Real stories of hunger and hope from Tucson and southern Arizona
INTRODUCTION

Our community is made up of many people whose stories too often go untold: those who face silent struggles with poverty and hunger, those who give selflessly and expect nothing in return, and those who work every single day toward a better future.

We hope that this book illustrates that the lines separating us are not always clear. You’ll read about clients who pick up emergency food assistance but give back whenever they can; volunteers who become community ambassadors for food justice; clients who become leaders by sharing knowledge; and employees whose work with the Community Food Bank is inspired by their own experiences with hunger.

These stories—the everyday hardships, triumphs, and inspirations of people in our community—are often invisible. These are stories that deserve to be told.

In this book, you’ll read about Laurel, the harvest manager at a community farm that partners with the Community Food Bank; Debbie, a client of the Community Food Bank who began volunteering her time to give back; and Max, an alumnus of the Youth Farm Project who has become an advocate for sustainability and food justice in his community. You’ll read about clients, volunteers, donors, staff, and community partners—all of the people who make it possible to lead our community toward a brighter future.

These are the faces of the Community Food Bank. These are their stories—stories of hunger and hope, of strength and resilience, and of courage and compassion. Most importantly, these are stories about community—about the incredible ways in which individuals right here in southern Arizona come together to effect change.
We invite you to read these stories, and to reflect on the incredible diversity of voices in our community.

These stories were collected through one-on-one interviews with clients, volunteers, donors, partner agencies, and staff. Interviews covered topics including the participants’ experiences with hunger, their relationship with the Community Food Bank, and their hopes for the future.

These interviews were candid, emotional, and moving. We sincerely appreciate the honesty and courage of those who shared their stories with us. Every voice deserves to be heard.
Beth is a 2014 graduate of Caridad Community Kitchen. Since graduating, she has worked as the head chef for the Girl Scouts of Southern Arizona summer camp and for the University of Arizona catering department.

It’s been so meaningful in my life, to know that people really do care.

Beth

“I spent six years in prison for forgery and identity theft.

When I first came home I was hopeful. I thought someone would hire me and give me a chance. But no one did. I lost hope pretty quickly when I couldn’t find a job. It felt like I had destroyed my whole life.

Then I saw an ad for Caridad. It sounded too good to be true. But I applied anyway and I was accepted, and it changed my life.

It’s an amazing program. I tell everybody about it. It taught me the skills I needed to get a job and keep a job, and it gave me an amazing support system. It’s been so meaningful in my life, to know that people really do care. If I need anything, they’re here for me.

I was a drug addict for years. For anyone else who might be in a situation like me, thinking they can’t go anywhere in life, I just want them to know that there is hope. That you can change your life.”
I’m just a small part of making that change happen. We all are.

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Michael McDonald has been the CEO of the Community Food Bank since 2014.

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The Food Bank empowers people.

Linda & David

David: “I appreciate the multifaceted efforts of the Food Bank because it’s not just about providing the emergency food assistance. They have programs to train people who have barriers to getting employment. And the gardening programs so that they can learn to provide some sustenance for themselves.”

Linda: “For me, a strong aspect of what the Food Bank does is empower people. When you’re going through difficult times, it can make you feel so demoralized. Being in that place where you feel like the rug’s been pulled out from under you and you don’t know if you’re ever going to get back up again—it’s a horrible feeling. But being able to engage in a meaningful way with an organization that provides the ability for you to stand tall—that’s a really powerful aspect of what the Food Bank accomplishes.”

David: “The experience I’ve had with the Food Bank has really been about preserving human dignity. It’s helped me out. It’s helped my family out. It’s going beyond the numbers—these are actual people that we’re talking about. These are our neighbors.”

When Linda’s oldest daughter passed away, Linda became the caretaker for her three granddaughters. David, Linda’s son, returned to Tucson to be closer to the family. The family sought help from the Community Food Bank, and have since become strong advocates for helping others in the community.

I’m hopeful. I really am. There’s integrity behind our intention for social change and social justice, and I see so much compassion in so many people in my day-to-day work.

We’re all generous, and we want to share our gifts with each other. Everyone has the ability to share what they have, whether it’s the gift of gratitude, or the gift of passing along knowledge that you’ve learned, or even just the gift of a smile. We all have something to give. I think that’s why I like doing this work. Those encounters between people who have something to give—it’s such a meaningful moment, watching people come together who maybe wouldn’t come together otherwise. I just feel lucky to be part of that space. It’s a privilege to see people act with such compassion.

We are our own source of wealth. It’s just everyday people who can make a difference. People taking care of people and providing a better future for everyone. I know that I’m just a small part of making that change happen. We all are.”
Debbie

“I don’t think my mother realized how broke I really was. You don’t tell your mom you don’t have it.

But when I went through that situation, my mom told me to check out the Food Bank. That’s when I realized I don’t have to go to bed hungry.

I’ve been volunteering with the Food Bank for seven years now. And if I hear that someone is having trouble putting food on the table, I tell them about the Food Bank. They help in any way they can, and there’s more than just food.

The Giffords Center helps with all kinds of things—that has been a nice addition to the Food Bank. I used it when I had to renew my food stamps. I came in and they helped me fill out all the paperwork.

People say, “The Food Bank?” And I say, “Yes, they do so much.”

That’s when I realized I don’t have to go to bed hungry.

When Debbie fell on hard times, she followed her mother’s advice and turned to the Community Food Bank, where she discovered services beyond food assistance. Now, she volunteers with the Food Bank and eagerly encourages others in need to seek assistance.
Giving back doesn’t have to be a grand gesture.

Peter

“It was the beginning of the recession and we had a lot of hungry people. I would watch the news and they kept mentioning the Community Food Bank. They couldn’t do it without donations, and that’s when I thought, if everybody gave just one can a week, we could solve this. I started with just 10 homes. I would knock on the door and introduce myself, and say I’m going to collect for the Food Bank, and they would give me whatever they had. I would get those 10, and then I would do 10 more. It took me 10 months to get through my neighborhood. Then I just kept it up, and I am still doing it today. It started to grow and people were paying attention to it because it was a different idea. Every Sunday I take an hour and a half to go around my neighborhood and collect cans. It’s a good feeling. And I’m just going to keep collecting.”

If you don’t have community, you don’t have anything.

Varga

“We started by building the garden at the Community Food Bank. Then we planted a garden at a local school, and at a library, and in people’s backyards. We were building gardens, but we were also building communities of people who cared about local food and food justice. And people really did care. It’s life’s gift—to be able to work with extraordinary young people who are invested in their communities. To see the joy in what they’re accomplishing. We wanted to make it possible for the community to have access to healthy food—to learn how to grow it, how to harvest it, how to share it with neighbors. We need to advocate for people in our communities, and we need to invest in justice. You really have to recognize your responsibility to the people you live next door to, or to the kids who walk down your street going to school. We have to be here for each other. If you don’t have community, you don’t have anything.”

Peter is the founder of One Can A Week. His mission is to give back to his community through creativity and community involvement. He has engaged countless neighbors and local businesses to donate food to the Food Bank.

Varga founded the Community Food Bank’s Community Food Resource Center, which is dedicated to long-term solutions for food insecurity through education, advocacy, and food justice.
Robert

“El hambre es un tema muy personal para mí. Cuando era niño, mi padre fue diagnosticado de cáncer en el cerebro, por lo que mi madre por muchos años tuvo que ser el sostén de la familia. Ella fue una maestra muy trabajadora y nunca pasamos hambre, pero sé que mantenernos fue una lucha constante. Creo que puede ser humillante tener que pedir ayuda a otros cuando una persona trabaja duro, por esta razón estoy comprometido con la dignidad humana.

Tratamos a las personas con dignidad y respeto. Creamos espacios para que la gente se sienta bienvenida, ya sea al recibir alimentos, programas educativos o acceso a otros recursos. Apoyamos las necesidades inmediatas de la gente, pero también trabajamos para eliminar el hambre y la pobreza. Nuestro objetivo es ayudar a las personas para que logren ser autosuficientes.

Se trata de abordar la salud económica, la salud financiera, la salud de la comunidad. Me encanta dialogar con la gente sobre sus ideas y pensar en maneras de estas se lleven a cabo. El proceso de pasar de una idea a algo concreto es emocionante. Me inspiro todos los días cuando voy a trabajar y porque puedo afirmar que estamos verdaderamente comprometidos; alimentando a la gente ahora y a su vez apoyando el futuro de la comunidad.”

Debbie

Robert Ojeda is the Chief Programs Officer for the Community Food Bank. In his role, he supports managers and directors in providing support to all the Food Bank programs, which includes emergency services and self-sufficiency programs.

Robert

“I’m inspired every day when I come to work.

“Hunger is a very personal thing for me. When I was young, my dad developed brain cancer, so my mom was the breadwinner for the family. She was a hard-working teacher and we never went hungry, but I know it was a struggle for her. I think it can be humiliating to have to ask others for help when a person works hard, so I’m passionate about upholding dignity.

We treat people with dignity and respect. We create a space for them to feel welcome, whether it’s for emergency food providers, educational programs, or access to other resources. We do address the immediate needs of folks, but we also do a lot of work to address the root causes of hunger. Our goal is to help people support themselves and be self-sufficient.

It’s about economic health, financial health, the community’s health. I love to sit down with folks and talk about ideas and think about ways to make them happen. That process of moving from an idea to something concrete is exciting. I’m inspired every day when I come to work, because I can say that we are truly committed to both feeding people now and supporting the future of the community.”
That’s the thing that I really appreciate about the Food Bank—how much they care.

Laurel

“We bring produce to several Farmers’ Markets, but the Food Bank’s is my favorite. You can tell that people enjoy being there and care about getting local food to those who don’t usually have access to it. That’s the thing that I really appreciate about the Food Bank—how much they care.

When we sell at the market, we adjust our price points to make it more accessible. The Food Bank’s market is really available to so many people in the community—they really make sure that everyone can get fresh, local food.

We pride ourselves on the quality of the vegetables we sell, and people really appreciate that. Kids will come up and grab a bunch of carrots and be amazed and say, “Look! This is a real carrot that came from the ground!” It’s great to see that.

Sometimes we have food left over from the market, so it goes to Caridad Community Kitchen, where it’s turned into meals that go out into the community. So the food never goes to waste—I think that’s amazing.”
Being here made me feel like I was capable of making a difference.

Max

“The Youth Farm Project is an incredible introduction to the world of sustainability and food justice. I think it’s really important to Tucson because it creates a space for young people to feel empowered, give back, and learn how to protect the future of their community.

The reason I come back is not because I want to get credit for it, but because I want to see this bean hedge grow from a bunch of seeds that we sorted to this beautiful hedge of plants. Or because I want to cook and share things that we have grown. When you start growing and learning, you really become invested in it. You want to go back.

I found that being here made me feel like I was capable of making a difference. It’s a space where I could get really passionate about sustainability and farming, and it’s definitely shaped who I’ve become. It has helped me push myself to do better in school. I’m still figuring out what’s next for me, but it’s definitely going to involve making space to give back to the community.”

Max is an alumnus of the Youth Farm Project. He participated in the program in its first year at Las Milpitas Community Farm and has been involved with the program ever since. After 8 months at the farm, Max felt so at home that he didn’t want to leave, and he became a market ambassador.
Molly was teaching second grade at Borton Elementary when her students’ curiosity about food and gardening sparked her to implement a gardening program at the school. With help from the Community Food Bank, the school cafeteria now serves the food that students plant, grow, and harvest.

It’s a great example of what can happen when a community comes together.

Molly

“I knew nothing about gardening. We got a grant, and we started the garden. I would go after school and I'd work there, and then I’d volunteer and help sell things at the farmers’ market because I believed in the program. The garden is a way to show kids that what you’re learning in the classroom connects with everything outside. It’s a way to help them become involved in their communities.

There are students who feel very successful out in the garden. It makes them feel good when they’re an expert at something. And to put the work into growing that food, and then to eat that food—that investment in what you eat is so important. I love that our garden represents our community. All of the things that are growing here were planted by somebody. All the tools were provided by donations and grants. None of it would be here if we didn’t have support from our families, our school community, the Food Bank, and volunteers. It’s a great example of what can happen when a community comes together.”
The Community Food Bank is a very important resource.

Jim & Mary

“We feel blessed to be in a position where we are able to donate and help those who need it. We give to causes that we believe in. The Community Food Bank does a great job with things that we can’t do, and it is needed. If you’re interested in really helping those who really need help, this is one of the places to go. The money we give is used so wisely. It makes us feel good. Southern Arizona is blessed to have the Food Bank because it covers such a large area, and it helps so many people, and it’s a very important resource.

We especially love the emphasis on providing access to fresh food through the Farmers’ Market and the garden program. That addition of fresh food makes a big difference in people’s lives. We’re happy to be part of that difference.”

Jim and Mary Kautz have lived in Tucson since 2003. They are long-term donors to the Community Food Bank, and are especially dedicated to programs that help the community build toward self-sufficiency.

The best volunteering is the kind that comes from the heart.

Rosa

“My husband died and I had three children. I was pregnant with the fourth at that time. I was struggling, and there were people who helped me when I needed it most. I told them that one day I would pay them back. I would pay it forward.

The joy of making somebody happy fills me with gratitude. The best volunteering is the kind that comes from the heart. Not because you are going to get anything out of it, but because you are going to be serving the less fortunate. You have to realize that for some people, maybe it is their first time at the Food Bank or maybe they are very proud. You have to make them feel good about themselves. That’s the most important thing.

We’re all human beings. We have to respect each other, and we have to help each other. I volunteer all I can. I think I’m still paying it forward, from all those years ago.”

Rosa is a volunteer at the Community Food Bank who moved to the United States in 1978.
Sugey goes to the Santa Cruz River Farmers’ Market because of the friendly, helpful atmosphere and the change in health she’s seen in herself and her family. She takes advantage of the Double Up SNAP program available at the market.

**We’ve really changed the way we eat.**

Sugey

“There are a lot of things I’d never tried before coming here. The purple bell peppers, the eggplant, the yellow tomatoes. I had never seen them until I came here. You get to choose fresh foods, and you can really taste it. It’s a lot different. You can taste the freshness.

Since I’ve been coming here, I portion out my meals a lot better. I started changing my eating habits. And people are always willing to offer friendly advice.

My kids love to come. They recognize people—they’ll look for the tomato guy, or the guy who always has peaches, or the lady with eggs. They try samples of fruits and vegetables, and they love them. Every Thursday, my kids ask if we’re going to the market, and they get excited.

We can afford so much more here—we can get $40 worth of food for only $20 with the Double Up SNAP program. And it’s all fresh, local food that you can’t get in stores. It’s amazing, the food we can get.”

Realmente hemos cambiado la manera en que comemos.

**Sugey**

“Hay muchas comidas que no había probado antes de venir aquí. Los pimientos morados, la berenjena, los tomates amarillos. Nunca los había visto hasta que llegué aquí. Puedes escoger comida fresca, y se nota en el sabor. Es muy diferente, pues tiene un sabor de frescura.

Desde que empecé a venir aquí, puedo planear mis comidas mejor. Empiezo a cambiar mi forma de alimentación, y la gente siempre me ofrece sugerencias amables.

A mis hijos les encanta venir al mercado. Ya reconocen a la gente—buscan al hombre de los tomates, al hombre que tiene los duraznos, o a la señora que vende los huevos. Todos los jueves, mis hijos me preguntan si vamos al mercado, y se emocionan bastante.

Logramos comprar mucho aquí—podemos comprar $40 de comida con sólo $20 de estampillas de comida, con la ayuda del programa Double Up SNAP. Y todo es comida local, fresca, y que no se puede encontrar en las tiendas. Es increíble, la comida que obtenemos aquí.”
It was life-altering, coming here.

Kesha

"I had to send my son to school without food, and it broke my heart. It absolutely broke my heart. I had to call the school, and they were extremely generous—all the women who worked there took food out of their lunches and made a lunch for him. That was the day I knew I had to get help.

It was tough to come here, that first time. My biggest fear was that I was going to run into someone I knew, and have to explain why I was here. I didn’t want to make eye contact with anyone. I just kept thinking—I couldn’t believe I was doing this. I should know better, that was the thought that kept running through my head. How did I let this happen?

I think that sometimes we struggle because we truly don’t know our worth. We thrive in community—we’re not meant to do this alone. When you allow someone else to help you with something as basic as food, you can’t be the same after. You can’t have the same outlook on humanity. It’s not possible to receive that compassion from another human being and not feel love. It was life-altering, coming here."

Kesha began at the Community Food Bank as a volunteer. Years later, she returned as a client when her family fell on hard times. This year, her family paid it forward by donating to the Food Bank for the holidays. Kesha brought her husband, Robert; her 16-year-old daughter, Briana; and her 13-year-old son, Brenden, to share their story.
Now I’m not hungry all the time.

Francisco

“I first came to Tucson some twenty-odd years ago. I came alone. I have no family out here.

I was staying at the Salvation Army and I overheard someone talking about how they get free food. So I came to the Food Bank and sat down. I told someone that I was just trying to get food stamps, that I just needed help.

I had applied for food stamps four or five times before and each time I had been denied. The people at the Food Bank helped me fill the application out properly and I got approved. Now I’m not hungry all the time.

When I first started here, that was the only food that I had. Ninety percent of my check was going to rent, and I didn’t want to lose my place.

When you’re hungry and you end up coming here, you feel relieved because you actually have something to eat. You’re not begging. You’re not thinking, ‘How am I going to get my next meal?’”

Francisco has been receiving emergency food assistance from the Community Food Bank since 2010, but it wasn’t until he wandered into the Gabrielle Giffords Family Assistance Center that he learned he qualified for more benefits. With the help of the Giffords Center staff, he has been receiving additional benefits, which allow him to feel secure and hunger-free.
I don't want to see my kids struggle. I just want them to be happy.

Monica

“We can use the extra help. I'm not as stressed with that little bit of help—every little bit helps. I don't want to see my kids struggle. I want to feed them healthy food, and I don't want them to have to worry. I just want them to be happy.

Having the Food Bank pantry right there at my kids’ school is so great because I don't have to worry about my kids’ safety. I know they are in a fun and safe place. And since we’re already at the school, I don't have to make an extra trip to the Food Bank to get food for us. It's so much easier. Plus, the kids like to help me pick out food. I can show them what's healthy, and we shop together.

I like that I can get fresh, healthy foods and my kids have the chance to taste it. When they try new fruits and vegetables, they always want more—it really encourages them to eat healthy and try new things.”

I wanted to give back to the community.

Dale

“After I retired, I wanted to give back to the community. My wife suggested the Community Food Bank. I’ve been volunteering here for two years now.

When clients come through I hand out whatever needs to be handed out. Sometimes I know the clients coming through. The Food Bank serves a very good purpose.

The food we give out is good, fresh food. There’s always fresh produce—always bananas and tomatoes. It’s nice to see that we give out such good food.

It’s a social thing, volunteering here. There’s a lot of conversation going on while people are going through the line. It’s very enjoyable. I get to meet different people in the community. Giving back and meeting new people—it’s very fulfilling.”

Dale volunteers twice a week and enjoys the fulfillment of contributing to his community in a positive social setting.

Monica takes her children to the School Pantry at Dietz Elementary School, where she can choose fresh produce and healthy options for her kids.
If we share whatever we have, we can achieve a lot of things.

Wellness Connections

Candace: “We encourage people to come for their monthly food distribution and for commodities. It’s all about relationships and community. People can count on the fact that there’s breakfast and lunch here. And I think that is a safety net we provide Monday through Friday. Even if you’re not in dire circumstances—some people live alone, but we all know that we can sit down and have lunch here together.”

Arthur: “It helps me because I nourish myself. It’s good for the body and also a comfort for your mind, brain, and heart.”

Gary: “I feel a sense of belonging sitting around and eating with my friends. If you find yourself into a situation, hunger doesn’t have to be one of your problems.”

Marciela: “I believe the Food Bank and Wellness Connections is all about sharing. Sharing food or information, what we know, what we can do. If we share whatever we have, we can achieve a lot of things.”

In 2015, the Community Food Bank partnered with Wellness Connections, an agency that offers substance abuse recovery and mental health services. The Food Bank supplements the agency’s meal program in the Douglas community. Wellness Connections doesn’t just offer meals; it offers a sense of community where people feel safe and welcomed.
The Food Bank is there for everybody.

Charlie

“I lost my husband nineteen years ago. Everything was fine at first. But you get older, and your bank account dwindles. Suddenly you’re trying to get by on a fixed income and it’s just never enough.

I’ve been coming to the Food Bank for about two years now. The reception here is always wonderful. The first time I came here I really didn’t know what to expect, but everyone was friendly. It gives you peace of mind to know there’s a place you can go, that you don’t have to just sit at home and be hungry.

The fresh vegetables are my favorite. Even Daisy likes them—sometimes she gets a bite of my green beans. I’m just grateful for everything we get.”

Charlie has been a client at the Community Food Bank in Green Valley for two years. Her service dog, Daisy, accompanies her.

It’s very satisfying to volunteer here, to know that we’re helping people.

Keith

“I’ve been volunteering with the Food Bank since October 1988. I worked in the warehouse checking cans for damage and that sort of thing. Also rode the bread truck for quite a while, collecting anything that’s a day old or whatever bread. But it was fun. I’ve had a good time, enjoyed all the people I’ve worked with.

It’s been enjoyable working with the Food Bank to accomplish something. I could describe my 27 years here in one word, I think it would be fulfilling. It’s very satisfying to work here, to know that we’re helping people. And so many good people work here—I’ve met so many people and some have become close friends.

It keeps me busy. That’s what it does. As long as it keeps me busy, I’m happy. I would encourage others to get involved, tell them about my experience, and ask them to give it a try.”

Keith has been volunteering with the Community Food Bank for over 27 years.
It’s so rewarding to be able to feed myself from the land.

Raymond

“I had the same mentality as other people—you can just go to the grocery store, why grow food? It didn’t occur to me that the Tohono O’odham were agricultural people, that growing food is part of my culture. I never thought about it until the garden workshops with the Food Bank.

The Garden Program workshops are really comfortable and the people who teach them are very friendly and knowledgeable. You can learn a lot—not just from the people teaching but from everybody around. People get to know each other—they share recipes and ideas. They’ll come to your house and help you install your garden.

It’s hard work, but it feels good when you plant a seed that’s so small, and then next thing you know it has fruit on it and you think, wow! I raised that, and now we can eat it.

The health benefits are the most important thing that is coming out of the garden. It’s not processed. It’s fresh. And for me, it’s a way of connecting with my roots and with the land—I can grow traditional foods, foods people have been growing for thousands of years.”

Raymond learned about the Food Bank’s Garden Program through an environmental biology course at Pima Community College. The program helps people interested in growing their own food by providing resources and know-how. After attending some workshops, Raymond was rooted in the program.
Our Food Bank is one of the leaders in the nation.

Punch

“I remember seeing a little boy with his mom walking out with a food box, and this car rattles up and the little boy calls out, “Daddy, Daddy, we’ve got some food!” That really sold me on what we’re about. I mean, a child is that excited about a food box. That experience has stuck with me.

Food banking is about collecting and distributing food, but moving beyond that and expanding programs like school meals, and dealing with issues like food stamps and WIC, is most effective in the long run.

I’m most proud and pleased with how the Community Food Bank has evolved from simply gathering and distributing food to focusing on the whole social gamut of it. Our Food Bank is one of the leaders in the nation in terms of diversity of trying to support the issue of hunger, and trying to end hunger in the sense of advocacy, and gardening, and different food programs.”
EMERGENCY FOOD ASSISTANCE
The Community Food Bank provides food at no cost to anyone in need of short-term hunger relief. Recipients include vulnerable populations such as the elderly, working families, and the homeless, in five counties and 72 locations in southern Arizona.

FAMILY ADVOCACY & SNAP ASSISTANCE
The Gabrielle Giffords Family Assistance Center provides one-on-one support in both English and Spanish to help individuals complete applications for SNAP (food stamps), TANF (cash assistance), and MACCS (medical assistance) with the Department of Economic Security.

CARIDAD COMMUNITY KITCHEN
Caridad Community Kitchen offers a 10-week culinary training program to low or no-income adults, and prepares over 15,000 hot meals and sack lunches each month for the working poor, low-income, and homeless in our community. In addition, Caridad Catering provides high quality catered meals to the public, generating revenue to support the kitchen programs.

CHILD NUTRITION PROGRAMS
Child Nutrition programs provide after-school meals and snacks, backpacks full of food to relieve hunger during the weekend and school pantries to provide supplemental meals to families. Children and their families receive nutrition education lessons, grocery store tours, food demonstrations, and healthy recipes.

FRESH PRODUCE PROGRAMS
The Community Food Bank partners with retail stores, local growers, and partner agencies to keep local produce out of landfills and distribute it to communities in need. Fresh Produce programs strive to make fresh, healthy fruits and vegetables accessible to all people in all communities.

FARM & GARDEN PROGRAMS
Las Milpitas de Cottonwood is a six-acre, organically-managed community farm that offers educational and leadership opportunities, as well as garden plots for area residents. The Garden Program provides workshops and resources for individuals and families interested in growing food at home.

FARMERS’ MARKETS
Community Food Bank Farmers’ Markets self-naturally-grown produce, flowers, eggs, honey, and other locally-produced products. This provides economic benefits for small growers while increasing the amount of fresh, local food in our community. The markets accept SNAP, WIC Checks, and Farmers’ Market Nutrition Program vouchers.

FARM TO CHILD
The Farm to Child program works in low-income Tucson schools to create enhanced learning spaces for students. School gardens provide opportunities for kids to learn about fresh fruits and vegetables and nutrition while integrating standards-based curricula in science, math, art, and more in an environment tailored for experiential learning.

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PROGRAMS THAT EMPOWER
The Community Food Bank of Southern Arizona is changing the way we respond to hunger in our communities through initiatives and programs focused on three key areas:

HEALTH AND FOOD
A healthy, hunger-free community begins with access to fresh, nutritious food for all people.

COMMUNITY EDUCATION
Education and leadership opportunities empower individuals and unite communities.

COMMUNITY DEVELOPMENT
When we invest in our local communities, we build a brighter future.
ACKNOWLEDGMENTS

Most of all, thank you to each and every one of our VOICES participants for sharing your stories with us.

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Project Manager: Kimberly Winker
Translators: Nick Henry, Rosalva Fuentes & Robert Ojeda
Photographer: Ethan Myerson
Graphic Designer: Haley Anderson
Writer & Editor: Courtney Gustafson

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THE COMMUNITY FOOD BANK, a nonprofit 501(c)(3) charity, relies on 130 employees and hundreds of community volunteers to ensure that the people of Southern Arizona have access to the food and programs they need. The Food Bank is based in Pima County and also serves Cochise, Graham, Greenlee and Santa Cruz counties. The Community Food Bank provides services to eligible applicants without regard to race, color, creed, religion, handicap, age, national origin, sexual orientation, political beliefs or gender.

Want to get involved in the next VOICES? Email us at voices@communityfoodbank.org