

Sharing Hope This Holiday Season

Your kindness helps to create happy holiday memories for families like Kristy's

For Kristy, her husband, and their two children, being together means everything. Kristy cherishes the moments they spend as a family — especially during the holidays.

Their holiday traditions center on making meals together and sharing special memories with family. "Sharing food is just something that we love to do. It's just family fun," Kristy says.

But despite their hard work, Kristy and her husband sometimes can't make ends meet. Like over half of the families facing hunger, they both have full-time jobs but still struggle to cover all their expenses.

"We barely make enough to pay our normal bills and sometimes don't have enough for the food our family needs," Kristy shares.

That's where her local food pantry comes in. During the holidays, the gift boxes her family receives are more than just food; they're a source of hope and relief.

"It's like opening a birthday box full of surprises, and it's a weight lifted off your shoulders," Kristy says.

Thanks to caring donors like you, families like Kristy's experience the joy and togetherness the holidays bring. Your generosity provides not only meals but also stability during



Thanks to supporters like you, families like Kristy's can experience the joy and togetherness of the holiday season!

a challenging time.

"I don't ever take time with family for granted," Kristy says. And neither do we. With your support we're able to ensure families feel the love and cheer they deserve during the holidays and all year round.

Thank you for making the holiday season a little brighter! Families like Kristy's are so grateful for your love and kindness.

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EVERY \$1
helps
provide
3 MEALS!

Letter FROM NICOLE

Dear Friend,

As I read through the stories in this newsletter and look ahead to Thanksgiving, one word keeps going through my mind.

Gratitude.

I'm forever grateful for people like you who support the Food Bank of Northern Nevada. Without you, the work of helping our neighbors facing hunger just wouldn't get done. But thanks to you, people experiencing food insecurity are finding the help and hope they need this Thanksgiving season.

That's why we're so grateful for all of our generous supporters and partners, especially as so many face new hardships due to government funding cuts and increasing costs. I'm also grateful as I read the stories in this issue. Stories of neighbors who will be able to put food on the table this Thanksgiving and beyond. Food is at the heart of every holiday. And thanks to friends like you, more families will have access to the foods that make this time of year special.

As I sit down with my family this Thanksgiving, I will give thanks for you, for a community that cares so deeply about its neighbors, and for those families and individuals who are being helped.

Remember, every \$10 you give helps provide 30 nourishing meals. Thank you for your kindness!

Thank you,



Nicole Lamboley
President & CEO

Giving Thanks

Our neighbors share heartfelt words about what your generosity means to them



"They're doing a good job, and they're helping a lot of people. We actually do really appreciate it. We really do." — Casper

"We've been in a world of trouble, and it's good to have people that donate, take their time and donate the work, and give the food and all that stuff. It makes a big difference." — Ronnie

"Our house is a neighborhood house, so any kids in the neighborhood that need looking after or trying to stay out of trouble, we take them to church. If they're over when we cook, we feed them as well. ... Having this means that none of the children we come in contact with or in our household go hungry. And that's a big difference." — Adrian

"It's a blessing. It's a resource that's needed. If we couldn't come here, we'd be hungry." — Andrea

"This helps a lot. It just reduces our food bill. And the people here are so friendly, and they do a great job." — Corky

Thank You!

For Supporting the Food Bank of Northern Nevada!

Conagra Brands Foundation

Robert Z. Hawkins Foundation

Estelle J. Kelsey Foundation

Marguerite Wattis Petersen Foundation

PG&E Corporation Foundation

Save Mart CARES Foundation

Tallgrass (via Feeding America)

Adjust, Adapt, and Overcome: Frederick's Story of Hope and Resilience

Frederick, a retired Marine and devoted father, is deeply committed to his family's future. Every day he works to find ways to support his children as they work toward their dreams.

"My children's future is what makes me hopeful," Frederick says. "It's about watching them reach their fullest potential."

Like so many hardworking families, Frederick's has faced challenges. Rising prices have kept his children living at home through college and made it more difficult to cover expenses.

But with the support of the Department of Veterans Affairs, Frederick was able to connect with his local food pantry. That's where you come in! Because of supporters like you, the pantry provides fresh food and vital resources to the community, helping families like Frederick's in difficult times.

"The [food pantry] allows me to adjust," Frederick explains. "Like we say in the Marines, 'Adjust, adapt, and overcome.' They give you more tools to do just that."

Thanks to the kindness of donors like you, people like Frederick have access to the resources needed to thrive. Your generosity doesn't just offer meals; it gives people the hope they need during the holidays and all year round.



Because of you, families like Frederick's won't have to worry about where they'll get their next meal.

"Places like this allow you to avoid those impossible choices," Frederick says. Families shouldn't be forced to choose between basic necessities and enjoying time together. Your support gives families like Frederick's this freedom.

Thank you for offering support and hope to families in need! People like Frederick are so grateful for your generosity!

GIVINGTUESDAY

GivingTuesday Returns Dec. 2!

GivingTuesday is a beautiful reminder of the power of kindness and generosity. What began as a small idea to inspire good has blossomed into a global movement, touching the hearts of millions who come together to give and uplift one another.

This year, we invite you to join us in making a difference. Every act of giving creates hope and helps build stronger, caring communities where everyone can thrive.

When you support the Food Bank of Northern Nevada on GivingTuesday, you're not just providing nourishing food — you're lifting up our entire community.

Why wait until Dec. 2? Your generosity can start changing lives today.

Volunteer Spotlight

Taking Time to Nourish Neighbors

After returning home from over a decade in South America, Noah and his wife dreamed of raising their sons near family and starting a business. But when the COVID-19 pandemic hit just as they launched, everything changed.

Despite everything, Noah was able to find purpose in giving back to his community. "It's been really eye-opening to travel to parts of my home city that I otherwise wouldn't go to and to meet people I otherwise wouldn't meet," he shares.

This past November, Noah was one of 500 volunteers who helped distribute meals to 1,700 households. He's especially passionate about increasing access to healthy food. "Healthy meals for an entire week delivered to people's doors? That's a game changer," he says.

We're so grateful to volunteers like Noah who give their time and heart to support their neighbors. And you, too, can make a difference — join us as a volunteer and help bring hope to your community! Learn more at fbnn.org/get-involved/volunteer.



Our neighbors are so grateful to have friends like Noah — and you! — by their side. Thank you for your ongoing compassion!

▼ PLEASE CUT OFF THE REPLY FORM BELOW AND RETURN IT WITH YOUR GIFT. ▼

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HELP PROVIDE MEALS THIS HOLIDAY SEASON



☒ **Yes!** I want to help provide support and comfort for neighbors facing hunger this holiday season, 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: _____

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

☐ Please charge my credit card.

☐ VISA ☐ MasterCard ☐ AMERICAN EXPRESS ☐ DISCOVER

Amount: \$ _____

Phone Number: _____ - _____ - _____

Credit Card Number: _____

Exp. Date: _____ / _____ Security Code: _____

Signature: _____