



NOURISHING NEWS



COMMUNITY FOOD BANK
OF SOUTHERN ARIZONA

FEBRUARY 2025

REUNION, RECOGNITION, & REMARKABLE GIVING!

“ I love going to work every day. - Jody ”

Graduates from the Culinary Training Program at Caridad Community Kitchen came back together in January to share updates on their lives and the changes that started with ten weeks of culinary and life skills training.

“ It has a great impact on me and my family. We are now financially stable. - Amanda

I've had the chance to do a lot of really amazing things. From opening restaurants to help out with pastry demos and learning/working with so many chefs around town. I feel very blessed. - Marissa

Alumni ranging from Class 11 to the most recent grads of Class 38 shared a meal and got time to connect. Many requested more reunions and more volunteer opportunities.



“ I use all that I've learned. - Amy



“ It gave me power to do things I never thought I could. - David

“ I developed self-esteem. This program got the ball rolling in a positive direction. - Tina
It greatly impacted my family life. After graduation I got my kids back from CPS and it also inspired my daughter to cook and go through the program. - Kimberly ”

“ It has been a game changer. - Rob ”



Class 39 is currently underway at Caridad Community Kitchen, operated by the Community Food Bank since 2011, and offering free culinary training for people who are unemployed or underemployed.

¡Ahora disponible en español!
communityfoodbank.org/newsletters



Hello Friends and Neighbors,

February gives us so much to celebrate, from Valentine's Day, to statehood to Rodeo Days. And it's also a perfect time to celebrate you and all you give to the Community Food Bank.

Our holiday season brought a high number of people in need, yet we were able to respond by distributing healthy, nutritious food including whole chicken, potatoes, fruits, and veggies to round out a holiday meal and more.

We enter this year seeing continued high demand knowing we can respond because of your generosity. If you haven't already, please consider donating with the Arizona Charitable Tax Credit which allows you to direct your tax dollars to your local community. Find out more at www.communityfoodbank.org under the "Get Involved" tab. Or email us at donations@communityfoodbank.org.

Thank you for your continued support and all you do to help us serve families across Southern Arizona.

Malea Chavez, CEO
Community Food Bank of Southern Arizona



Kudos to our Karl!



You can find Karl volunteering three mornings a week in the warehouse. He's part of an early group that gets things ready before the production line starts with dozens of volunteers packing emergency food boxes.

"I enjoy it. It keeps me off the streets, keeps me from doing yard work. And it's a good thing to do," he says, evaluating his eight years of volunteering for the Community Food Bank. "There's a social aspect. I meet people from all walks of life. Otherwise I'm an introvert."

Karl just received a Community Service Award at this year's ceremony for the Southern Arizona Volunteer Management Association, celebrating his compassion and dedication in giving more than **1,550 hours of service**.

"The award should have gone to all the volunteers," he says. "Working here makes me see how much of this country lives precariously. I don't. So I want to give back."

Do you have time to volunteer? Email us at volunteer@communityfoodbank.org.

Digging In!

A day of class for Agricultural Science Students at Desert View High School can mean stepping outside to the school garden and harvesting enough broccoli to make soup for the entire class. That's just what students did in January, enjoying the freshly grown winter harvest.



They're also thinking big. They wrapped up final projects for the fall semester by learning more about food deserts. Many were surprised to discover their school and much of the surrounding area are more than a mile from the nearest supermarket or grocery store.

After thinking about transportation, carrying groceries, and how access to healthy food impacts your life, they came up with designs for spaces to tackle food-related challenges. Their posters include health centers, farmers markets, activity spaces for children, and of course, community gardens.



This semester they'll move on to exploring heat equity and the change that can begin when planting trees in warmer neighborhoods. The students work with our Health and Garden Education Coordinator Brandon Merchant.



Pucker up – it's citrus season! Pick the extra citrus from your backyard tree and bring it to our Super Citrus Saturday Collections from 11AM - 2PM.

SAT., FEBRUARY 22
Fry's Food Stores at:
10450 N La Cañada Dr
11350 W Tangerine Rd

SAT., MARCH 29
Fry's Food Stores at:
7050 E 22nd St
4150 E 22nd St

A tee-riffic time! Make a minimum \$5 donation to the Community Food Bank and get in free on **SAT., MARCH 8TH** to enjoy the Cologuard Classic at La Paloma Country Club.

Learn more at: bit.ly/CFBcologuard



No fooling! Your donation to the Community Food Bank on Arizona Gives Day—**TUESDAY, APRIL 1ST**—will help families across Southern Arizona get the food they need.

Donate online easily at: azgives.org/organization/communityfoodbank-azg

Remember, your donation may qualify for the Arizona Charitable tax credit. Earn a \$470 state tax credit for individuals or \$938 for a married couple filing jointly. Our QCO code is 20488.

Learn more: communityfoodbank.org/tax-credit



**UPCOMING
EVENTS**

Collecting for Good.

Shout out to all the local businesses that help us bring in food all year long!

At Arizona Designs, 2425 E. Ft. Lowell, a collection box is part of the environment. Owner Matt Nance celebrated 30 years in business five years ago donating \$100 for each bath or kitchen remodel. Then he decided it just made good sense to keep a collection box in the store.

At Bookman's East, 6230 E. Speedway, food is collected all year long with a space for donations right near the magazine stands.

And at Tucson Coin and Autograph, at Orange Grove and Oracle, owner Brett Sadovnick says, "I think it's important to be part of the community." He's also offered a unique promotion since 1999: anyone who brings in a can of food gets a free commemorative quarter.



Full Bus, Full Bellies.

We love the energy and commitment the staff from HSL Properties pours into Stuff the Bus!

This January, they collected **20,188 pounds of food, along with \$11,910 in monetary donations.** It's a great way to start the year!

Lighting Up Generous Spirits.

Congratulations to the Winterhaven neighborhood for celebrating its 75th year in style!

If you strolled the festive area over the holidays you saw new decorations, brighter lights and the holiday spirit come alive. Thank you!



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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.