



NOURISHING NEWS



COMMUNITY FOOD BANK
OF SOUTHERN ARIZONA

FEBRUARY 2024

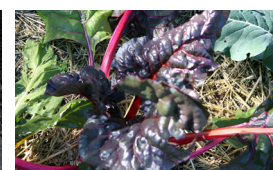
VEGGIES, VOLUNTEERS, & A VARIETY OF EVENTS!

Healthy Harvest

It's not just the green that draws you into the garden plots at Las Milpitas Community Farm. It's what these greens contain!

Lettuce waits patiently to become a salad, kale shows off its bright red and yellow stems, broccoli hides in the center of full, leathery leaves.

For gardener Kat Lopez, farming has brought a change in lifestyle. **"I didn't really like salads," she says. "They have always felt really boring to me. I'm now a convert. Arugula - I can eat it by itself. It tastes better when it comes straight from the garden."**



In Kat's two years of growing veggies at the farm she's also tapped into some connections. The chamomile she grows – also called manzanilla – brings memories of her grandmother who grew and used the herb as a cure-all. Kat's also building community with other growers. They share gardening advice, veggies, and enjoy regular time at the farm, which she describes as a "magical place."

With your support, the Community Food Bank has operated Las Milpitas Farm for 13 years, offering 70 plots where people can grow fruits and veggies for free.

¡Ahora disponible en español!
communityfoodbank.org/newsletters

MALEA'S MINUTES



Hello Friends and Neighbors,

Recently, a man rode his bicycle to one of our food drives and made a point to donate. He also wanted to say thank you. He told us it was just a few months ago he was in need and came to the Community Food Bank for help. Now he wanted to be sure to pay that forward.



We know that sometimes people who come to us for help one month may not need help the next month. The important thing is that we are here. The need for emergency food can arise suddenly, with a change in health, with taking in children who need a home, with a sudden job change or car accident.

Thank you for all you give so that our doors are open. Our trucks are on the road. We move forward into 2024 grateful for all you do, and thankful to be in this work together.

Thank you,

Malea Chavez, CEO
Community Food Bank of Southern Arizona

Reaching Out to Rural Areas.

Since starting in November, our outreach to folks in the Picture Rocks and Avra Valley areas is growing. We continue to serve about 80 households a month in each location.

“It’s so convenient,” says Esther, in line to get food at Avra Valley Fire Station 191. “I only live a mile and a half from here.” Esther doesn’t drive, so she reached out on the NextDoor app to find help getting to the distribution. Today she’s waiting in line with her new friend, Kathy, who’s helping her with transportation. Esther and everyone picking up food will receive raisins, almonds, grapefruit, tortillas, shredded cheese, bread, apples, cucumbers and frozen fish fillets.

Volunteers play a key role in making these distributions happen. Some live in the area. Kelly drives 45 minutes from her home each month to help. “It’s a passion of mine. I’m so impressed with the quality of the food. It’s such a basic need.”

If you can help with our rural food distributions, please let us know at volunteer@communityfoodbank.org.



Bring us your extra citrus! If you have more lemons, oranges, or grapefruit than you can use, gather it up and bring it to our Super Citrus Saturday collections!

SATURDAY, MARCH 2ND • 11AM-2PM
Fry’s Grocery Store 10661 N. Oracle
Fry’s Grocery Store 4036 N. 1st Ave.

SATURDAY, APRIL 6TH • 11AM-2PM
Fry’s Grocery Store 7050 E. 22nd
Fry’s Grocery Store 4150 E. 22nd

Volunteer-

Even just **one person** can make a difference.



Every volunteer is valuable, but we were happy to single out Larry Housner earlier this year during the annual Southern Arizona Volunteer Management Association (SAVMA) awards.

We count on Larry three days a week to help us out with food distribution. Health restrictions have him working at the check-in desk right now, but he is eager to get back to distributing food.

“I like the activity. I like seeing people when they get the food and the grin, the look on their face,” he says.

Larry says he was looking for something to do after his wife died. He volunteers in community outreach at the Tucson Police Department as well. His daughter Nancy tells us volunteering was a regular part of what her family did when she was growing up, often serving at community meals during the holidays.

Do you have time to give? Email us at volunteer@communityfoodbank.org and choose a time that works for you.



Volunteers help in rural distributions across Southern Arizona. Penny and Kurt have been regulars now for two years. They help distribute food in Willcox each month, and we're grateful for their work!



We are happy to see the Vice Chair of our Board of Directors, Mark Brown, honored for his volunteer work. Mark coordinates the Community Action Team at Tucson Electric Power, getting TEP volunteers out to help at many of our events and into the broader community as well.



Bring a food donation or a minimum \$5 donation to the Community Food Bank and get a **free ticket to enjoy the ColoGuard Classic golf tournament on Saturday, March 9th!** Stop by the Community Food Bank at 3003 S. Country Club anytime Monday - Friday between 8am – 4pm.



Don't forget you have until April 15th to claim the Arizona Charitable Tax Credit. Support the Community Food Bank and keep your tax dollars working in our community. **Learn more:** communityfoodbank.org/tax-credit

**UPCOMING
EVENTS**



Winterhaven all wrapped up.

Many thanks to all who donated and volunteered during the Winterhaven Festival of Lights!

We're especially grateful to the Winterhaven neighborhood for all their work in decorating and hosting thousands of people in this festive holiday tradition.

This bus was stuffed.

Our thanks to HSL Properties for their annual Stuff the Bus food drive which brought in more than 15,000 pounds of food and more than \$18,000 in donations!

Staff at HSL always pour a lot of energy into this effort – competing to see which property can collect the most food. The day was even more fun with VIP appearances from U of A Football Players Noah Fifita and T-Mac, along with UA Basketball Coach Tommy Lloyd, players Caleb Love and Jaden Bradley.

What a great way to start the year!



Support local nonprofits on Arizona Gives Day this April 2nd!
Donate to the Community Food Bank online at azgives.org/communityfoodbank

Mark your calendar for this 24-hours of online giving to make our state a better place.



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3003 S. Country Club Rd.
Tucson, AZ 85713
(520) 622-0525
(800) 950-8681
communityfoodbank.org



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.