



FEEDBACK



LETTER FROM JULIE



Dear Caring Community,

I can't imagine living and working in a more supportive, compassionate community. From

winter storm Uri to the ongoing struggles of the COVID-19 pandemic, you've been there to help.

That's why, at the start of another holiday season, I remain encouraged about our community's future.

In fact, we have several exciting things to celebrate at year's end. Our RED Bus is rolling its way throughout our community to help provide healthy food, education and resources to our neighbors who need it most.

And more neighbors can access nutritious food through our new [TAFB West location](#) – read more about the RED Bus on page 7 of this holiday edition

of *Feedback*, and more about TAFB West on pages 4-5.

Also in this edition of *Feedback*, look out for stories of lives made better through the profound, life changing gift of food.

As we all look to the new year with anticipation, I hope you will take time to reflect on our collective impact that's improving the overall quality of life in our region. It would not be possible without you.

I look forward to joining together with you in the new year as we look for even more ways to solve hunger in the Tarrant area. With partners like you, I know it's possible.

Gratefully,

Julie Butner
President & CEO



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YOU HELP JERRI FEED HER FAMILY

Fresh produce is a big favorite among Jerri's grandsons. That's why she's especially grateful that friends like you help make it possible for her to have regular access to fruits, vegetables and other groceries to fill her family's table.

We met Jerri at a [TAFB Mega Mobile Distribution](#) at Dickies Arena, where she was joined by grandsons Kyland, 11, and Devonte, 15. The boys live with Jerry, along with their brother Canon, 4.

Jerri, 50, says she recently applied to receive Social Security Disability. But while she waits for that assistance to come through, she's thankful she can turn to the distribution when she needs food to feed her family.

She says she utilizes the TAFB resource every three to four months and the food they receive there lasts her family about a month.

Jerri says Devonte plays basketball for his school while Kyland plays football. Nutritious food is important not only for their ability to play the sports, but also to study and learn in school.

"Thank you for helping people who don't know which way to go when they need to take a load off," she says to donors like you who make this distribution possible.

This holiday season, more families across the Tarrant area will have nutritious food on the table because you choose to give. Thank you for your generosity.

Jerri stands with her grandsons, Kyland, 11, and Devonte, 15, outside the Mega Mobile Distribution at Dickies Arena.



*"Thank you for helping people."
— Jerri*



TAFB WEST COMING THIS HOLIDAY SEASON!

This November, TAFB will open [TAFB West](#) to better serve the Parker County area!

Even before the COVID-19 pandemic, TAFB could see how its reach was not fully permeating all 13 counties in its geographical area. The need for a food distribution site in Parker County was growing – slowly but surely.

After nearly two years of running at maximum capacity and providing as much food as possible to the community from its original location, TAFB will open its new site to help serve rural communities more thoroughly than TAFB has done in the past.

TAFB serves a total of 13 counties, and the new location will cover around 50

percent of the service area, in 7 out of the 13 counties. TAFB West will be open to individuals to pick up food, enroll in the Supplemental Nutrition Assistance Program and/or participate in educational classes.

In 2022, TAFB West will include gardens and a pantry for its community members to enjoy.

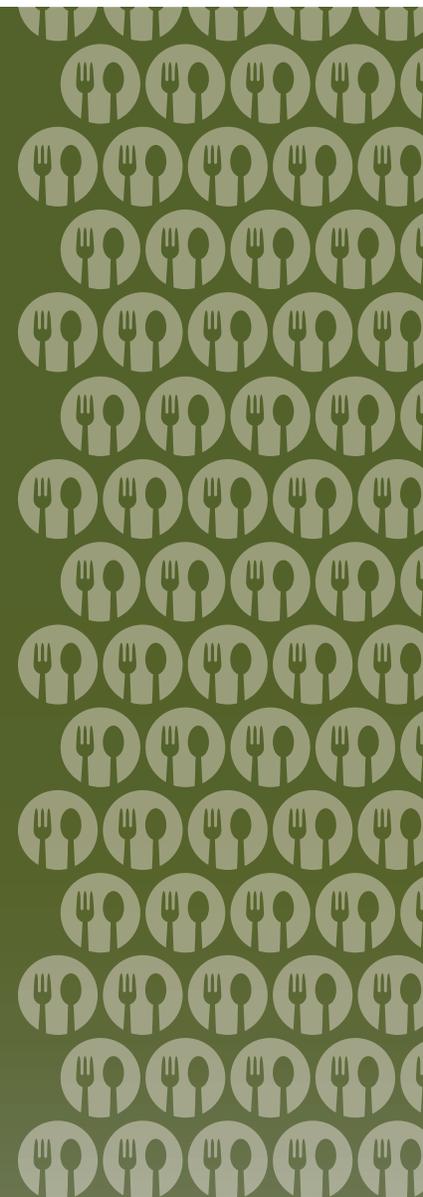
Thank you for making exponential growth like this possible. TAFB couldn't have expanded its reach so effectively without your committed partnership to helping your neighbors facing hunger.

TAFB West is located at 112 Winners Circle in Weatherford.



ENJOY A HAPPY HEALTHY HOLIDAY DISH

Fall is a great time for hearty vegetables like squash and leafy greens because they are fresh and in-season. This recipe incorporates butternut squash, brussels sprouts, and garlic with plums for sweetness and olive oil to bring out the rich, sweet flavor. These ingredients provide lots of antioxidants to reduce inflammation and protect the body from diseases as well as healthy fats to nourish the heart and give the body energy.



INGREDIENTS

- 1 (24-ounce) bag fresh Brussels sprouts
- 1 medium butternut squash
- 2 tablespoons olive oil
- 2 tablespoons chopped fresh rosemary
- 1 teaspoon salt
- Cooking oil spray
- 8 cloves garlic
- 1/2 cup dried plums

INSTRUCTIONS

Preheat oven to 400 degrees. Wash vegetables. Quarter Brussels sprouts. Cut squash in half lengthwise and scrape out seeds and membranes. Peel and chop squash into 1/2 inch cubes. Peel garlic and slice. Roughly chop dried plums. In a large bowl, combine Brussels sprouts, squash, olive oil, rosemary and salt. Line 2 baking sheets with foil and spray with cooking oil spray. Spread vegetable mixture onto both pans in a single layer. Bake for 20 minutes. Remove from oven and toss with sliced garlic and dried plums. Bake another 15 minutes or until vegetables are tender.

NATIONAL GUARD OFFERS ONGOING SUPPORT

“Our job as National Guard is to assist helping the community with anything we can.”

In TAFB’s case, that willingness to help has translated to a wealth of assistance in making sure people across our community have enough to eat.

Lt. Jess Rodgers says members of the National Guard asked how they could best be of service, and one clear opportunity was to help at [TAFB Mobile Pantries](#).

“It’s been an honor being a part of the Tarrant community and seeing the impact a simple mobile distribution can have on families’ lives,” he says.



Pantry volunteers and community members alike have expressed appreciation for the critical support the National Guard has provided.

Thank you to the National Guard members who make it possible to serve even more children, families and older adults in our community. It would not be possible without you.

AGENCY SPOTLIGHT: CENTER OF HOPE



Each year, more than 12,000 individuals receive food from Center of Hope, a [TAFB partner agency](#) that serves our neighbors in Parker County.

The Center of Hope provides daily meals and groceries, and also offers services such as counseling and career development that

help to address the holistic needs of each individual served.

Staci Markwardt, Chief Executive Officer for the Center of Hope, says the long-time partnership with TAFB has not only allowed them to better address hunger in the Parker County community, but also connected them with other outlets like grocery stores and food establishments.

“By working in collaboration with one another, we are on the front lines of alleviating food insecurity in Parker County,” she says.

Thank you to Center of Hope for your ongoing partnership as we work together to solve hunger in Parker County!



A BUS FULL OF HOPE: THE RED BUS

The city of Fort Worth, Tarrant Area Food Bank and Kroger's Zero Hunger Zero Waste Foundation recently unveiled our Resources and Education Delivered (RED) Bus.

This bus is designed to provide education, nutrition resources and healthy food to communities in need.

The initiative hopes to serve at least 5,000 people each month and will prioritize communities that are considered low-income. According to the U.S. Census Bureau, 14.5% of Fort Worth's residents live below the poverty line.

We unveiled the new RED Bus in the 76104 zip code with the support of newly elected Fort Worth Mayor Mattie Parker.

The specialty-built vehicle will make multiple stops a day throughout the city. Residents will be connected to benefits like SNAP and Medicaid, and resources that address housing, education and employment needs.

You can go online to learn more about the program at www.tafb.org/red-bus.



MAKE A LEGACY GIFT

Please consider including Tarrant Area Food Bank in your legacy plans through a will, trust, life insurance or another 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.

YOU'RE SHARING FOOD AND HOPE

Cathy and her family have had one blow after another in the past year, but your generosity has been a constant reminder of hope throughout every difficulty.

“We are extremely blessed by this support,” Cathy says of the food they receive from the New Haven [Helping Hands Food Pantry in Mineral Wells](#), a partner agency of TAFB.

Cathy says both she and her husband, Luis, were laid off from their jobs and haven't been able to find stable work ever since. They've used all their savings just to keep up with bills.

On top of everything else, Luis was in a head-on car accident earlier this year and is still dealing with lingering injuries that have left him unable return to work.

The couple's daughter, Isabella, is an adult but has Type II diabetes and lives with them so they can help her manage her health.

“My daughter needs [fresh produce] for her diabetes,” Cathy says of the importance of nutritious food.

But that healthy food is among the most expensive at the grocery store, Cathy says. Right now, she's only able to keep it on hand because of your support of TAFB.

“As things get back to normal, we want to find jobs so we can pay the bills,” Cathy says, noting more than half of the food they eat each week comes from the food pantry.

Thank you for making holidays brighter across our community through your generous support. Your partnership is an inspiration.



Cathy holds up the bag of fresh produce she's taking home from the New Haven Helping Hands food pantry in Mineral Wells.

**TARRANT
AREA
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BANK**

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