

Food Source

Healthy Food. Every Person. Every Day.

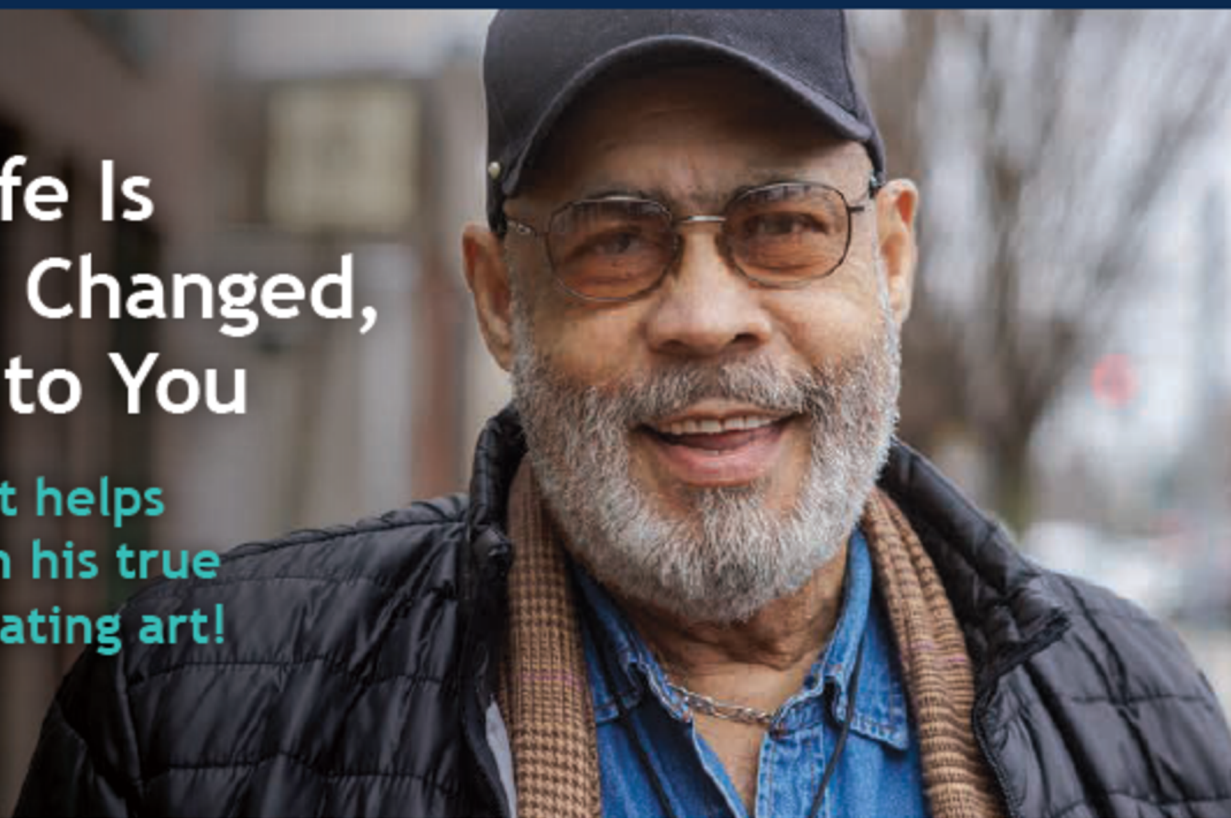


FOOD BANK
OF NORTHERN NEVADA

February 2026

Van's Life Is Forever Changed, Thanks to You

Your support helps
Van focus on his true
passion: creating art!



Your generous compassion and support ensure veterans like Van have one less worry. Thank you!

Van is a man of many talents. At 73 years old, he's proud to call himself an artist and musician — roles that have brought purpose and joy to his life.

"Once you become an artist, you're not just yourself anymore," he says. "You're creating something bigger than you. As long as I'm creating, I don't worry about what I don't have."

There was a time Van felt like he didn't have much hope.

"I had a drug problem, and I was homeless," he says. "I was driving a

taxi and using most of my money to buy drugs."

It took courage to seek out assistance. Thankfully, he did.

Now, Van is celebrating more than 16 years of sobriety. He's also secured stable housing, consistent work, and continues finding support within his community.

He's come such a long way since then — but when his monthly pay wasn't covering all his expenses, he decided it was time

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Letter FROM NICOLE

Dear Friend,

Food insecurity rates have hit a 10-year high, and that means a growing number of older neighbors are facing hunger. Recent cuts to Medicaid and reduced SNAP benefits have created another layer of hardship.

This is especially true for older neighbors living on fixed incomes. Every day can bring impossible decisions. Should they purchase the medications they need or buy groceries for the week? Should they keep their heat on during cold nights or stock their pantry? No one — especially seniors who have given so much to our community over the years — should have to face such choices.

At the Food Bank of Northern Nevada, we're committed to ensuring our seniors have reliable access to nutritious food, and we need your support now more than ever. As you read through this edition of *Food Source*, which focuses on how we're helping seniors facing hunger, I ask you to think about the older adults in your own life. Then consider making your most generous gift today to help provide nourishing meals for seniors in need.

Remember, every \$10 you donate helps provide 30 meals for someone facing hunger. Your compassion and generosity make a real difference in the lives of our older neighbors.

Thank you,

Nicole Lamboley
President & CEO



(Continued from cover)

Van's Life Is Forever Changed

to look for help once again. That's when a neighbor recommended he visit his local food pantry.

"I know I can go there as a veteran and find what I need," he says. "I don't take more than what I need."

He receives fresh food, pantry staples, and additional resources for veterans in the community, ensuring access to essentials with care and grace.

*"I know I can go there as a
veteran and find what I need."*

Without the burden of hunger slowing him down, he can channel his energy into something more positive — like his art!

"I'm not just Van anymore," he says. "I'm an artist. I'm a musician. That means something. When I look back at what I've accomplished, I thank God that I have a new life."

Your gifts provide so much more than food. Friends like you offer hope, comfort, and stability to neighbors in need like Van.

Thank You!

**For Supporting the Food
Bank of Northern Nevada!**

PG&E Corporation
Foundation
Wells Fargo
Foundation
The Leonette
Foundation

Gene Haas
Foundation
Popeyes Foundation
The Kroger Co. Zero
Hunger | Zero Waste
Foundation

CVS
Nourishing Neighbors
Safeway Foundation
Cargill, Inc.
Renown Health

When Life Gives You Lemons ...

You help seniors like Hermie look on the bright side

Hermie is grateful for the food you help provide, like eggs, sweet potatoes — and coincidentally, lemons!



Hermie has a simple philosophy in life: always look on the bright side.

"No matter what life throws at you, you have to get up and think positive," Hermie says. "Just go forward with whatever comes your way. I think if you do that, you've won."

She's certainly put her positive philosophy to the test over the last decade or so.

In 2007, she adopted her four grandchildren. Then in 2014, her husband passed away. Just a few years later, her home burned down, and Hermie was diagnosed with breast cancer.

"The struggle has been really hard for all of us," she says.

For a while, Hermie thought she had nowhere to turn for help. Thankfully, friends like you made sure Hermie could

find support — and a silver lining — at her local food pantry.

"They're actually a lifeline," she says. "They've really helped with groceries and supplies."

Now, Hermie can access the foods she needs to stay healthy — and not worry about how she'll put food on the table for her grandchildren.

Hermie continues to thrive by holding onto her positive mindset and making lemonade out of the lemons life gave her.

"I'm in remission now," Hermie says with a smile. "And look at the bright side: We stuck together like glue and made it through!"

Your generosity and support help seniors like Hermie find relief. Thank you for caring!

"They're a lifeline and really helped with groceries and supplies."

Mu Xiang Found a Community That Cares

Mu Xiang can access nourishing food and a community of support — thanks to you!



Mu Xiang starts each morning with a peaceful walk to a nearby senior center. It's her way of staying active and socializing with her neighbors.

"I like being outside and talking to people," Mu Xiang says. "Sometimes I sing. Sometimes I dance!"

"The people around me give me hope."

Originally from the Chinese countryside, Mu Xiang moved to the United States a few years ago. She's grateful for the community of support she found here, like her local food distribution.

"When I came to the market, I felt very warm," she says. "I'm very happy I can get food here. There is a lot of support, a lot of resources."

Seniors often look to public assistance and community-based solutions like their local food distributions to help maintain their independence and dignity. For neighbors like Mu Xiang, the support has been life-changing. She enjoys the nourishing food she receives — and the heartfelt connection she has within her community.

When asked what gives her hope, she smiles. "The people around me give me hope."

That includes friends like you. Thank you for ensuring seniors like Mu Xiang have the nutritious meals they need to thrive!

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

FBF-NNV-24019

HELP PROVIDE MEALS FOR NEIGHBORS IN NEED



☒ **Yes!** I want to help provide nourishing food, support, and comfort for neighbors 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



☐ 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.

☐  ☐  ☐  ☐ 

Amount: \$ _____

Phone Number: _____ - _____ - _____

Credit Card Number: _____

Exp. Date: _____ / _____ Security Code: _____

Signature: _____