



COMMUNITY FOOD BANK  
OF SOUTHERN ARIZONA



# nourishing NEWS

[communityfoodbank.org](http://communityfoodbank.org)

OCTOBER 2021

## Local produce at local schools

*Your gifts get fresh food to families and support local growers*

“The number one request from families has always been more fresh produce at our school pantries,” says Alina Mouritsen. “And local farmers have fresh produce to sell.”

With your support, a new program allows us to purchase fresh fruits, veggies, and eggs from growers right here in southern Arizona and get them to 23 schools across Tucson, where they’re distributed for free to students and other community members.

Alina, who has coordinated this pilot program for the last year, says that getting local food to school pantries is a win-win.

“It’s benefitting local kids and families who otherwise don’t have access to this kind of food,” she says, “and at the same time investing in local growers and our local food systems.”

Healthy food for healthy kids: you’re making it happen! 🌱



Students in Tucson can take home locally-grown leafy greens, potatoes, apples, melons, citrus, beans, eggs, and much more.

**All Community Food Bank locations will be closed December 24<sup>th</sup> - January 2<sup>nd</sup>**

to give our employees and volunteers a well-deserved break. If you plan to make a year-end gift by mail, please plan to mail your gift early as we anticipate mail delays around the holidays. Thank you!

For questions about year-end giving, please call our Donor Services Team: (520) 882-3300

*Many of our community partners will be providing food assistance and other services during this closure. If you have questions now or anticipate needing services during this week, please reach out so we may connect you with support: (520) 622-0525*

# Celebrating the Season

## *A Message from the CEO*



Dear Friends & Neighbors,

It is such a wonderful time of year, and also such a challenging one.

As we celebrate the success of HungerWalk and another season of providing for our community, and as we look forward to cooler

temperatures and time with family, let us remember our neighbors who are struggling.

The holidays are upon us, and it's the time of year when we see the greatest need for emergency food assistance. For so many local families, the holiday season is not a time for celebration.

I hope we can continue to count on you through these challenging months. I hope you'll join us for our upcoming food drives and fundraisers. I hope you'll stand with us as we advocate for fair wages, and for other policies that help lift our neighbors out of poverty. I hope you'll continue to share in our vision of a thriving community where no one has to wonder where their next meal will come from.

Mostly, I hope you'll read these pages and feel proud of what you continue to make possible. Every food box, every free meal, every farmers market and community garden. All of our hope for a better future: it comes from you. *Thank you.*

In solidarity,

A handwritten signature in black ink that reads "Michael McDonald". The signature is fluid and cursive, written over a light-colored background.

Michael McDonald  
*CEO & President*

# upcoming EVENTS

*Support our community  
and the Community Food  
Bank at these events!*

NOVEMBER 18

## Holiday Harvest Food Drive

*Our annual one-day food drive  
and fundraising event! Drop off  
donations between 6am and 6pm  
at Sam's Club on Stone near River.*

NOVEMBER 30

## Giving Tuesday

*After Black Friday and Cyber  
Monday, Giving Tuesday is a global  
day of giving back to our community.  
Give online at [communityfoodbank.  
org/Giving-Tuesday](https://communityfoodbank.org/Giving-Tuesday)*

DECEMBER 11-26

## Winterhaven Festival of Lights

*A Tucson tradition returns this year!  
Bring a donation to support the  
Community Food Bank.*

Winterhaven Neighborhood  
Ft. Lowell & Country Club

“I need more than a food box. I don't want to rely on a food box forever”

## *Why we support local ballot initiative Yes on 206*

**We believe that food is a human right.** And we'll always be here to provide food assistance to anyone who needs it.

We also know that in our 46 years of distributing millions of emergency food boxes, we haven't moved the needle on hunger.

Local families are still hungry. Local kids are still going to bed without dinner. Local parents who work full-time still can't afford to feed their families.

**It's time to invest in solutions that end hunger and poverty at their source.**

We're proud to stand with a coalition of local nonprofits who support Yes on 206 (previously called Tucson Fight for \$15), a ballot initiative that proposes to gradually raise the minimum wage to \$15 by the year 2025 within Tucson.

“We don't want to be handing out food boxes to the same people a decade from now,” says Michael McDonald. “We want those people to be paid a fair wage for their work, and have economic opportunities, and be able to sustain themselves and make healthy choices for their families. Without us.”

Our mission has always been to feed the hungry today and lead the way to a healthy, hunger-free tomorrow. **Let's lead the way, together.**

*Learn more about the Tucson Minimum Wage Act and how to vote in the November 2nd election:*  
[tucsonfightfor15.com](http://tucsonfightfor15.com) 🌱



“Raising the minimum wage would allow people to support their families without relying on charity,” says Brittney, a gardener at our Las Milpitas Community Farm. “People shouldn't have to choose between food and medical care, or between feeding themselves or feeding their children. A living wage leads to a healthier, thriving Tucson community.”

# Thank you for stepping up to end hunger!

*An amazing 1,084 walkers raised over \$175,000 at HungerWalk 2021!*

Our community came together for HungerWalk in a truly remarkable display of solidarity and compassion.

“It really is incredible to see this many community members out there walking,” says Michael McDonald. “All those purple shirts. All across southern Arizona. People are showing up for this community.”

We saw kids in Hunger Hero capes and dogs in HungerWalk bandanas. We saw teams walking in Nogales and Tucson, in Marana and Sahuarita. We saw our community walking at five in the morning and eight at night, on treadmills and on trails, for half a mile or ten.

All to end hunger right here in southern Arizona. After a challenging year of increased need and pandemic precautions, it is humbling and inspiring to see your dedication and generosity. *Thank you!* 🌱



*Thank you to all of our community partners who made **HungerWalk 2021** possible!*

**Casino Del Sol • TEP**

Long Realty Cares Foundation

AdVision Outdoor • BrakeMax • HSL Properties • Sam Levitz Furniture • Volk • Whataburger  
Geico • Green Valley News • Keegan, Linscott & Associates • KGVY News • Marathon Petroleum

Arizona Pest Control • Green Valley Rotary Club • Pioneer Title Agency  
Ray Scott's Automotive • Tucson Weekly

AAA Landscape • Ahern Rentals • Bill's Home Service • Desert Sports and Fitness • Heinfeld Meech & Co PC  
Hire Quest Direct • HomeSmart Pros • Homewatch Caregivers • Jan Pro • Mr. Automotive • Nature's Medicine • Penske Truck Leasing  
Pima Federal Credit Union • Radiology Ltd • Valle Verde Rotary • Vista Eye Care

“I start each day with gratitude. For whatever we have.”

*For Mary Ellen and her mom, every single meal is a blessing*

“I never take a meal for granted,” says Mary Ellen. “For some people that’s automatic, you know? You wake up and of course you’ll have three meals today. But that’s not how it is for us.”

Mary Ellen and her mother Janet, both retired seniors, live together on a fixed income. Mary Ellen has been caring for her mom since a debilitating stroke last year.

“I remember growing up, her going without. She would skip a meal if it meant me and my brothers got to eat,” says Mary Ellen. “I would do the same for her now.”

“When we get our food boxes, that’s a blessing. The relief that I get knowing I can provide for mom for a little while is huge,” says Mary Ellen. “I’m grateful for every single time we’ve needed food and you’ve been there.” 🌱



Nearly 10% of seniors in Arizona are food insecure. With your generosity, programs like home-delivered senior meals and senior food boxes—both designed to meet the specific nutritional needs of older adults—are helping people like Mary Ellen and Janet.

# Getting + Giving the most from your Assets

There are many ways that you can give and benefit from a gift of your assets. Noncash assets may include CDs, stock, real estate, life insurance, retirement accounts, art and other collectables.



**LEARN MORE:** Contact Sio Castillo at [scastillo@communityfoodbank.org](mailto:scastillo@communityfoodbank.org) or (520) 882-3308 or visit [plannedgiving.communityfoodbank.org](http://plannedgiving.communityfoodbank.org)

## YOUR GIFTS AT WORK



### More Meals Than Ever

Volunteers and staff at Caridad Community Kitchen are cooking up over 11,000 community meals each month—a huge increase to meet the high need during the pandemic. From fresh salads to hearty burritos, your gifts are making tasty meals possible!



### A Note of Gratitude

McKenzie picked up food at our Marana Resource Center, and passed along this note for you:

“I was surprised and grateful for all the fresh produce.

My kids snacked on apples as we drove home with the groceries. It was such a treat.”



### Back to School

With your support, our summer breakfast program served 12,929 healthy meals to kids in Tucson this summer—plus, 33 school pantry locations and 16 afterschool snack sites made sure that kids went back to school with full bellies and ready to learn. *Thank you!*

“We are incredibly grateful for the seeds, plants & knowledge.”

*Your gifts are growing strong communities (and healthy food!)*

“I had to share my harvest with you,” writes Maya. “I’ve been working hard on the garden and it’s paying off!”

Maya joined us for a series of garden workshops, and started her backyard garden with free seeds from our seed library. Now, she’s harvesting tomatoes, melons, eggplant, zucchini, and more.

Our garden educators have been hard at work hosting gardening classes, sharing free and low-cost garden materials, and training community leaders to become educators in their own neighborhoods.

“Seeing what folks are growing, and seeing them pass along that knowledge to others is definitely rewarding,” says Victor Ceballos, our Garden Education Coordinator. “Empowering others to go forward with what we teach and share. That’s the goal.”

Connecting with the earth, connecting with the community, and growing healthy food to share: you’re making it possible! 🌱



Volunteers harvest onions in our Nuestra Tierra Learning Garden at our Tucson location.



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3003 S. Country Club Road • Tucson, AZ 85713  
(520) 622-0525 • toll free (800) 950-8681

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The Community Food Bank receives most of its funding from people like you. Supportive public funding includes: City of Tucson, Pima County, USDA, Community Development Block Grants and Community Service Block Grants/Pima County and City of Tucson; Arizona Department of Economic Security/Social Services Block Grant and Arizona Department of Health Services. Community Food Bank programs provide services to eligible participants without regard to race, color, creed, religion, handicap, age, national origin, sexual orientation, political beliefs or gender.

MEMBER OF  
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FOOD BANKS

DEPARTMENT OF ECONOMIC SECURITY  
*Your Partner For A Stronger Arizona*