

Foodsharing

A Quarterly Newsletter from the Atlanta Community Food Bank



Spring 2018

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“They treat us with dignity.”

Gary and his family have been welcomed with open arms at Southeast Gwinnett Co-op where they receive groceries each month. The Co-op partners with the Atlanta Community Food Bank to help families through tough times. (Photo: Allison Young)

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A Blessing to My Family

“I never would have believed we’d be in the position we’re in today,” said Gary, a former communications professional. His wife, Lynda, had retired from working 34 years with a major utility company, and he unexpectedly became disabled. They found themselves on a fixed income and sometimes struggled to make ends meet. When their son and grandchildren needed to come live with them nine months ago, the family sought help. They found it at Southeast Gwinnett Co-op, a partner agency of the Atlanta Community Food Bank.

“We could either pay the bills or we

could eat,” said Gary. “It’s humbling at our age to be coming to a co-op... but they treat us with dignity. I don’t know what we would do without them.” Each month his family receives meats, eggs, milk, breads, cereal, vegetables and more.

A Chance to Rebuild

Gary and Lynda’s son, Steve, said the Food Bank and Co-op have made a huge difference. “My kids are my world. The fact that there’s somebody that cares enough to reach out and give the way you guys have is huge. It allows me to not stress about things that are

essential. I can concentrate on the stuff that’s going to get us out of this spot – getting back on my feet and rebuilding my business.”

Gary volunteers with the Co-op to return the kindness he’s received. “This place has been such a blessing to me, to my family. You see what they do, the way they make you feel – it really makes you realize, it’s not that bad.”

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A Word of Gratitude

Dear Friends,

There's just something about the promise of a new year. It's a time when we feel hopeful for the future. That feeling of hope is expressed in the stories of people you'll meet in this issue of Foodsharing, the first of 2018. Because of blessings they've received through the Atlanta Community Food Bank and our partner food programs, they want to bring hope to others. Gary volunteers at Southeast Gwinnett Co-op, Lillian helps feed the homeless through Cascade United Methodist Church and Jilley helps the hungry every day through her job here at the Food Bank.

I feel hopeful each time I hear stories like theirs. Our work makes a big difference in people's lives, but it couldn't be accomplished without your help. One great way to continue your support is our annual Hunger Walk Run on Sunday, February 25th. You can find event details on page 3. I look forward to seeing thousands of you coming together on that day to help feed your hungry neighbors.

With thanks,



Kyle Waide, President & CEO

(Photo: Marcus Krause)



Lillian is grateful for the monthly food box she receives at Cascade United Methodist Church, a partner agency of the Atlanta Community Food Bank. The box is provided to 3,716 seniors each month through USDA's Commodity Supplemental Food Program, in collaboration with the Food Bank and participating food programs that assist seniors. (Photo: Allison Young)

Hearts to Serve Our Seniors

Lillian spent 19 years as a nursing assistant in Washington, Baltimore and Atlanta, and 12 years as a school bus driver in Fulton County. She loved working with special needs kids. After retiring, she volunteered for the Atlanta Community Food Bank and for an outreach of her church, Cascade United Methodist, helping provide hot meals for 1,000 homeless people every month.

Three years ago, Lillian's husband passed away and she had to regroup. The former homeowner became an apartment dweller on a fixed income. She found ways to trim her budget, like dressing in layers to keep her heat bill low. "You learn..." said Lillian. "You learn to survive."

Food Box Relieves Burdens

Last year, help for Lillian's food budget just happened to come from the two organizations she volunteered for: the Food Bank and Cascade United Methodist Church. Each

month, she receives a senior food box at Cascade. Items in the box come through USDA's Commodity Supplemental Food Program and are packed by volunteers at the Food Bank. Her favorite items include juice, cereal and canned salmon.

"You learn... you learn to survive."

Lillian's monthly food box relieves her financial burdens. "I'm thankful there are still people with hearts who say, 'Let's look out for our old people. They've done their time here on this earth, let them go with us looking out for them.' It's a beautiful thing to do." She spreads that kind of beauty herself by continuing to volunteer for the homeless through her church. And she hopes to volunteer again at the Food Bank. "It's my nature to help somebody else. If God blessed me, I should bless somebody else."

Countdown to Hunger Walk Run

One of Atlanta's most anticipated events is right around the corner, and we hope to see you there! On **Sunday, February 25**, thousands will come together for the 34th annual Hunger Walk Run at Georgia State Stadium (formerly Turner Field). It's a wonderful opportunity to get outside, get fit and have fun - all while making a big difference for those facing hunger. Participants will enjoy entertainment along the route, family-friendly games, popular food trucks, live music and much more.

Hunger Walk Run benefits the Atlanta Community Food Bank and five other organizations with hunger relief programs: Episcopal Communi-

ty Foundation for Middle and North Georgia, The Jewish Federation of Greater Atlanta, Lutheran Services of Georgia, Presbytery of Greater Atlanta and St. Vincent De Paul Society.

Your donations support the food pantries, shelters, community kitchens, senior centers and child care centers operated or supported by these organizations.

Online registration is open until 12 p.m. on Friday, February 23, or you may register on-site the day of the event. Gates are open from 12-4 p.m., with the walk and run starting at 2 p.m. Visit HungerWalkRun.org to register or learn more.



(Photos: John Boydston)



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