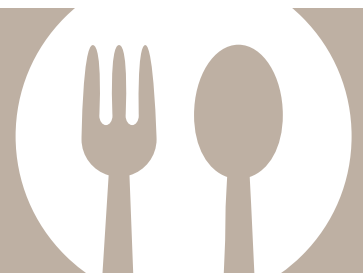


FEEDBACK



Tarrant Area Food Bank Newsletter

Fall 2023



*Love, 4, and Grace, 3,
accompany their mom,
Suzanne on a visit to Northside
Baptist Church Food Pantry.*

YOU CARE FOR THE CAREGIVERS

Suzanne is a caregiver at heart, prioritizing her family and choosing to care for older adults as a part-time job. Today, she's thanking you for the care you give to make it all possible.

"I don't know what we would do without this help," she says on a visit to the Northside Baptist Church Food Pantry in Weatherford.

Suzanne's husband, Donald, works full-time in construction while Suzanne splits her time

between her job and caring for the couple's children, ranging in age from 3 to 20.

Last winter, Donald didn't have as much work and Suzanne says the bills started to pile up. Thankfully, she discovered the food pantry where she can pick up plenty of healthy food, including family favorites like chicken, spaghetti, strawberries and juice.

Suzanne says she and Donald were recently approved to receive SNAP benefits, and the

(continue on page 2)

(continue from page 1)

"I DON'T KNOW WHAT WE WOULD DO WITHOUT THIS HELP."

school-aged kids receive free breakfast and lunch at school. But, she says, there would still not be enough food at home if it weren't for visits to the food pantry.

"Without this, we wouldn't be able to feed our kids," Suzanne says, thanking donors like you for your generosity.

We are so grateful for your enduring support for our neighbors. Your kindness is creating a healthier and happier community for us all.

MAKING SURE EVERY CHILD IS READY TO LEARN



What does it take for a child to be ready to learn? One of the most basic answers to that question is consistent, well-balanced meals. Students

experiencing hunger are more likely to:

- struggle to stay awake and focus in class.
- repeat a grade in school.
- exhibit behavioral problems.
- develop long-term health conditions like anemia and asthma.
- perform poorly in school, leading to low-paying jobs later in life, ultimately continuing the cycle of poverty.

That's why TAFB has created the *Ready to Learn* campaign, with a goal to double the number of in-school pantries, establish the new Ready to Learn headquarters and build a fund to maintain the new programming for 5 years.

The Ready to Learn Center will include a demonstration kitchen for kid-focused cooking classes, a market for families to shop for healthy food and program space for camps and workshops.

And we can't do it without you. To learn more about how you can join this campaign and make sure our communities' children are ready to learn, go to tafb.org/ready-to-learn.



Kathy Crow tends to seedlings at TAFB's Learning Garden.



KATHY CROW: GROWING FOR G

Composting was what initially brought Kathy Crow to TAFB's Learning Garden in 2016, but a deep love for the Learning Garden and the fresh produce it provides for the community keeps her returning each week.

She explained that from March through October 2022, more than 2,000 pounds of food were

YOU INSPIRE KATHRYN TO PAY IT FORWARD

Kathryn displays food inside the South Hills School Pantry where she volunteers and receives food for her family.



“FOOD IS THE HOME OF THE HEART”

That’s a belief that Kathryn lives by, whether she is preparing a meal for her family or helping distribute food at the South Hills School Pantry, a partner agency of TAFB.

“Everyone has to eat, and that’s the best way to bring people together is around food,” she says. “So, for me, that’s pretty important.”

Kathryn’s son, Grayson, is in the fourth grade at South Hills Elementary. Kathryn learned of the need for volunteers at the pantry and began giving her time, while also taking home food for her own family, which includes her husband, Mike, and daughter Parker, 3.

Kathryn says that following the height of the pandemic, she was out of work and Mike’s job paid much less. Thankfully, she could supplement the family’s grocery budget with food from the pantry. “We’re just happy with whatever we get,” she says of the food the family receives.

Now, Kathryn works with children at a local church and her husband recently got a promotion at work, so she doesn’t plan to continue to take home food from the pantry, but she does plan to continue volunteering her time.

“It’s important to me to be able to give back,” Kathryn says. “So, if that’s what I can do in small ways to help, then that’s what I’m here for.”

OOD

donated from the Learning Garden to local food distribution centers.

“Production in the Learning Garden benefited from the compost while keeping over 2,000 gallons of food waste from going to a landfill,” Kathy says.

Kathy says she also enjoys seeing the hands-on opportunities the Learning Garden provides for people who are new to the gardening process — and for all the good it does for the community.

“I am proud to contribute to an organization that does so much good,” she says.

LETTER FROM JULIE



Dear Caring Community,

I don't know about you, but I will never tire of hearing about the change that happens in our neighbors' lives when we all work together to alleviate hunger. Your generosity is truly making a difference.

That's why, as we prepare to send our communities' children back to school this fall, I'm so encouraged and hopeful that we are already working together to make sure every student has plenty of nutritious food to fuel their success.

In this edition of *Feedback*, I hope you've enjoyed reading about just one of the ways we are working together to make that possible — our *Ready to Learn* campaign (page 2). I think you'll be encouraged by all that is planned.

And I hope you didn't miss reading about how grateful one mother is for your kindness — and how she's paying it forward today (page 3).

The truth is — all these stories and programs are truly only possible because friends like you choose to join together as a community in support of one another.

I am so grateful for your ongoing partnership as we continue to empower our communities to alleviate hunger. .

Sincerely,



Julie Butner
President & CEO

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 nourish our community 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 & External Affairs Officer, for more information at 817.857.7125 or stephen.raeside@tafb.org.



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



Connect with
Tarrant Area Food Bank:

