

Duvrabska Pays Your Kindness Forward

This mom was inspired by your generosity. Now, she's paying it forward!

When Duvrabska and her family left the home they knew and relocated to a new community, they couldn't have imagined the overwhelming challenges they'd face. They were starting over — learning a new area, meeting new people, securing safe shelter, and finding basic necessities such as food.

But when she discovered her local food bank, Duvrabska found food, hope, and the foundation her family needed to build their new life.

"For people like me ... knowing very few individuals, this is like a second chance," Duvrabska says. "They were an important part of my new life here — and they helped me right away."

As a mother, Duvrabska's greatest concern was ensuring her children wouldn't go hungry. That's why she was so grateful for the consistent access to nutritious food she received from her local food bank.

"They helped me with food for my children, for myself, and now I'm able to help others — this makes me feel so proud," she says.

Duvrabska never forgot the kindness she was shown in her time of need. And, as she watched volunteers work tirelessly to serve families like hers, Duvrabska was inspired to join them. Today, she and her daughter



Duvrabska and her daughter are so grateful for the support they received from their local food bank when they moved to build a new life.

volunteer side by side at the same food bank, assisting neighbors with the welcoming compassion they once received.

"We are helping people get back on track. Helping the community is the least we can do after everything they've done for us — we have an opportunity to pay it forward."

Her message to anyone hesitating to seek help is simple: "They'll be received with open arms, just like they received me," she says. "We all go through hard times. But together, we lift each other up."

Duvrabska doesn't take your support for granted. Thank you for helping her family when times got tough — and for inspiring her to pay your kindness forward!

Letter

FROM NICOLE

So Much More Than a Meal

How you and Loretta step up to help in times of need

Dear Friend,

School has started, and with the new school year comes new beginnings and new routines. But for many students here in northern Nevada and the eastern California Sierra, hunger is part of that routine.

The cost of food remains high. More neighbors are coming to us for food assistance, but government funding cuts have left us with fewer resources with which to serve them. We're grateful for a community that cares — and gives — to help their neighbors through difficult times.

With your support, we'll continue doing all we can. Children will have a steady source of vitamins and nutrients to help them grow, learn, and thrive. Neighbors will have the food they need to provide healthy meals for their families.

We hope you enjoy meeting Duvrabska and Adriana, two neighbors who are grateful for friends like you — friends who donate, volunteer, and advocate for hunger relief. You ensure students and families have nourishing meals available as they go back to school and all year long.

With gratitude,



Nicole Lamboley
President & CEO

Every day, Loretta embodies what it means to have a giving spirit. As a regular cook and caretaker at her local food pantry, she's known for serving up heaping helpings of food — and compassion — to neighbors in need.



Loretta's passion for cooking is matched only by her care for the people she serves!

"They always tell me, 'You've got to portion things out,' but I have a heavy hand," Loretta laughs. "I want to make sure they're good, not just with food but with everything. It's about letting them know someone cares."

For nearly two decades, Loretta has been turning meals into moments of comfort. She's seen firsthand how a nourishing meal can warm the heart, ease the mind, and heal the soul.

"Food is a comfort," she says. "You could be going through something, and having your favorite food can make you feel better. I think it's the same for a lot of people who come here."

Loretta understands the importance of keeping vital resources like the food pantry available for neighbors facing hunger ... especially as someone who's been in their shoes.

"I've been through hard times myself," she says. "Some of the people who come here talk to me about their problems, and I can relate to them. It makes me proud to know I'm able to uplift them and make them feel better."

Like Loretta, you have such a giving heart! Thank you for making a lasting difference in our community.

Thank You!

For Supporting the Food Bank of Northern Nevada!

Nevada State Bank
Bank of America
Charitable Foundation
United Way of
Northern Nevada and
the Sierra

Marybeth M. Lamb
Foundation
Kinross Bald Mountain
FM Area Foundation
Whitt Family
Foundation

Walmart Foundation
Nell J. Redfield
Foundation
Feeding America

Fueling *Bright* Futures

You're giving children the nourishment they need to reach their dreams

As you know, children need a steady, daily source of vitamins and nutrients. Nutritious meals give them the fuel they need to develop, grow, focus in school, and stay healthy. With your support, kids throughout northern Nevada and the eastern California Sierra have access to the meals and snacks that provide that fuel — and lead them toward brighter futures.



Elijah

"When I'm hungry, I get tired or I'll get distracted. But when I'm not, I'm on-task, and I can focus." Elijah's family picks up summer meals near their home, and Elijah eats free breakfast and lunch at school. Having consistent meals enables him to focus not only on his schoolwork but on his passion — robotics. "If I'm full, I'm ready for whatever happens," he says.



Ami

"My favorite food is every food," Ami says. "Except onions. And celery." She visited a summer meal site for lunch every week this summer and is excited to learn about science in school this year. When asked why food is important, she answers with scientific confidence: "Food is important because it has some very good qualities and vitamins."



Jaden

Jaden loves the foods that are traditional to his family, including rice, beans, and chicken, but he especially loves when his mom makes pasta. "I like eating with my family," he says.



Makaila

Makaila loves reading and mac and cheese — and her summer was filled with both. She and her sister visited a summer meal site almost every day for lunch. "The food is good, and it's nice here," Makaila says. "Nothing is better than books, reading, and ice cream ... except mac and cheese!"

You Inspire Adriana To Keep Pushing Forward

Your support keeps families
like Adriana's nourished

For Adriana — a mother, wife, and daughter — family has always been the center of her universe. The strong bond she shares with her family keeps her optimistic through life's unexpected challenges.

"Family is everything to us," Adriana says. "They're all so important."

When her husband suffered an injury that left him unable to work, it was up to Adriana to provide for their family. She supported their household for years ... until her own health began to decline.

Now on disability, Adriana can prioritize her health and search for another job. But with both providers out of work, they realized it was time to visit their local food pantry for support.

"[Fresh produce] is the kind of thing that can be quite pricey at the grocery store," Adriana says. That's why she loves having access to fruits and veggies at the food pantry. "It allows me to save that money so I can spend

it on nonprocessed food at the store, like chicken."

The pantry's fresh produce has transformed how she keeps her family nourished during this difficult time.

"If you don't have your health, you have nothing. As the 'project manager' of our family, it is imperative for me to try to stay healthy," she says.

Yet, even when faced with the challenges of food insecurity, Adriana holds close a lesson that her grandma taught her: "You fall down, you get back up, and you push forward."

With her family by her side — and the generosity of kind friends like you — Adriana can continue to do just that!



For Adriana, family comes first! But when medical issues forced her out of work, she needed extra support to provide for her family.



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FBF-NNV-23861

MY GIFT TO HELP LOCAL FAMILIES FACING HUNGER



Yes! I want to help provide meals, support, and resources for families facing hunger, so I'll give today. *Here is my gift of:*

- \$35 to help provide 105 meals \$100 to help provide 300 meals
 \$50 to help provide 150 meals \$_____ to help provide as many meals as possible

EVERY \$1
helps
provide
3 MEALS!

My check payable to *Food Bank of Northern Nevada* is enclosed.

FROM: NAME: _____
STREET: _____
CITY/STATE/ZIP: _____
MY EMAIL: _____

Please charge my credit card.



Amount: \$ _____
Phone Number: _____-_____-_____
Credit Card Number: _____
Exp. Date: ____ / ____ Security Code: _____
Signature: _____

I would like to donate \$_____ automatically each month using my credit card.