

FEEDBACK



News from Tarrant Area Food Bank
Spring 2026



JEFF AND BARBARA FIND HELP AND HOPE

Thanks to your compassionate support, this couple has food on their table and gratitude in their hearts . . .

Jeff is a Vietnam War veteran who served as a combat air traffic controller from 1969 to 1973. He met his wife Barbara in Bible college, and the couple built a life together. While they are both technically retired, Jeff is actually working diligently to open his own business in the real estate and insurance industry. The work helps him stay busy and gives him purpose.

Even as he pursues that goal, the couple are facing quite a few challenges. Both are in their 80s now, living on a fixed income, and they have health complications to manage. At the same time, everything is more expensive. "Our rent has

increased so much," Barbara shares. "It's doubled since we moved in 10 years ago. It really puts us back." They're hardly alone.

"My Heart Goes Out to Them"

To stretch their budget through month's end, Jeff and Barbara have been coming to Arlington Charities, a community partner of Tarrant Area Food Bank. Here they have consistent access to items like fresh produce, proteins, and even certain medicines. These resources make all the difference when money is at its tightest.

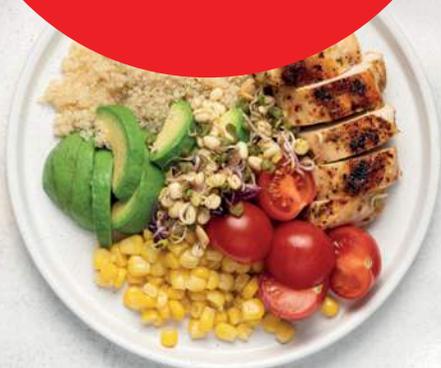
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GOOD FOOD IS MEDICINE

Tarrant Area Food Bank has combined hunger relief and health through our pioneering Medically Tailored Meals program. This initiative delivers chef-prepared, dietitian-approved meals customized for individuals experiencing hunger who have conditions like diabetes and heart disease.

Participants who have been approved to receive medically tailored meals are supported with five family-style meals weekly, plus 10 pounds of fresh produce, shelf-stable groceries with recipes, and education on disease prevention. Biometric screenings track progress, reducing healthcare burdens and empowering families to thrive.

Your support helps make this healing effort possible — one tailored plate at a time.



PLEASE HELP YOUR NEIGHBORS FACING HUNGER THIS SPRING

Every month, nearly 600,000 Texans depend on Tarrant Area Food Bank for meals or groceries.

Whatever their story or background, it's your compassionate support that ensures each person who reaches out for help can receive the nourishing meals and groceries they need. In fact, TAFB serves the equivalent of over one million meals weekly. That includes healthy produce, whole grains, dairy, protein, and more.

Since every \$1 you give can help provide enough food for five nutritious meals for our neighbors to take home, your support can touch many lives.

Please send your next gift today to alleviate hunger and improve health in our community. You'll make a meaningful difference for many families and households that are struggling to put food on the table.



Your partnership with TAFB goes to work immediately helping children, families, and seniors in North Texas.

JEFF AND BARBARA FIND HELP AND HOPE

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"I know everything that they give is costing someone," Barbara says gratefully, "and we really do appreciate it."

Jeff adds, "My heart goes out to them. I appreciate what they're doing every day. Being here to help distribute this food, it's wonderful."



Thank you for ensuring this couple — and so many others in North Texas — have good food to take home. Your partnership with TAFB makes an incredible difference!

WHEN JOSEPH'S LIFE FELL APART, YOU GAVE HIM A HAND UP



There was a time when Joseph had a pretty good life. He lived in Dallas, had a job in retail and a home, and most everything felt like it was in place. He was a young man building a better future. Unfortunately, COVID destroyed all that. The business where he worked closed, his savings dwindled, and then he faced eviction. Rather than risk a permanent mark on his record, Joseph willingly gave up his apartment. After a brief period of uncertainty, he came to Fort Worth to start over.

Rebuilding His Life

Thankfully, he found shelter through a local church program. Being a hard worker, he also quickly secured a temporary job, and he's in the process of interviewing for several permanent positions. In short, his life is looking up again, and he's even been able to secure housing.

However, as you might imagine, after losing everything and starting over from scratch,



JOSEPH IS SO THANKFUL FOR THE KINDNESS YOU'VE SHOWN HIM.

Joseph still has a way to go before he's fully back on his feet. That's why he turned to Community Crossroads, a ministry of First Presbyterian Church and a Tarrant Area Food Bank community partner.

Here he receives both meals and groceries to take home, and he's extremely grateful for the support. "It's a great feeling knowing I can come here and get good stuff until things get better. Once they do, hopefully I can give back and help other folks who are struggling."

Thank you for playing an important role in Joseph's recovery journey. Please continue your support to provide help and hope for more neighbors this spring.

GIVE A LEGACY OF HOPE AND PROVISION



You can increase the impact and tax-efficiency of your generosity by giving one of several ways through your IRA:

Give Now: If you're age 70½ or older, make a Qualified Charitable Distribution (QCD) directly to TAFB, up to \$108,000 (\$216,000 for couples) in 2026. This satisfies your Required Minimum Distribution (RMD) and excludes the amount from taxable income, potentially lowering your overall tax bill.

Give Later: Extend your legacy beyond your lifetime by naming TAFB as a beneficiary. The full gift flows to hunger relief — tax-free for the charity — while reducing your taxable estate.

Give in Perpetuity: Designate your gift to our endowment, and it will earn interest annually that will ultimately provide millions of meals in the years ahead, feeding families and nourishing hope for generations.

For more information, please reach out to our Chief External Affairs Officer Stephen Raeside at 817-857-7125 or stephen.raeside@tafb.org.

LETTER FROM JULIE



Dear Caring Friend,

Spring in North Texas always feels like a promise kept — green shoots pushing through hard ground, flowers blooming. But this year, winter tested us like never before. The federal shutdown and its aftermath didn't just close offices; it cut off lifelines. Food pantries emptied. Families waited in

lines that stretched around blocks. At Tarrant Area Food Bank, demand doubled almost overnight.

Then you and so many other good neighbors showed up, and it was incredible.

Individuals in Fort Worth and everywhere else across our 13-county service area rallied with donations, volunteer hours, and sheer determination. Together, we worked relentlessly to ensure no child went to bed hungry. Seniors like Jeff and Barbara were able to keep medicine and meals on the table. Hardworking neighbors like Joseph found dignity in a full plate.

Your generosity didn't just meet a crisis — it proved the goodness in our community.

As spring unfolds, I'm filled with gratitude and confidence for the year ahead. Every day, TAFB supports thousands of children and families in bringing nourishing meals and groceries home. Whatever 2026 brings, I believe we'll continue meeting the challenge of food insecurity together.

Gratefully,

Julie Butner

A handwritten signature in blue ink that reads "Julie".

President & CEO

COMMUNITY TOGETHER

Farhan and Semi Ali are doctors with a passion for service. This value was instilled in Farhan by his parents, who had him volunteer with TAFB when he was a child! Today, the couple continue volunteering in a variety of roles, and Semi is also a TAFB board member. "In many ways, the quality of our life depends on how well our neighbors are doing," Farhan says, emphasizing the importance of community.

As doctors, they are big proponents of TAFB's efforts to support families with nutritious food through Medically Tailored Meals and other health-oriented programs. Farhan and Semi model this in their private lives, too. The couple is passionate about figs, and they have an orchard with more than 50 varieties of trees. They generously share the fruit with local restaurants and cuttings with anyone who wants one (you can reach out for one on the Fort Worth fig growers Facebook group).

"We all have talents and passions," Semi says. "Whatever you have in abundance — time, money, knowledge — you're meant to share it." With this spirit, they're doing their part to ensure everyone in North Texas can thrive.

TARRANT AREA FOOD BANK

If you or someone you know needs help securing food, please visit tafb.org and click "Find Food" or call 817-857-7100 today.

Tarrant Area Food Bank
2600 Cullen Street
Fort Worth, Texas 76107
tafb.org



Connect with
Tarrant Area Food Bank:

