

generous helpings

You're *helping*
seniors
live
longer,
healthier
lives.



houston 
foodbank
Filling pantries. Filling lives.

Your compassion means food for hungry southeast Texans...see inside!

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Changing the Future Together



Brian Greene
President and CEO

Dear Friend,

On any given day, more than 33,000 southeast Texans experience the gnawing pain of hunger. For more than 25 years, it has been the mission of the Houston Food Bank to provide food to hungry men, women, children and seniors in our community. With this ever-growing need, the Food Bank now feeds almost half a million people each year through the nearly 400 hunger relief agencies with which we partner.

Of course, none of this is possible without the help of friends like you. It's your generosity and compassion for those in need that enables us to provide life-giving food to so many individuals and families in the Houston area and other southeast Texas communities.

Looking forward, we plan to serve even more people in need in the next 25 years and beyond. We plan to triple our food distribution over the next eight years, and we're counting on the partnership of friends like you to help achieve this goal so that fewer of our neighbors have to feel the pain of hunger.

In this spring issue of *Generous Helpings*, much of our focus is on senior citizens. As you may know, seniors are especially vulnerable to the effects of hunger because many are living on fixed incomes with only a small Social Security check each month. Because rent, utilities and medications can be so expensive, many seniors are forced to choose between these necessities and food. You can read about how you're making a difference in the lives of seniors and families on the following pages.

I am so grateful for your involvement in this exciting new season for the Houston Food Bank. Thank you for all you do for our neighbors in need.

A handwritten signature in black ink that reads "Brian Greene". The signature is written in a cursive, flowing style.

“I’m very grateful”

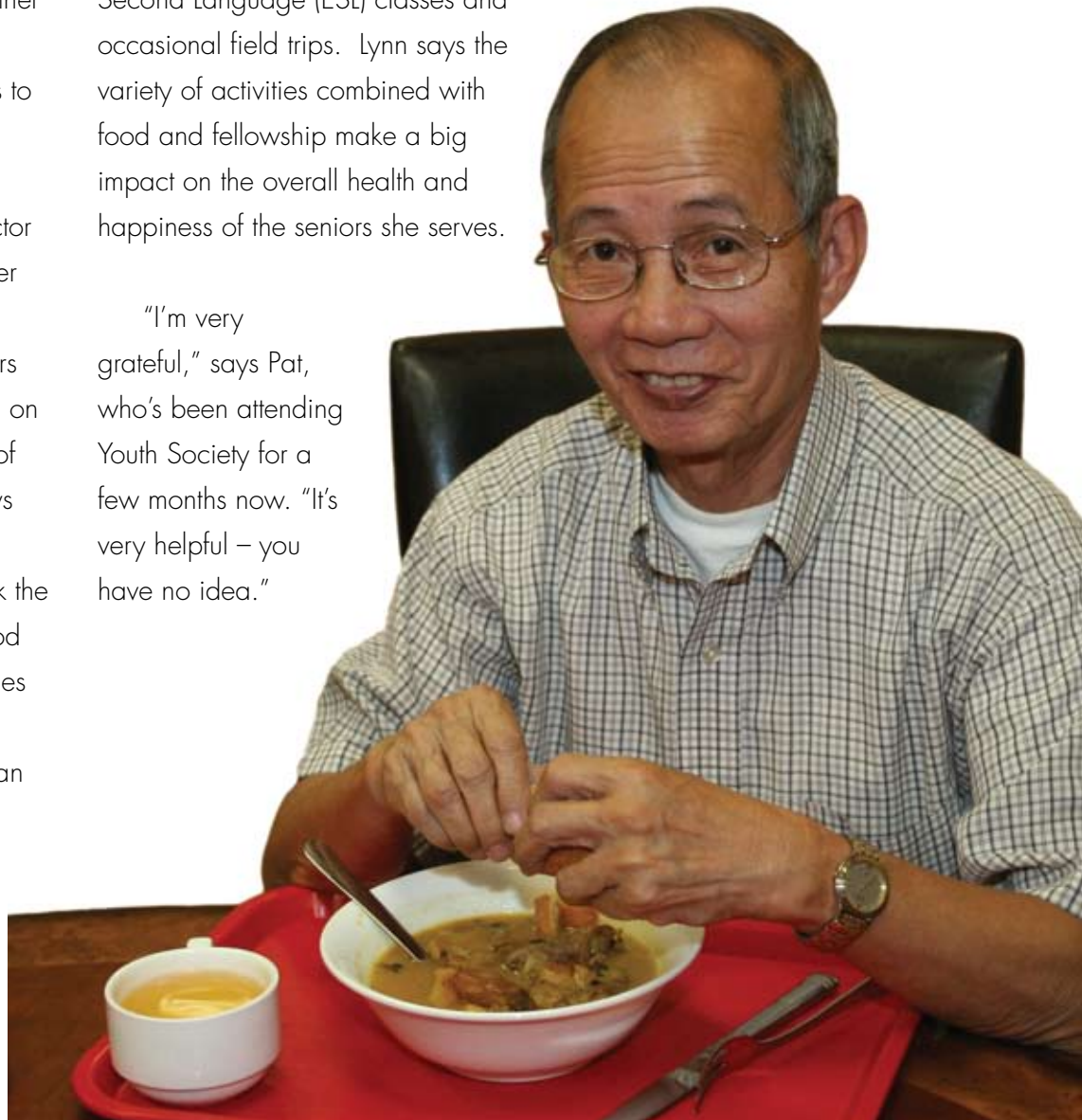
The seniors who come to the Youth Society Senior Center in Houston think of the senior center as their home away from home. Not only does this “home” mean a safe place for seniors to see friends, play games and participate in other activities, it also means nutritious meals they wouldn’t have access to otherwise.

Lynn Nguyen, program director of this Houston Food Bank partner agency, says the center serves lunch to an average of 60 seniors each day, all of whom are living on fixed incomes. A large majority of the seniors are Asian, so she says it’s really good for them to have fellowship with others who speak the same language. Most of the food served consists of fruits, vegetables and meats specially prepared to appeal to the predominantly Asian clientele.

In addition to the meals served every day, the center provides healthcare, exercise and preventative treatments. Health and wellness workshops are offered each week, as well as English as a Second Language (ESL) classes and occasional field trips. Lynn says the variety of activities combined with food and fellowship make a big impact on the overall health and happiness of the seniors she serves.

“I’m very grateful,” says Pat, who’s been attending Youth Society for a few months now. “It’s very helpful – you have no idea.”

Your gifts to the Food Bank are giving seniors at the Youth Society Senior Center and throughout southeast Texas access to resources for living longer, healthier lives. Thank you for caring for your neighbors in need – of all ages.



You Bring Hope to the Hungry!



You provide nutritious groceries for families in need.

Seniors have filling meals thanks to you.

Hungry seniors are so grateful for the help you provide.

Your gifts mean healthy lunches for hungry children.

THANK YOU!



CHEVRON HOUSTON MARATHON

On January 13th, more than 50 Houston Marathon runners participated in the "Run for a Reason" program benefiting the

Houston Food Bank. Prior to race day, runners raised thousands of dollars to help the Houston Food Bank feed hungry southeast Texans. Special thanks to the United Space Alliance team for its outstanding support.



SHELL OIL

More than 200 volunteers in bright yellow T-shirts from Shell spent Martin Luther King, Jr. Day volunteering at the Food Bank as part of their community-wide day of service. Thank you, Shell employees, for giving your holiday time and talent to help those in need!

SOUPER BOWL OF CARING

Many thanks to H-E-B, Kroger and Randalls grocery stores, local media, congregations, schools and volunteers for participating in this community-wide food drive. Thousands of pounds of food

and thousands of dollars were donated to help feed hungry men, women, children and seniors in the Houston area. Thank you!



SHARE YOUR HOLIDAYS

Many thanks to ABC-13 for its annual gift to hungry southeast Texans: the Share Your Holidays Food Drive. The 2007 holiday drive generated an incredible 1.9 million pounds of food and \$170,000 to feed 16,260 people in need!

GIFT OF PRODUCE

Members of the Houston Fresh Fruit and Vegetable Association once again donated 1.4 million pounds of fresh produce during the holidays to feed thousands of hungry individuals and families in southeast Texas. Thank you!

“There’s a sheer joy in knowing you’re being of service”

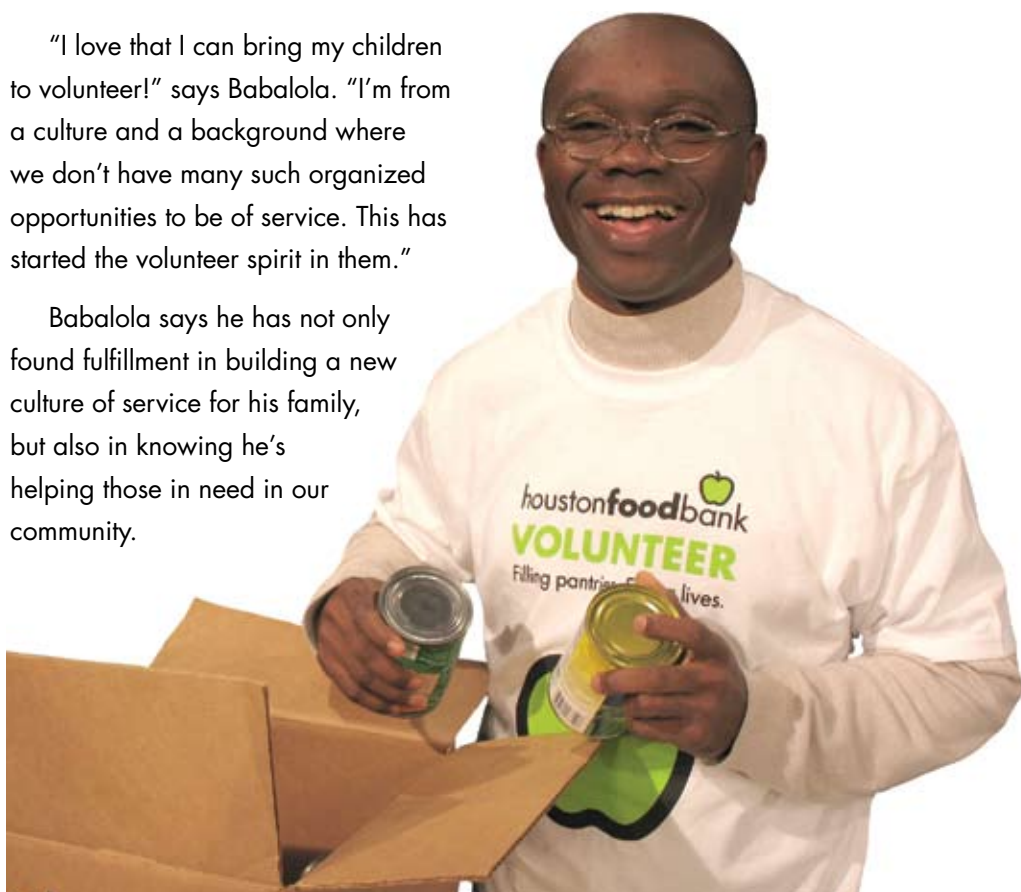
The word “joy” is a big part of Babalola Chris-Rotimi’s vocabulary. And no wonder – his naturally pleasant demeanor is only amplified by the satisfaction he receives from volunteering at the Houston Food Bank.

Babalola moved his family to Houston in 1995 from their home in Nigeria. He began volunteering at the Food Bank with a group of ministers who wanted to serve the community on Saturdays. He enjoyed being of service so much that he decided to keep coming back.

Now, Babalola not only volunteers with his ministerial team, called Heartfelt Foundation, but he also brings the local chapter of the alumni association from his university in Nigeria and his four children. Babalola says it’s very important to him that his children are learning the value of helping others through the Food Bank.

“I love that I can bring my children to volunteer!” says Babalola. “I’m from a culture and a background where we don’t have many such organized opportunities to be of service. This has started the volunteer spirit in them.”

Babalola says he has not only found fulfillment in building a new culture of service for his family, but also in knowing he’s helping those in need in our community.



“There’s more of a need out there than we could ever fill,” he says. “But at least I can fill this little bit.”

Babalola says he never wants to stop volunteering and encourages others to give back to the community in any way they can.

“There’s a sheer joy in knowing you’re being of service to people you don’t even know – and may never know,” he says.

We are grateful for the enthusiastic dedication of Babalola and our many other volunteers and community leaders for their tireless efforts to fight hunger in southeast Texas.

JOIN US!

TASTE OF THE NATION: MAY 4

Join us for Share Our Strength’s 20th celebration of Taste of the Nation, an exquisite evening of fine food and wine from some of the Houston area’s top chefs. You won’t want to miss this exciting event

at the Houstonian to benefit the Food Bank. For tickets, call 713-547-8670.

NATIONAL ASSOCIATION OF LETTER CARRIERS ANNUAL FOOD DRIVE: MAY 10

Mark your calendars now for the National Association of Letter Carriers Food Drive!

Leave non-perishable food items by your mailbox on May 10 for your letter carrier to pick up and he or she will deliver them to the Food Bank. Don’t miss this opportunity to participate in the largest national one-day food drive of the year!

Volunteer by visiting houstonfoodbank.org or contact Oneika McCarthy at 713-547-8609

“This is a blessing and a gift from God...”

Nothing pains Juliette more than seeing her children hungry.

Juliette is a single mother with a teenaged son who is developmentally disabled. In addition to the ongoing challenge of providing for all of her son's special needs, she's also raising two grandchildren.

Juliette has severe osteoporosis that makes even simple tasks difficult and prevents her from working. Her only income is a little more than \$600 a month in disability assistance. Medications help with the pain, but her insurance doesn't cover all of them, and they're very expensive. She receives food stamps, but they rarely stretch to the end of the month with three growing children to feed. She can only afford to buy the least expensive food at the grocery store.

“My kids are used to eating beans and rice,” says Juliette. She adds that she's grateful to even be able to buy that much with the rising cost of groceries.

Fortunately, Juliette has found help to feed her children. Your gifts to the Houston Food Bank make it possible

for her family and many others to take home nutritious groceries from the food pantry at Holy Family Catholic Church in Houston, a Food Bank partner agency. Juliette is so grateful for the food she receives and she says she finds a way to use all of it without letting anything go to waste.

“This is a blessing and a gift from God to be able to come to a place like this!” she says.

She even received a special basket of holiday food this past Christmas. Without it she said her family couldn't have afforded a holiday meal.

While Juliette is a strong woman who manages to stay positive in spite of very challenging circumstances, she recognizes

that without help from friends like you, she would have a very hard time feeding her family.

You've given Juliette's family and thousands of others hope in the form of food through your gifts to the Food Bank. Your compassion for those in need makes such an impact. Thank you!



“Thank you from the bottom of my heart.”

Elizabeth was married when she was just 18 years old. She and her husband spent 64 years together, and through the decades, they grew old together, too. But in their later years, he suffered from a long illness that finally took his life two years ago. Elizabeth naturally is still heartbroken.

Elizabeth, now 84, is living on her own for the first time in her life with only a small monthly Social Security check as her income. They used all of their savings to pay her husband's medical expenses when he was ill. She says his medications alone cost \$800 a month.

“He was so sick for so long – we used up everything we had,” she says.

Living alone has been a big adjustment for Elizabeth in many ways. She's faced with choices she hoped she'd never have to make, such as whether or not she can afford to buy groceries.

Fortunately, friends like you are taking care of seniors like Elizabeth every day. Thanks to your gifts to the Houston Food Bank, she receives groceries from the food pantry at House of Amos, a Food Bank partner agency in Houston.

Elizabeth is very grateful for the help you provide.

“Thank you from the bottom of my heart,” she says. “It has helped so much!”

Your compassion is changing lives like Elizabeth's every day. Thank you for opening your heart to our neighbors in need.



houston 
foodbank
Filling pantries. Filling lives.

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a member of
America's Second Harvest
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your donations are welcomed at houstonfoodbank.org