



FEEDBACK



LETTER FROM JULIE



Dear Caring Community,

July marks the beginning of Tarrant Area Food Bank's final quarter of the fiscal year. On top of developing new hunger relief strategies, we also begin to assess our accomplishments

in 2021. Although achievements like the purchase and complete remodel of a satellite facility, Tarrant Area Food Bank West, are cause for celebration, we know we must continue to look for new ways to solve hunger, especially as we help Texans recover from the COVID-19 pandemic.

According to Feeding America's national study, 16.5% of Texans bore the tumultuous impacts of food insecurity following the devastation of the COVID-19 pandemic. In 2019, Tarrant Area Food Bank had renovated its Distribution Center to maximize the amount of food we could provide to the 14.1% of Texans who at that time had trouble buying groceries. Although a 2.4% increase from 2019 to 2021 does not immediately seem drastic, it amounts to over **500,000 people** in need in our service area—nearly half being children.

Thanks to your generous donations, Tarrant Area Food Bank had a meaningful impact on summer hunger! In this newsletter, please join me in recognizing the community partners and local heroes who ensure kids returning to school are equipped with the resources and food they need to feed themselves and their families.

Tarrant Area Food Bank is an incredible community resource with a proud history. In 2022, we will celebrate our 40-year anniversary. It is amazing to see how much this community cornerstone has grown from its humble grassroots beginnings. We continue to be committed to serving as a safety net for anyone in need, with the goal to boost these families and individuals into self-sufficiency. I am grateful to have you on this journey with us to ensure our neighbors are nourished and recovering.

Very truly yours,

Julie Butner
President & CEO

TARRANT AREA FOOD BANK

MEMBER OF
FEEDING AMERICA

BOARD OF DIRECTORS

Chair

Don Mills, *TCU College of Education*

Chair-elect

Karen Duncan, *John Peter Smith Hospital*

Past-Chair

Andrew O. Fort, *Texas Christian University*

Treasurer

Mark Jones, *Mark M. Jones & Associates, PC*

Secretary

Ty Stimpson, *Tarrant County Criminal District Attorney's Office*

Member-at-large

Liz Rainwater Baggs, *Texas Christian University, Office of Admissions*

Mirgitt Crespo, *Fort Worth ISD*

David Speed, *Cantey Hanger, LLP*

Directors

Justin Armstrong, *Frost Bank*

Mercedes Bolen, *Hillwood*

Ashli Blumenfeld, *Standard Meat*

Rachael Capua, *Tarrant To & Through Partnership*

Rev. Ralph W. Emerson, *Rising Star*

Baptist Church

Christina Kutej, *U.S. Trust*

Christy Lara, *Albertson's*

Monica Mendez-Grant, *Texas Woman's University*

Valerie Washington, *City of Fort Worth*

Jared Williams, *Leadership ISD*

Julie Williams, *Taste Project*

Patty Williams, *Roger Williams Automall*

YOU'RE FUELING MIQUEL'S SUCCESS



Miquel already has a solid plan in place for his life now that he's a high school graduate — and he's thanking you for giving him the fuel he needs to achieve his goals.

We met Miquel, 18, his mother, Latisia and his little sister, Noemi, 4, at [TAFB's](#) Mega Mobile Distribution at Dickies Arena.

Miquel is planning to attend trade school to become an electrician. He also works part-time to help his family with bills.

His dad, Fermim, is picking up extra hours of work, but in the wake of the COVID-19 pandemic and financial setbacks, his income is still barely enough to cover the family's basic costs.

That's why Miquel and Latisia wanted to pass along to you just how grateful they are for your kindness. The family says each time they go to the food distribution, the groceries they pick up last about a week.

And Noemi is especially thankful for the milk — one of her favorite things.

"We appreciate them being out here and helping families who need extra food," Miquel says of all those who help make the large food distributions possible.

Thank you for helping make sure children and their families have the healthy food they need to fuel their dreams. You're making way for a brighter, healthier tomorrow.



"We appreciate them being out here and helping families who need extra food." — Miquel

Miquel, 18, stands with his sister, Noemi, 4, outside the Mega Mobile Distribution at Dickies Arena.

YOU ARE BRINGING HOPE TO YOUR NORTH TEXAS NEIGHBORS

Open Soon: TAFB West

This fall, Tarrant Area Food Bank will open our Parker county facility, TAFB West. With nearly 30,000 square feet, TAFB West will increase TAFB's storage capacity for food by 35 percent and provide critical services to 7 of TAFB's 13 counties. Besides improved storage for more food, TAFB West will also offer special opportunities for the Parker County community to volunteer and participate in its work, including at the facility's on-site Mission Market food pantry. Beyond being able to help more families in rural communities, this expansion will allow us to further our work as advocates for the hungry. We aspire to educate communities about hunger and provide food and services so families can find help with dignity.



Beat the Heat with Peachy Pops!

TAFB's recipe for Peachy Pops are the perfect frosty, fresh treat on a hot day. Fresh peaches combined with creamy yogurt make a healthy, fun snack.

Ingredients

- 2 fresh peaches OR 2 cans of peaches
- 2/3 cup yogurt, low-fat vanilla
- 2 cups 100% orange juice
- 6 small paper cups
- 6 spoons, plastic or wooden

Instructions

1. Wash, peel and chop fresh peaches or drain and chop canned peaches.
2. Spoon peaches into the 6 paper cups.
3. Mix yogurt and orange juice well.
4. Pour the juice and yogurt mixture into each cup to cover the peaches.
5. Place a spoon in the center of each cup.
6. Place cups in the freezer for at least 4 hours.
7. Just before serving, peel the paper cups away from the pops to eat.

Visit tafb.org/recipes for more seasonal recipes.





GARY MAULDIN OFFERS TIME AND KINDNESS

Thanks to the efforts of [TAFB](#) Learning Garden volunteers, our gardens produced 3,000 pounds of fresh produce in 2020 for local Partner Agencies.

Integral to that success was Gary Mauldin, a Fort Worth resident and regular volunteer at the Learning Garden, 3251 Sappington Place, Fort Worth.

Following his retirement, Gary began volunteering at the Learning Garden several times a week. He has volunteered with us every week for the past five years, totaling more than 750 hours!

Lauren Hickman, Program Specialist and Horticulturist, praises Gary's accomplishments: "In the five years that Gary has volunteered at the

TAFB Learning Garden, he has done every job that exists in a garden."

In addition to being a dedicated and seasoned gardener, he is also a kind one. For new volunteers or children working in the garden for the first time, Gary saves the "glamorous" work to give them a positive experience.

Lauren sums up Gary's impact on TAFB: "There is no part of the garden that Gary hasn't improved by his constant gifts of time and energy. He acts as a quiet mentor to other volunteers and is always ready for any challenge. He is a gift to all of us in the good work of growing food for and with our neighbors!"



MAKE A LEGACY GIFT

Please consider including Tarrant Area Food Bank in your legacy plans through a will, trust, life insurance gift or other legacy gift. Through these special contributions, friends like you can help feed our neighbors in need for many years to come. To learn more about legacy planning, visit our website at tafb.org/donate. Simply follow the link to "Legacy Gifts" for a wealth of educational resources. Please contact Stephen Raeside, Chief Development Officer, for more information at 817.857.7125 or, stephen.raeside@tafb.org

TAFB'S MISSION KITCHEN PRODUCES NUTRITIOUS, DELICIOUS MEALS

Working alongside volunteers and apprentices from the Fort Worth food service training program, Chef Robyn Frascella leads the charge to produce roughly 300 meals per day, five days a week. In a year, that's 90,000 meals to feed friends and neighbors in TAFB's 13-county service area.

The meals are prepared with food donated to [Tarrant Area Food Bank](#). Every day the team selects fresh produce, healthy proteins, hearty beans and grains and so much more supplied by community food donors.

These items are used by kitchen staff to create tasty, ready-to-eat meals. Fresh herbs from Tarrant Area Food Bank's Kindred Spirits Kitchen Garden and Learning Garden are often used as well.

Over the past month, the menu included meals ranging from chicken sausage with rice and carrots, to lentil stew. There's a lot of variety, with an emphasis on including vegetables and offering more vegetarian options.

Each meal is individually portioned, well-balanced and nutritious. These meals are

especially helpful to people who have physical limitations or may otherwise be unable to prepare a full meal, like people recovering from illness, the elderly and children.

As we are still combating the final waves of the COVID-19 crisis, these meals are a necessity for the pantries of our friends and neighbors.



AGENCY SPOTLIGHT: THE BOYS AND GIRLS CLUB OF THE GREATER TARRANT AREA

“No child should go without food.”

Shon Dorsey, vice president of the Boys and Girls Club of the Greater Tarrant Area, says your gifts through TAFB help provide nutritious food for children in need.

“Whether you give by donations or by your time, it will help our community,” he says.

The Club operates eight sites across the Tarrant area. During the height of the COVID-19

pandemic, kids were temporarily transferred from the Panther Branch to the Martin Branch. Plans are to reopen the Panther Branch this fall.

“[The] main goal is to be able to give kids food to eat and help ease the stress of parents who aren't able to afford healthy meals for the family,” Shon says.

Thank you to the Boys and Girls Club of the Greater Tarrant Area for your partnership to help end childhood hunger in our community.

“A GRACIOUS AND BIG ‘THANK YOU’”

Jasmine, 12 and Maribel, 10, are about to start a new school year with all the possibility and excitement that brings. And, thanks to you, they'll be better prepared to learn, grow and thrive in school.

That's because the sisters' family was able to access fresh, local produce all summer long at the Cowtown Farmer's Market through the Farmers Market Nutrition Program.

The program is designed for WIC participants, including pregnant, breastfeeding and postpartum women, and children ages 1-5, which includes the girls' younger siblings, Sophie, 3, and Ian, 1.

“We are blessed to have this,” says Rebecca, the girls' mom.

Rebecca's husband, Sergio, works for a refrigeration company, which Rebecca says allows the family to maintain a basic budget most weeks.

“But this is a big help,” she says of the food they receive from the farmer's market.

Through the Farmers Market Nutrition Program, Rebecca's family and others across our community can use WIC vouchers to purchase up to \$30 worth of locally grown fruits, vegetables and herbs.

That means kids like Sophie and Ian, Jasmine and Maribel, will have the nutrition they need



“Your hard work and helping those in need are so appreciated.” — Rebecca

Rebecca and two of her children stand outside the Cowtown Farmer's Market.

to have a great start the school year. For that, and for giving the entire family a “healthy summer treat,” Rebecca wants to thank donors like you.

“Your hard work and helping those in need are so appreciated,” she says to friends like you. “A gracious and big ‘thank you!’”



2600 Cullen Street
Fort Worth, TX 76107
817.857.7100
tafb.org



Connect with
Tarrant Area Food Bank:

