

FEEDBACK



Tarrant Area Food Bank Newsletter

Spring 2025



You're a Lifeline to Older Adults

YOU STRENGTHEN OUR NEIGHBORS

At 81 years young, Norma stays active by tending to her vegetable garden, working puzzles, reading books and caring for her 15-year-old rescue dog, Gizmo. Thanks to you, she has the energy to make it all possible.

We met both Norma and Gizmo on a visit to a TAFB Mobile Food Pantry at Arlington Charities TCC Southeast Campus. She says she visits every few months to supplement her grocery budget as needed.

"It's a blessing," Norma says of the visits. "It's really helpful."

Norma lives with her daughter and son-in-law but pays for her expenses. She spent a career working in a service department for a local car dealership, but retired to care for her husband, Richard, who has since passed away.

Now, Norma relies solely on her Social Security income, which is why she's especially grateful for the added resource she has in the Mobile Food Pantry. She even receives food there for Gizmo from time to time.

"It's such a relief," she says of the food she receives for both for her and her beloved dog.

(continue on page 2)



Gizmo, a 15-year-old dog, accompanies Norma on a visit to the TAFB Mobile Food Pantry at Arlington Charities TCC Southeast Campus.

(continue from page 1)

“I JUST THANK Y’ALL SO MUCH.”

Norma shares her appreciation for donors like you who help stretch her budget and ultimately lead a healthier lifestyle.

“I just thank y’all so much,” she says to donors like you.

Relying on a fixed income can be especially challenging while living costs remain so high, and your gifts bring welcome relief. Thank you!



VOLUNTEER FEATURE

RUNNING FOR IMPACT — GABE RIOS

Ever since moving to Northlake a few years ago, Gabe and Sheryl Rios have found numerous ways to give back to the community they call

home — including the creation of a 10K run that benefits Tarrant Area Food Bank.

Gabe says he has a clear memory of first seeing the TAFB warehouse and witnessing the vastness of the facility and the many volunteers there to help. An entrepreneur at heart as well as a veteran runner, he set out to launch the Northlake Neighbors 10K/5K.

The October 2024 run was the fourth for the Northlake Neighbors 10K/5K, helping raise

more than \$3,948 that year alone and ultimately providing more than 19,000 nourishing meals to our neighbors through TAFB.

And for Gabe and Sheryl, the desire to give back to their community hasn’t slowed down a bit. The couple has two sons, ages 4 and 7, and maintain a strong connection with the boys’ activities and school.

“IT IS EXPONENTIALLY BETTER TO GIVE BACK,” GABE SAYS.

Plus, Gabe says plans are already in motion for the 2025 race, which is also scheduled for October. Thank you, Gabe, for partnering to alleviate hunger across our communities!

BANK ON WOMEN 2025

March 27, 4 p.m. to 6 p.m. | TAFB’s Morris Foundation Distribution Center

The 5th annual Bank on Women will celebrate women in business and philanthropy. Join us for networking, cocktails and an exciting panel of influential women. Past honorees include The Honorable Betsy Price and NBC5’s Deborah Ferguson.





Elmer shares his heartfelt appreciation for donors like you on a visit to Central Storehouse in Fort Worth.

ELMER APPRECIATES YOU

Elmer is passionate about his family — in fact he made a move after retirement just to be closer to his children, 18 grandchildren and six great-grandchildren.

After a more than 30-year-career with the same company, Elmer is now retired and living in Arlington with his wife, Anna Maria. Anna Maria works as a custodian at a local university, and Elmer receives Social Security retirement income.

Still, the couple’s combined income is sometimes not enough to cover regular expenses — like nutritious groceries. That’s why Elmer is grateful to supplement with groceries from Central Storehouse in Fort Worth, a TAFB Agency Partner.

Elmer has been visiting Central Storehouse for about a year and says groceries he receives

there like meat are especially helpful because it’s a big expense otherwise but provides a lot of protein.

And with plenty of nutritious food, Elmer can truly enjoy his hard-earned retirement with hobbies like fishing, but especially by spending time with his family and engaging in another passion of his, which is ministry work.

“THANK YOU SO VERY MUCH FOR YOUR DONATION, YOUR TIME, YOUR EFFORT,”

he says to donors like you. “Everything you do is deeply appreciated, because without you, some people would go without.”

Your generosity helps provide a beacon of hope for so many people in our shared communities. Thank you for joining with TAFB this spring to provide nutritious food and hope.



EMPTY BOWLS 2025

April 25, 11 a.m. to 1 p.m. | Will Rogers Memorial Center

For more than 20 years, local artists and chefs have come together to fight hunger through Empty Bowls. As a guest of the signature event, you can select a hand-crafted bowl as you stroll the venue, sampling each chef’s signature dish. Don’t miss this distinctive combination of food and art that can only be found at Empty Bowls in Fort Worth! Tickets are on sale now at www.tafb.org.

LETTER FROM JULIE



Dear Caring Community,

I can't help but feel a twinge of excitement as I anticipate spring days just around the corner, with the beauty of bluebonnets, new life and growth.

Thanks to friends like you, I'm also looking forward to our own ongoing growth here at Tarrant Area Food Bank as we continue to seek to meet the increased need for food across our communities. In January we assumed responsibility for serving all of Denton County, and are working hard to increase our capacity there, while this spring we started construction of the Ready to Learn Center, a home for our children's programs.

While the high cost of living continues to impact us all, we are working harder than ever to innovate and create new ways to meet the need — your willingness to support our efforts makes all the difference.

At this time of year, our attention *especially* turns to older adults across our communities, many who rely on small, fixed incomes to get by in retirement. One small change — or trip to the grocery store — can devastate a budget.

I hope you'll enjoy reading about just a few of our neighbors who were able to greet the new year with warm meals and full tables, thanks to your thoughtfulness as you read through this edition of *Feedback*.

Thank you for your continued support as we work together to alleviate hunger for our neighbors of all ages, in every season.

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, 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:

