



St. Mary's  
Food Bank  
ALLIANCE®

# Horn of Plenty

A member of  
**FEEDING™  
AMERICA**

## MISSION

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

WINTER 2017



**Thanks to your help, Vicki — and many other seniors on a limited income — get the food they need to make it through each month.**

## Making It Through

**S**ince her husband died in 2011 — on Father's Day — Vicki has had a hard time.

They had been married for 43 years, and Vicki, now 80, still grieves the loss as if it was yesterday.

"We had so much fun together," she said. "We would ride around, go to Pinnacle Peak. It was good."

"Life without him has been tough. It's a lonely world without a spouse or a friend. I don't like it. I wake up and wonder, What am I going to do today? But you have to keep on going."

It's not just the loneliness. Since she's been a widow,

finances have been tight. She gets about \$1,200 a month in Social Security but, after she pays her bills, there's only about \$100 left. Plus \$15 a month in food stamps. Fifteen dollars!

"It doesn't go very far," she said.

That's why Vicki is so grateful for St. Mary's . . . and your support.

"I'm thankful for the food bank," she said. "I appreciate what they do. It helps me to make ends meet."

**Your kindness and support make all the difference for seniors like Vicki.**

## A Very Good Year!



In 2015-2016, your support helped St. Mary's Food Bank provide:

**74** million meals

**21** million pounds of fresh produce

**1.2** million after school meals to kids through our Kids Cafe® program

All of this was possible because of friends like you. Thank you!

## Take a Tour!



Want to see your donations at work? Come visit us at St. Mary's and get a behind-the-scenes tour!

You'll see volunteers and workers sorting and packing food, learn more about our programs like Kids Cafe® and Community Kitchen, and even meet some of the people you're helping — people who are here for food assistance.

To arrange a tour,  
please call **602.343.2534**



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

## It's All Thanks to You!

I've been on the job at St. Mary's for about six months, and I'm so glad to be here playing a role in getting food to those in our area who need it most.

I want you to know how grateful I am for the part you play in making this happen. Our work can only go as far as your support.

I'm not totally new to the food bank. I served on St. Mary's board of directors for three years before taking this position. Before that, I was in the food distribution business for more than 35 years — most recently as an executive with US Foods. In that role, I often worked closely with St. Mary's to help get good food to people in our community who are most in need.

In my current role, I want St. Mary's to focus on three main things:

- continue reaching the growing number of those in need
- improve nutrition for our neighbors who are hungry
- be good stewards by stretching your gifts as far as possible

### **These things can happen only with your support.**

And at this time of year, after the holidays and for the next few months, there's good news and not-so-good news. The good is that we will soon have literally tons of fresh produce. The not-so-good is that donations usually decrease in the spring and summer, but it still costs money to distribute food to people in need. I hope we can count on you through these lean months.

Thank you so very much for your kindness and generosity. On behalf of the hundreds of thousands of hungry people in our community, I'm so grateful.

*Tom Kertis*





# Moving Forward, Because of You!



\*Elaine's photo is representative of the women and children we help in Arizona.

**W**hen Elaine first came to St. Mary's for a food box, she lived in a homeless shelter with her four children . . . and she needed much more than just food. Elaine was a victim of domestic violence, so St. Mary's was able to refer her to some outside help to keep her and her family safe.

Today, things are looking up for Elaine and her children. One of her sons is off to college thanks to a special scholarship program. And the rest of her children are flourishing.

Elaine still needs help making ends meet. She visits St. Mary's once a month and is very grateful for the food she receives.

"I'm doing very well now," she said.

**Your kindness helps people like Elaine not only with food, but to find other services to meet their multiple needs.**

## YOUR GIFTS KEEP IT FRESH!

**I**t's almost spring, and that means we'll have more fresh produce to distribute to our hungry neighbors. That means better nutrition and balance for everyone.

Fresh fruits and vegetables are vital for a balanced diet and a healthy lifestyle. Research shows that regular intake of fresh produce reduces the risk of many diseases, including cancer. The fiber, vitamins, and minerals that come naturally in fruits and vegetables work together to promote good health.

St. Mary's works diligently to acquire as much fresh, Arizona-grown food as possible. We hold more than 40 fresh produce distributions in communities where fruits and vegetables are hard to come by — or are too expensive for folks to afford.

We distributed more than 21 million pounds of fresh produce in 2015-16 — or about one-third of our total food distribution.

**Thank you for making it possible to get healthy fresh produce to our hungry neighbors!**



# He Lived Alone, but You Provided the Food!

After his wife died, Joe lived alone for years. With no family or friends in the area, he truly lived a life of solitude.

Several years ago, Joe was cooking in his apartment when his shirt got too close to the stove and caught fire. Joe was severely burned on much of his body, and spent four months in the hospital, struggling to make it through.

While there, Joe learned that he also had lung cancer, so doctors removed half of one of his lungs. Between the burns and the cancer, Joe barely survived.

"Doctors left me for dead twice," he said, "but I kept fighting and I made it."

Joe is now required to be on oxygen at all times.

When he first returned home from the hospital, he couldn't get out and about. So St. Mary's delivered food to Joe, right to his home, until he could get back on his feet again.

Joe still has trouble with mobility, but gets out on occasion, "mostly just to get food and go to doctors' offices," he said.

He added that because of his limited income, he is especially grateful for the food bank, most of all for the fresh produce.



\*Joe's photo is representative of the seniors we help in Arizona.

**If you could meet Joe, he would thank you personally!  
Your generosity really does help feed neighbors who  
are in the greatest need.**

## 3 Ways to Give

**Your support is always greatly needed and appreciated. Here are 3 easy ways you can join the fight against hunger in our community.**



### GIVE MONEY

Your financial support is critical to getting food sorted and distributed across the state, to people who need it most. Every \$1 donated provides 7 meals for hungry neighbors!



### GIVE FOOD

Host a food drive through your school, company, or church. Or make a donation of canned goods or boxed items at St. Mary's (or one of our distribution points).



### GIVE TIME

Without volunteers, our work simply wouldn't get done. Food wouldn't get to hungry people. There are a number of opportunities available to individuals or groups. Come join us!

To learn more about the ways you can help, visit [firstfoodbank.org/get-involved](http://firstfoodbank.org/get-involved).

### Find Us!

2831 N. 31st Ave. • Phoenix, AZ 85009



Web  
[www.StMarysFoodBank.org](http://www.StMarysFoodBank.org)  
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