

## VULNERABLE SENIORS THRIVE — THANKS TO YOU!

**E**ver since Larry’s car accident in 1994, he’s struggled with physical and mental disabilities. “I have short-term memory loss, and I don’t remember anything,” he says.

His disabilities have left him with limited income opportunities and have made it hard for him to make ends meet. Today, he’s also one of nearly 7 million seniors in America who face food insecurity. Almost 9% of seniors in Westchester County are food insecure.

Larry says he tries to eat healthfully, but “finance is a burden,” especially with rising food prices.

Fortunately, Larry lives in an accessible community that supports seniors and people with disabilities, enabling them to live independently. He also gets support from his local food pantry.

Larry is benefiting from a program like Feeding Westchester’s Senior Grocery Program, which delivers free, fresh produce, meat, and other food directly to buildings where seniors like Larry live — thanks to *your* generosity!

Larry is deeply grateful for people like you, who ensure he has enough to eat each month. “I love cooking,” he says — especially meat, but he loves vegetables, too. “The more colors, the better.”

Larry says that healthy eating is important for him and his neighbors, and this food distribution is “building up the community.”



**Thank you for being a community that stands by our senior neighbors and helps them thrive! 🍌**

***Look inside for these stories!***

- 🍌 Letter from the CEO — Page 2**
- 🍌 Seniors Like Cecily Depend on You! — Page 3**
- 🍌 Save the Date for An Evening in Good Taste — Page 4**



## LETTER FROM THE CEO

Dear Friend,

Happy New Year! I want to extend my gratitude for your incredible support throughout 2024, and especially during the holiday season, from Giving Tuesday through New Year's Eve. Together, we continue to put food on our neighbors' tables.

In this newsletter, you'll read about Cecily, one of our senior neighbors, who relies on Feeding Westchester and our partner Yonkers Family YMCA to fill the gaps left by limited SNAP benefits. Unfortunately, her story reflects the struggles of many seniors in our community. We will continue to provide nourishing produce and advocate for the increased resources our neighbors need.

We also reflect on our annual partner agency conference, Driving Change Together, where we welcomed partners to exchange ideas, celebrate our accomplishments, and identify areas for improvement. Our keynote speaker, Karen Washington, left an impression on us all.

Looking ahead, we're already preparing for An Evening in Good Taste on April 3, when we aim to surpass last year's all-time highs in attendees, participating restaurants, and funds raised.

Thank you for making it all possible. Together, we are Feeding Westchester.

*Karen C. Erren*

Karen C. Erren  
President & CEO



## 'FOOD APARTHEID' LOOKS AT THE WHOLE FOOD SYSTEM, ALONG WITH RACE, GEOGRAPHY, FAITH, AND ECONOMICS.

KAREN WASHINGTON  
FOOD JUSTICE ACTIVIST



Feeding Westchester's annual partner agency conference was attended by representatives from nearly 300 valued partners at agencies and food pantries, along with local government officials. In addition to Karen Washington's keynote on the state of local food insecurity, issues discussed in general and breakout sessions included Effective Advocacy and Community Organizing, Navigating Immigration Challenges, Advocacy 101, Trainer's Toolkit: Enhancing SNAP Instruction, Fundraising, and Grants, and Building Tomorrow: Succession Planning and Capacity Enhancement.

PRESENTING AT OUR ANNUAL AGENCY CONFERENCE

## SEE YOUR IMPACT

OCTOBER 2023-SEPTEMBER 2024



Neighbor visits,  
*monthly average*

**231,262**



Child visits, *monthly average*, through pantries, deliveries, and school programs

**80,788**



Pounds of fresh produce distributed

**7.9 MILLION**



Pounds of food distributed

**21.8 MILLION**



Number of meals distributed

**18.1 MILLION**



Retail recovery (pounds recovered)

**4.6 MILLION**



**Cecily — pictured here (in the hat) with friends from Feeding Westchester and Feeding NYS — is grateful for supporters like you!**

## SENIORS LIKE CECILY DEPEND ON YOU!

“**S**ometimes, we seniors don’t eat healthy food because produce is too expensive, so we don’t buy it,” says Cecily, a 64-year-old retired bus driver.

Many seniors like Cecily live on a fixed income, making it difficult to afford healthy food and still pay for rent and medicine. This can lead to chronic health issues such as asthma, diabetes, anxiety, and depression.

Cecily is grateful for good health, but she still struggles with limited SNAP benefits, receiving just \$54 a month — not nearly enough to afford the essential nutrition she needs. So she depends on the food pantry at Yonkers Family YMCA, supported by Feeding Westchester.

That’s why she’s so thankful for caring friends like you. “We appreciate what y’all give us because there are so many people that need it,” Cecily says — and she’s always quick to support her neighbors. “When I come here to the pantry, I’ll give some to my neighbor. Because of his age, he can’t be there.”

**You provide relief and comfort to vulnerable seniors like Cecily! Thank you. 🍌**

Feeding Westchester serves Westchester County, providing food to a hunger-relief network of nearly 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 they are needed most.

In fiscal year 2024, we provided more than 23 million pounds of food — which was equivalent to more than 19 million meals — through soup kitchens, food pantries, schools, shelters, residential programs, and mobile distributions.

That served an average of more than 229,000 neighbor visits — including visits from children, seniors, veterans, and hardworking families — *every month*. We are a 4-star Charity Navigator organization, 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. To get more information, visit [FeedingWestchester.org](https://FeedingWestchester.org).**

# SAVE THE DATE

## FOR AN EVENING IN GOOD TASTE

On April 3, 2025, Westchester's finest chefs and beverage experts will join forces to support Feeding Westchester. Guests can look forward to indulging in an unforgettable night of exceptional food, quality wine, craft beers, specialty cocktails, and a silent auction while connecting with other supporters of Feeding Westchester.

This highly anticipated evening will bring together 600 guests and feature dozens of restaurants and beverage purveyors, as we try to outdo last year's event, which provided 840,000 meals for our neighbors in need.

All proceeds from the event will stay in our community, assisting in providing healthy, nourishing food to those who are food insecure.



To learn more, visit [FeedingWestchester.org/aeigt](https://FeedingWestchester.org/aeigt).



## FIGHT HUNGER THROUGH YOUR IRA

An IRA charitable rollover — also known as a qualified charitable distribution (QCD) — is a great option for people 70½ or older to make a **tax-free gift to Feeding Westchester** and satisfy your minimum required distribution. Contact your IRA administrator to request a QCD from your IRA to Feeding Westchester. Your gift directly from your IRA to Feeding Westchester will help feed neighbors in need.

Interested? Visit [plannedgiving.feedingwestchester.org/ira](https://plannedgiving.feedingwestchester.org/ira) to learn more about IRA gifts. **If you have questions**, contact Martine Campoli at [mcampoli@feedingwestchester.org](mailto:mcampoli@feedingwestchester.org) or 914.398.6094.

