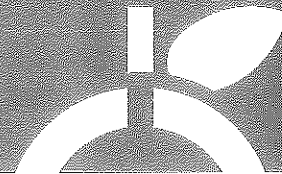


Dear Friend,



Thank you for your incredible generosity and support. Because you choose to give, so many neighbors have access to the nourishing food needed to thrive. You helped make the holidays brighter for countless children, families and seniors in need throughout Montgomery County.

But our work isn't done. We still have so many neighbors in need. This time of year, our focus shifts to our senior community and their nutritional needs.

Seniors who live on limited fixed incomes are some of the neighbors most prone to facing hunger — and, as the cost-of-living skyrockets evident in rising grocery and fuel prices due to increasing inflation, countless older adults are at risk of missing meals in order to make ends meet.

In this spring issue of *Nourish*, please take the time to read local seniors' stories of hope because of your support this time of year. Richard and Georgette are two older community members who are so grateful for your support and want to thank you in their own words.

I am thankful for your incredible generosity and the way you truly change lives for the better. You are making a difference now and all throughout the year, and I can't thank you enough for your commitment to fighting hunger in Montgomery County. We are stronger together!

With Gratitude,



Kristine Marlow
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President & CEO

Kristine Marlow,
Montgomery County Food Bank



Richard and David Can Eat Well Because of You

Richard grew up in Mississippi, farming and working hard for what he and his family had. This mentality hasn't changed even now in his retirement.

"I learned at a young age that what I have, I get for working hard," he says.

Richard cares for his grandson, David, who's on dialysis. David needs a kidney transplant, so the journey won't be easy.

"Our goal is to eat healthy as much as possible," Richard says.

But as a retired veteran, his limited fixed income doesn't stretch far enough to cover medical bills and afford the fresh food he and David need to thrive.

Thankfully, Richard saw a sign for Montgomery County Food Bank as he was driving around



town one day. Now, thanks to generosity from neighbors like you, fresh vegetables, fruits, dairy and more are easily accessible for Richard.

"I'm just ... expressing my gratitude," Richard says.

Thank you for being there for those in need like Richard and David. Your commitment to the fight against hunger is a lifeline for so many.

Western Midstream Makes a Big Impact

Kristen Shults began a social/volunteer program within Western Midstream in 2020, cleverly called "Wes is More", but the project really took off the following year. As a member of the Community Betterment Taskforce Committee, Kristen is focused on nonprofits whose missions center around wellness and education like Montgomery County Food Bank.

Within the last two years, more than 140 Wes is More volunteers have put in over 630 hours at Montgomery County Food Bank, and Western Midstream has matched every hour with a donation, raising thousands of dollars for hunger relief.

Kristen shares it's important to give back through volunteering to "help make our communities better." She adds, "Volunteering is the heart of our culture."

Western Midstream finished the year with over 60% of its employees having volunteered at nonprofit organizations like Montgomery County Food Bank!

If you, like Wes is More participants, want to help fight hunger and feed hope, please visit mcfoodbank.org to learn how to get involved.



You're a Source of Hope for Georgette

Now retired, Georgette relies on our community as a source of strength and support. Georgette lives with a heart condition, so her limited Social Security income mostly goes toward medications and doctor appointments. She has applied for additional benefits to help cover the gap, but nothing has come through yet.

"Having food on the table [has become] a huge stressor for me," she says.

At her church, Georgette asked for prayers one day. Immediately after the service, someone pulled her aside and let her know about Society of Samaritans (SOS), a Montgomery County Food Bank partner agency.

SOS provides a wide range of assistance, from basic needs like food, to financial aid that comes with free counseling. Now, Georgette feels like she has an even stronger system of support, saying, "This place has opened their hearts and given me a hand to hold when I need it."

She shares, "The people willing to help have given me a new purpose and sense of worth."

Thank you for making help like SOS possible. Your generosity is a source of nourishment and hope for Montgomery County's seniors in need.



Georgette is thankful for all the support she receives from our community.

Stock The Sleigh — A Huge Success!

Our goal was to raise \$50,000 and collect 100,000 pounds of food starting November 1 through December 31 to meet the increased need during the holiday season. This year's holiday food drive, Stock The Sleigh, raised over 95,000 pounds of food along with over \$60,000 in monetary donations from our generous community. Thanks to friends like you, we were able to Stock The Sleigh and share hope in the form of nourishing food with our neighbors in need. Thank you!



2022 Fighting Hunger, Feeding Hope Gala

Please join us on Saturday, April 2, 2022 at The Woodlands Resort & Conference Center for this year's Fighting Hunger, Feeding Hope Gala. The event will benefit the Food Bank's programs and the thousands of children, families and seniors facing hunger in Montgomery County. This year's theme is "One for the Records," spotlighting our record-breaking work of in 2020 and 2021. For sponsorships, tables, and tickets, please visit mcfoodbank.org/gala.

