

FINDING MORE THAN FOOD. FINDING COMMUNITY.

“I’m not alone.” That’s how Helen feels when she visits the YWCA Yonkers food pantry. And it comes as a great comfort. Originally from Jamaica, Helen immigrated to the U.S. in 1985. She previously lived in the Bronx and in Atlanta before settling in Westchester.

Helen is responsible for preparing meals for her family—which includes her husband and son. Feeding her household of three isn’t always easy. Now retired, Helen has a fixed income, and her son’s employment has been unsteady since the pandemic. On top of her family’s financial struggles, Helen’s husband is experiencing health complications, and she is his primary caregiver.

The pantry is a lifeline for Helen. “Going to the food pantry is beneficial in more than one way,” she says. “You are getting the type of food that you really need for nutritional purposes.” But she has discovered much more during her weekly visits.

“I get to meet a lot of other people from all backgrounds. I’ve come to realize that I’m not alone. There are others out there that are going through the same hardships that I am.”



Because of your generosity, Helen and others like her are finding more than fresh, healthy food at our pantries. **THEY ARE FINDING COMMUNITY.**

**Look inside for
these stories!**

Fueling Student Success
More Than a Bake Sale
See Your Impact

A MESSAGE FROM **THE CEO**

Spring is here, bringing an abundance of seasonal fruits and vegetables. With the help of committed supporters like you, alongside our retail partners, farmers, and wholesalers, nearly 40% of the food we distribute is fresh produce. In turn, people facing hunger across Westchester County can access the nutritious food they need to help them thrive.

Unfortunately, high food prices aren't budging. And with the significant cut of emergency SNAP benefits for so many hard-working families here in Westchester, we're seeing longer lines at food distributions reminiscent of pandemic-level need.

Families already stretched thin will only face more challenges in the summer months ahead without the benefit of school lunches.

No matter the season, hunger doesn't take a break. That's why I'm thankful I can count on supporters like you. You understand that our work is about neighbors helping neighbors—every day of the year.

Thank you for helping us fight hunger in our community!

Gratefully,



Karen C. Erren
President & CEO



FUELING STUDENT SUCCESS

Healthy students are better learners. Nutrient-rich foods promote focus and academic performance — and Yonkers high school students facing hunger are staying on track thanks to Yonkers Partners in Education (YPIE)'s collaboration with Feeding Westchester.

Hundreds of kids gather each day at their afterschool learning center, the YPIE College Zone. Located near the public library and three high schools, YPIE equips low-income students with the critical tools they need for college success. That includes vital nourishment thanks to our partnership.

Between 3–6 p.m., when many students are consuming high-fat, processed foods, Feeding Westchester provides healthy food for distribution at the College Zone: hundreds of Help from Home bags containing nutritious nourishment combined with goods like school supplies.

“When students come to us at the end of a long day, we need to provide them fuel so they can continue learning as they prepare for college,” says Sam Wallis, YPIE Executive Director. **“Thank you, Feeding Westchester, for making that happen.”**

Thank YOU for making it happen! Your support helps ensure a bright academic future for students in need.



TOGETHER WE ARE FEEDING WESTCHESTER

MORE THAN A BAKE SALE: KIDS LEARN LESSONS FOR LIFE

Fifteen-year-old Charlie Rosen raised over \$2,000 for Feeding Westchester—equivalent to 6,000 meals for our neighbors facing hunger! For the past six years, Charlie and his friends have held a Shavuot Bake Sale over the weekend of Shavuot, a Jewish holiday commemorating the giving of the Torah. Each year the group bakes hundreds of cookies to raise money for various causes.

“Food is something essential that everyone needs,” says Charlie. **“When there are people without enough food, especially in the local community, someone needs to help.”**

Thanks to donors like you, these students have a space to support their community. They have an opportunity to think about other people and to make positive change. Service to others is often a significant part of holiday traditions and coming-of-age celebrations across many cultures. You provide a way for people to serve their community while honoring their heritage.

Through fundraising, these compassionate, civically minded kids are already having an impact, which will only grow as they become adults.

Thank you for helping kids have a place where they can dedicate their time to helping others.

TOGETHER WE'RE FIGHTING HUNGER. TOGETHER WE'RE MAKING A DIFFERENCE.

Carmen knows what it's like to struggle with hunger. And she's on a mission to prevent others from experiencing it, too, alongside White Plains Hospital's Food Is Medicine program. With your support and her commitment, together we're making a difference.

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“Whenever I handed a bag of food to a patient, I saw how grateful they were. Having experienced food insecurity earlier in my life, I want to make sure that no one has to experience what it's like to go to bed hungry. This program is making such a difference for families in need, which makes all of the work we do worth it!”

- Carmen, White Plains Hospital, who helped feed 151 families in December alone!

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JOIN US

Your Dedicated Support Leads to Lasting Nourishment

Join our Nourishing Neighbors monthly giving program to ensure we always have the resources needed to nourish our neighbors in the fight against hunger. When you make a monthly donation to Feeding Westchester, you immediately become a Nourishing Neighbor. It's simple to sign up and easy to update or change billing details at any time via our secure donor portal.

Consider making a monthly donation today—it's what sustains Feeding Westchester's most-needed programs and our neighbors.

Join at FeedingWestchester.org/monthly



FEEDING WESTCHESTER

Feeding Westchester serves Westchester County, providing food to a hunger-relief network of more than 300 partners and programs. With a mission to nourish our neighbors in the fight against hunger, we source and distribute good, nutritious food and other resources to wherever it is needed most.

In fiscal year 2022, Feeding Westchester provided more than 19 million pounds of food equivalent to nearly 16 million meals through soup kitchens, food pantries, schools, shelters, residential programs, and mobile distributions. That fed 200,000 people—including children, seniors, veterans, and hardworking families—every month. We are a 4-star Charity Navigator nonprofit committed to creating a community where all people have access to the food they need today and the fundamental resources to build a better tomorrow.

Feeding Westchester is located at:
200 Clearbrook Road,
Elmsford, NY 10523
914.923.1100
[FeedingWestchester.org](https://www.FeedingWestchester.org)

Donate online at:
[FeedingWestchester.org/give](https://www.FeedingWestchester.org/give)

For other ways to get involved:
[FeedingWestchester.org/get-involved](https://www.FeedingWestchester.org/get-involved)

Follow us on:



OCTOBER, NOVEMBER, DECEMBER **SEE YOUR IMPACT**

Neighbors helped

*Monthly average

225,443



Children receiving food
through deliveries and
school programs

241,446



Fresh produce distributed

2 MILLION



Pounds of food distributed

5.12 MILLION

Number of meals distributed

4.3 MILLION



“To be able to give out eggs and dairy and cheese...it’s not just canned goods and boxes of cereal. It’s amazing for me, and I get so much joy. I go home and I tell my family, ‘You don’t know how grateful you should be and how fortunate we are because people get excited over grapes, fresh vegetables, and produce.’”

-Dara Joseph, Director of Special and Alternative Education, City School District of New Rochelle and Mobile Food Pantry Distribution Coordinator