



St. Mary's
Food Bank
ALLIANCE®

Horn of Plenty



MISSION

To alleviate hunger through the gathering and distribution of food while encouraging self-sufficiency, collaboration, advocacy and education.

SUMMER 2016



Volunteering is Their Vocation

Vern and Helen, and their daughter Cari, are dedicated volunteers at St. Mary's Food Bank Alliance's Surprise warehouse. In mid-December, Helen was reading one of the newspapers that said St. Mary's Food Bank was looking for volunteers.

"We thought that would be a good opportunity for us," said Cari. "We worked 4 to 5 days a week for several weeks through the holidays and the first of the year. We've tapered off now to 3-hour shifts, three days a week. We don't really have a set schedule. We just kind of come when we feel they need the most help."

"I had no idea what we were going to see when we came to volunteer. I realize now that the need is greater than I thought. It's extremely satisfying to be helping out when we know so many children are hungry, and adults as well," said her mother, Helen.

"At first, I didn't believe the statement that 1 out of 4 children probably didn't get a meal every day. I was amazed because I couldn't believe that was what was happening," said Vern.

Now that they've seen the need firsthand, this family is dedicated to eradicating hunger in their community.

"Before we retired and moved to Arizona, we had a business where we had up to 60 people working for us," Vern shared.

// At first, I didn't believe that 1 out of 4 children didn't get a meal every day. I was amazed that was happening. //

"Our philosophy was that we are all family. We want to give as well as take."

Giving back to the community is something this family takes seriously. Cari used to manage a Ronald McDonald House in Atlanta, where she spent 12 1/2 years ensuring families had food and shelter during their time of need.

"When I was very young, as a family, we always volunteered at a local nursing home a couple of blocks away," said Cari. "My parents instilled in us that giving back was extremely important. Throughout my life, I've always volunteered wherever I was, and then I made a career out of working with nonprofits. So it's kind of been something that we look to do in our life, is just to give back and do for others."

"We've been so busy. We've worked so hard during our adult life, now that we are retired, this is our time now to give back," said Helen with a smile.

Thanks to your generous support and the tireless efforts of volunteers and families like these, our hungry neighbors can get the life-sustaining food they need!

Hunger Action Month Will Soon Be Here

Did you know September is Hunger Action Month? Throughout the month, St. Mary's offers a variety of events in our community to spread awareness and encourage people to join the fight against hunger.

It's easy for you to get involved and help our hungry neighbors. You can participate in any of the events offered throughout the month, or help spread the word at your office, house of worship, civic groups, clubs or on social media.

► To learn more, visit
www.stmarysfoodbank.org

Have You Thought About Your Legacy?



When you make arrangements for your personal, financial and estate-planning goals, please consider including St. Mary's Food Bank Alliance. A legacy gift to St. Mary's allows you to make a donation that will help others in need for years — even generations — to come.

As you plan for the future, be sure to consult with your family, friends and, most importantly, your financial advisors. To learn more about Planned Giving opportunities, please contact:

Claudia Cucitro,
Senior Director of Planned Gifts
(602) 343-3144
cicucitro@firstfoodbank.org



The Promise of Summer

What is your favorite thing about summer? Is it the long days, filled with sunshine? The anticipation of a much-needed vacation? The more relaxed atmosphere and pervasive sense of optimism?

For all of us at St. Mary's Food Bank, summer offers the promise of hope for our hungry neighbors. Our personal assurance that these struggling men, women and children have not been forgotten. A guarantee that there will be emergency food boxes available for those in critical situations, mobile pantries where families can stock up on the essentials and the Kids Summer Feeding Program to help local children.

Because of incredible friends like you, our hungry neighbors here in Arizona can count on this promise of support. You're ensuring food is available for volunteers like Vern, Helen and Cari to assemble and distribute (cover story). You're keeping families together like Catherine and her son (page 3) and Pat and her 11 grandchildren (page 4). You're even helping seniors like Louise and her husband as they recover from the devastation of a health crisis (page 3). Your compassionate support ensures those who are struggling have a place to turn for help.

As you enjoy the "lazy, hazy days of summer," please don't let those who are suffering from hunger be forgotten. Your support is still needed to promote awareness, especially during Hunger Action Month in September. Perhaps you might even have a few hours free to volunteer or take a tour of the food bank to see your support in action.

And please, if you are able, continue your financial support. Donations typically decline in the summer — at a time when the demand for our assistance is great. Your generosity is so deeply needed and appreciated. Thank you for keeping the promise of hope alive this summer.

With gratitude,
Your Friends at St. Mary's Food Bank



Catherine's Crisis

Catherine never expected she would turn to St. Mary's Food Bank Alliance for help. But when her struggles became too much to bear on her own, she was thankful for the support and assistance she received.

"My husband divorced me, and my mother passed away in the same year. It was a tough time for me. My job was also cut from \$30 an hour to \$10 an hour. It's just not always enough to get by. My 47-year-old son lives with me, and we're so thankful for the St. Mary's food boxes that supplement what we have. We don't come to the food bank every month, only when times are tough. Thank goodness for St. Mary's. You do a wonderful job of helping those in need!"

Catherine's story shows how no one in our community is safe from hunger. The reality is, any one of us could lose a job, face unexpected medical bills or experience unexpected circumstances and suddenly struggle to keep food on the table.



That's why your partnership support is so deeply appreciated. Thanks to your generosity, people in Arizona like Catherine and her son know they can always turn to St. Mary's Food Bank to get the food they need to get by.

Life After a Heart Attack

Louise has volunteered at the Surprise warehouse, but she never imagined she would need assistance herself. Her life changed when her husband had a heart attack earlier this year . . .

"My husband had a heart attack on February 2. He used to be an Uber driver, but now he is unable to work and his income stopped. His recovery has been rough. He contracted pneumonia in the hospital, spent time in dialysis, and needed to have a trachea, pacemaker and stomach tube put in. He has lost 44 pounds. I'm thankful he is home from the hospital, but he is still in rehabilitation.

I was a schoolteacher for 34 years. I am retired and disabled, and the only income we get is \$780 a month for disability. In one more year, I can collect Social Security. I have diabetes, so eating healthy food is important for my health.

I now know that something like this — a medical emergency — can drain the finances of anyone at any time. You should never shun the idea of a food bank. It can come out of the blue.



**photo representative of Louise to protect her identity*

I'm so grateful the good Lord kept my husband here. I feel comfortable and grateful for you guys, and I appreciate the help. Thank you."

Keeping Families Together: Pat's Story

Pat has a full house. She has adopted several of her grandchildren, and caring for them all is a full-time job. Without the support of St. Mary's and friends like you, she would be unable to feed her large family.

"I adopted 11 of my grandchildren," she said. "When I got the first six kids, I was working two jobs. I was a secretary at a local school district for the special education director. Also, on weekends, I took care of a Sun City woman who had Alzheimer's. Then I became disabled so that made it real hard. That's when I started coming to the food bank."

Pat has rheumatoid arthritis and osteoporosis in her back, so she's not able to lift anything. In addition to caring for her grandchildren, her 85-year-old father moved in to her home around the time she became disabled.

"I get Social Security for five of the kids because they are minors. I get some adoption subsidy from the federal government (passed through the state). But I don't get food stamps because I don't qualify. I juggle a lot," she said.

Pat visits the food bank in Surprise about once a month. She is thankful for the good quality food she receives.



Thank you for ensuring Pat can care for her 11 grandchildren and her elderly father.

"The kids like the food they get from the food bank," she said. "There are some items I couldn't buy. Now they can get yogurt and the food they like from the food bank."

"If St. Mary's wasn't here, I don't know of any other options. Prior to disability, I had two jobs. Now I can't work anymore. I can't even afford this cold I have," she said with a rueful laugh.

Every \$1 you give provides 7 meals! Here's how:



St. Mary's Food Bank rescues edible food from local grocery stores — nearly 3 million meals a month.



Growers, produce houses, manufacturers, foodservice companies and other industry partners also donate food.



Volunteers sort, box and bag the food to prepare it for distribution.



More than 500 partner agencies hand out food to people in our community.



Last year, St. Mary's distributed more than 66 million pounds of food in our state.



1.2 pounds of food = 1 meal



You helped provide 55 million meals to those in need!

► Our relationships with these generous partners allow us to stretch each dollar as far as possible. This enables us to maximize gifts from friends like you to help feed more people in Arizona. Thank you for helping our hungry neighbors!

Find Us!

2831 N. 31st Ave. • Phoenix, AZ 85009



Web
www.StMarysFoodBank.org



www.facebook.com/firstfoodbank



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www.youtube.com/smfba

Honor Someone Special

March 1 - May 31, 2016

When you make an Honor or Memorial Tribute, St. Mary's Food Bank will notify the honoree or their family of your thoughtfulness. Your tribute will be included in an issue of the *Horn of Plenty*. **Mail your Tribute in the enclosed envelope • Visit www.stmarysfoodbank.org • Or call (602) 242-3663.** (Online donors can send personalized, heartfelt e-cards to their honoree or family members — up to 10 email addresses)

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