



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.

SEPTEMBER 2017

**“Unlike curing cancer
or heart disease, we
already know how to
beat hunger: food.”**

**— MARIO BATALI,
AMERICAN CHEF**



Your Compassion in the Community

When you give to St. Mary's Food Bank, your generosity touches so many lives — children, families, and seniors who are deeply grateful for caring people like you . . .

We have literally had families cry as they received food from the mobile pantry. Many tell us they didn't know how they would make it through.

– Pilgrim Rest Foundation

A family had just moved to our school district, in need of food. When they arrived to our monthly distribution, the eldest son jumped right in to help other people carry food boxes to their cars!

– Karen Ward, Beaver Creek School

Protecting a Precious Resource

What Happens When You Fight Childhood Hunger

It's heartbreaking to see one of Arizona's most important resources — our children — ravaged by hunger. Right now, 1 in 3 Arizona children struggles with hunger. That's well above the national average!

As children return to school for the fall, it's worth considering the far-reaching effects of hunger. Kids from hungry families are more likely to:

- Repeat a grade
- Experience developmental impairments
- Have social and behavioral problems

As you can see, your gifts to St. Mary's Food Bank do much more than fill hungry kids' tummies. You're setting them up for success in school and beyond. Thank you for giving hungry children in Arizona a fighting chance!



A Letter from Our President & Chief Executive Officer
... Tom Kertis

Ready for the Next 50 Years

This fall, St. Mary's Food Bank celebrates 50 years of improving the quality of life for Arizonans in need. Thanks to support from steadfast friends like you, we've been able to feed thousands upon thousands of hungry children, seniors and families.

That's a remarkable achievement, and you should feel proud to have changed so many lives for the better. Here at St. Mary's Food Bank, we're inspired by your generosity and courage. Arizonans have always been leaders in the fight against hunger, stretching all the way back to our humble beginnings as the world's first food bank.

Your example serves to motivate us for the long fight ahead. We can't afford to rest on our laurels — not when there are still so many people counting on us in this community. Every day, children are trying — and failing — to fall asleep at night in spite of the hunger pains. Seniors spend their days unsure if they'll be able to put dinner on the table. So many families don't even know they'll need us yet.

With you on our side, I know we can help them. Thank you for your ongoing support of St. Mary's Food Bank. Your generosity means the world to us as we look ahead to the next 50 years of service.

Best wishes this summer,

Tom Kertis



Your Generosity Puts Daniel at Ease

Daniel's always been a fighter. He's a proud man — a disabled veteran who served his country courageously in Vietnam. In civilian life, he worked construction for 42 years. Along the way, Daniel's health problems mounted. His legs are heavy with years of wear and tear. He suffers from COPD, a serious lung condition.

In spite of it all, Daniel carries on the best he can. These days, he reports to a St. Mary's Mobile Pantry for much-needed food.

"My medical bills have been very high," Daniel said. "I can't work or do things the way I used to. So I've been coming to this Mobile Pantry for about a year."

That's what St. Mary's Food Bank and our mobile pantries are here for — to serve people like Daniel who can no longer serve themselves. Even the toughest among us need a little help sometimes.

Thank you for giving Daniel the strength and nourishment to go on. Here are his words of encouragement, meant especially for you:

"Please support St. Mary's Food Bank because so many people in this region are hungry. If it wasn't for your help, I don't know what these people would do."



Daniel receiving groceries from Mobile Food Pantry Church on Fillmore.



Lynn receiving groceries from St. Mary's food pantry.

Making it Through, Thanks to You

"I've been coming to St. Mary's Food Bank about two years now. I have had two heart attacks. I have diabetes. Never smoked, never drank.

"I've got a 13-year-old son who's a straight-A student in school. He has such an enormous desire to learn. I want to keep it that way if I can. I spend every dollar of my money to pay rent and utilities. After that, there's nothing left. They just cut my food stamps to \$15 a month. I don't know how they expect us to survive on a dollar a day for half a month. However, that's what happened and it's really hit us hard. I'm trying to make sure my son gets the nutrition he needs. The doctor tells me that he's just about the

right weight he's supposed to be for his age, but man is he skinny.

"The folks here at the Food Bank help. They let me come twice a month. Yesterday I got a chicken. That's very helpful. We're just trying to get by, and I'm trying to encourage my son. He wants to be an architect, and I want him to keep doing well in school so that he can become what he wants to be and contribute to society.

"Thank you very much. You don't know how much you're helping. It reaches so many people!" – Lynn

Photo changed to protect the privacy of our client.



How You Can Help This Hunger Action Month

Hunger hurts people in every corner of the United States, including Arizona. All told, 48 million Americans are experiencing hunger. Worst of all, 15 million of them are children suffering due to circumstances beyond their control.

Thankfully, this catastrophic problem has a solution. Through your support of St. Mary's Food Bank, you're helping lead the fight to end hunger. This month, you can unite with caring people all across the country to feed hungry Americans. Here are three simple, direct ways to make a difference during September, Hunger Action Month.

3 Ways to Take Action



FOOD

Host a food or fund drive through your school, company, or church. Your canned goods or boxed items will **feed a person in need**. Every \$1 you donate will provide 7 meals.



VOLUNTEER

Volunteers form the backbone of the Food Bank. Please visit Volunteer.FirstFoodBank.org to learn about volunteer opportunities for individuals or groups.



PAY TRIBUTE

Interested in acknowledging someone special in your life via a thoughtful gift to the food bank? Contact development@FirstFoodBank.org or call (602) 343-2534 to learn more.

For more ways to participate in Hunger Action Month, visit FirstFoodBank.org/get-involved.



St. Mary's Food Bank
2831 N. 31st Ave.
Phoenix, AZ 85009

YES Tom! I want to feed hungry neighbors in our community today.

Enclosed is my generous gift of:

- \$35 to provide 245 meals
- \$50 to provide 350 meals
- \$150 to provide 1,050 meals
- \$_____ to help as much as possible

Does your employer have a matching gift program? You may be able to double your gift!

- I prefer to give by credit card:
 - VISA MC AMEX DISCOVER
- Please make this a monthly gift and include me in the Monthly Giving Circle.
- Send me email updates: _____



Mail: Return this completed form with your gift
Phone: (602) 242-FOOD (3663)
Online: StMarysFoodBank.org

ACCOUNT NO. _____ EXP. DATE _____

NAME _____ SIGNATURE _____

ADDRESS _____

CITY / STATE / ZIP _____

EMAIL ADDRESS _____