

A Helping Hand for the Holidays

After returning home from more than 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 had launched, everything changed.

“It’s been really eye-opening to travel to parts of my home city ... and to meet people I otherwise wouldn’t meet.”

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 holiday meals to 1,700 households. He’s especially passionate about increasing access to healthy food. “Healthy meals for



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

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 to provide hope to our community! Learn more at yorkfoodbank.org/volunteer.

Hunger
Free York
York County Food Bank

HUNGER-FREE YORK

A Publication from York County Food Bank

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You’re Sharing Hope This Holiday Season

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

For Kristy’s family, being together means everything — especially when holiday time rolls around. Their holiday traditions center on making meals together and creating special memories with family.

“Sharing food is just something that we love to do. It’s just family fun,” Kristy says.

In advance of the holidays and all year long, Kristy and her husband work hard but sometimes can’t make ends meet. Like more than half of the families facing food insecurity, they both have full-time jobs but still struggle to cover all of 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



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

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.

When friends like you give, we’re able to ensure that families like Kristy’s feel the love and cheer they deserve this holiday season — and all year round. Your generosity provides meals and stability during challenging times.

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

Kristy’s story is representative of the people we serve.

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\$1 HELPS PROVIDE 2 MEALS!

▼ Please cut off the reply form below and return it with your gift. ▼

FBF-YCO-23965

SUPPORT LOCAL FAMILIES FACING HUNGER

Hunger
Free York
York County Food Bank

- ☒ **Yes, I want to help neighbors experiencing hunger this holiday season! Enclosed is my gift of:**
- ☐ \$35 to provide 70 meals
 - ☐ \$50 to provide 100 meals
 - ☐ \$200 to provide 400 meals
 - ☐ \$_____ to provide as many meals as possible

☐ My check payable to **York County Food Bank** 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: _____



Dear Friends of the York Food Bank ...

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 York County Food Bank. 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 that every \$1 you give can help provide 2 nourishing meals. Thank you for your kindness!

Warm regards,

Jennifer Brillhart

President & CEO

Giving Thanks

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

Thank you so much for all your help.
We enjoyed roasted rosemary potatoes and fried cabbage with our dinner last night thanks to you!
You do an amazing job of helping our community and so many others.
— A grateful mother in Glen Rock

[We] pay \$1,000 for day care a month. With the price of groceries, it's hard to make ends meet.
— A hardworking father in Hanover

This helps a lot. It just reduces our bill. And the people here are so friendly, and they do a great job. Without donations, a lot of [people] wouldn't survive.
— Corky, a senior retiree

People think veterans, because they're disabled, that they get money from the government and that they can survive off that. It is not necessarily true. I have four girls ... it's still been a struggle ... I love this place. It's a lot of help.
— Hope, a mom and veteran

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 strives 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 have made it more difficult to cover expenses.

But with the support of the VA, 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 during difficult times.

"The center 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."

Frederick's story is representative of the people we serve.



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

Thanks to the kindness of donors like you, neighbors like Frederick have access to the resources they need to thrive. And your generosity provides much more than meals — it gives people the hope they need during the holidays and all year long.

"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 providing support and hope to families in need! Neighbors like Frederick are so grateful for your generosity. 🍊

Together, We Can Create a Hunger-Free York County

It's no secret that the demand for food distribution and social service programs in York County is sky high. One way we're working to address this ongoing need is through an innovative, impactful renovation project called **Market @ Princess Street**,

which will help us expand our York City facility into a healthy-choice food pantry and holistic resource center. Please visit **yorkfoodbank.org/market** to learn more about this exciting initiative and make your gift today. 🍊