distributed

4,926,342 lbs.



Number of meals
distributed

4,105,285



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.

200 Clearbrook Road
Elmsford, NY 10523

914.923.1100

FeedingWestchester.org

Donate online at:

FeedingWestchester.org/donate

For other ways to get involved:

FeedingWestchester.org

Follow us on:



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 your first monthly gift today.

Questions? Contact Abigail Brown at 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 or 914.418.5212

YOUR GENEROSITY HELPS ENSURE MOMS CAN EAT, TOO

Honoring moms as Mother's Day approaches

A mother will do anything to help her child. Dorothy's son was born prematurely and the frequent hospital visits he needed during his first two years of life have burdened her with significant medical bills. Now that Dorothy is working and pursuing her nursing degree, she's struggling to provide for her now 6-year-old son. "With my income, it's difficult to eat healthy," she says. "I'm just not able to nourish myself and my son as well as incorporate healthy foods into our diet."

Although she doesn't qualify for federal nutrition assistance, Dorothy knows she can count on getting healthy food at a Mobile Pantry distribution. "Having access to the Mobile Pantry is a real gift!" says Dorothy. "Thank you Feeding Westchester for all that you do."

More than 26,000 Westchester moms like Dorothy are at risk of having to decide to go hungry when they can't make ends meet. Your support is helping us ensure that when a family sits down to a meal, everyone can eat.



"Thank you for
all that you do
in my community."
- Dorothy
Local Mom

LEND US Your Voice

Ending hunger requires more than feeding the hungry — eliminating hunger requires addressing its root causes and this cannot be done through donations alone. If you would like information on our advocacy efforts or would like to join our advocacy action alerts visit FeedingWestchester.org/Advocacy