



GIVING THANKS



Second Harvest Food Bank of Metrolina
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SPRING | 2024

“HER DAUGHTER COMES FIRST”

Missing meals to pay her bills and feed her six-year-old daughter has become commonplace for Emonie. “There are plenty of times I do without,” she admits. “But my daughter never knows what’s going on and I don’t let her see me get defeated, because she can’t know that I’m struggling.”

Emonie works hard at an upscale Mediterranean restaurant in Charlotte. She was a full-time cook there until her daughter started school. “My schedule had to change and it altered my hours and my paycheck, so they changed my position to Prep Cook,” she explains.

As a single mom of a young daughter, Emonie struggles alone to make ends meet. “The last time I checked, the dad was in California. He wasn’t even there for the birth. He never denied her, he just bailed,” she says.

Despite Emonie’s position in the restaurant, she still has to work a second job. “I’ve been DoorDashing. I pick up my daughter from school, feed her dinner, and then we DoorDash just to keep up with bills,” she explains.

Your ongoing generosity is helping single moms and their kids at mobile food pantries where we supply truckloads of nutritious food, like at Nations Ford Elementary. “Due to inflation, groceries, insurance, and my rent went up. It’s literally paycheck to paycheck. So, this helps out; it helps bridge the gap,” Emonie says.

Because of your gifts, hungry families, like Emonie and her daughter, get the help they desperately need. Thank you for caring for people struggling with food insecurity; you are transforming lives from hunger to hope!



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SAVE THE DATE

**WAL-MART'S FIGHT
HUNGER. SPARK
CHANGE CAMPAIGN
APRIL 10 - MAY 8**

**LETTER'S CARRIERS' STAMP
OUT HUNGER FOOD DRIVE
MAY 11**

**EMPTY BOWLS PRESENTED
BY FOOD LION AND THE
CRVA (CHARLOTTE REGIONAL
VISITORS AUTHORITY)
MAY 17**

**CHEF'S BEST PRESENTED
BY HARRIS TEETER
SEPTEMBER 6**

**HOST A FOOD OR FUND
DRIVE ALL YEAR ROUND**

**For more information, visit
SecondHarvestMetrolina.org.**

A MESSAGE FROM OUR CEO



Kay Carter
CEO

I grew up in Rock Hill, South Carolina, with unforgettable memories of spending time with seniors whose colorful stories warmed the heart of times past. To this day, I still love taking extra time with seniors, which includes calling Bingo games at York County Council on Aging. The smiles and laughter, the joking and victory dances are priceless.

As much as my heart is filled with joy while visiting with seniors, it also breaks my heart when I discover the intense hardships so many experience every day. When social security and SNAP benefits run out, scores of seniors sit alone, hungry in their homes until the next check comes. It's saddening to know that so many are missing meals, or eating very little, simply because they don't have enough food.

These are grandmothers and grandfathers who raised children and grandchildren, and are now struggling with food insecurity. There are more than 54,000 seniors living in our region, many of whom live in poverty and have to choose between buying food or medicine. During the extreme weather months, they are burdened with choosing between food and staying warm in the winter or cool in the summer. No senior should have to make those choices.

That's why I'm so thankful for friends like you who have been willing to sacrifice your hard-earned money to fight hunger in our region, especially for seniors. I cannot imagine how different their lives would be without you. Thank you for stepping in to help seniors who depend on your generosity every day!

A handwritten signature in black ink that reads "Kay Carter".

Kay Carter, CEO

HE CAN DEFEAT BLINDNESS, BUT HUNGER IS A TOUGHER BATTLE

Although Frankie grew up legally blind, he never let his "disability" stop him from being a professional house painter. With an entertaining smile, Frankie proudly admits, "I learned how to use my hands a little bit better than normal people. And I can paint. I don't miss the mark."

Then Frankie's voice saddens when he admits, "But things are tight at home, because I'm out of work and prices are going up on food and everything!" Back in 2017, Frankie had a heart attack and became officially disabled. So, he can't work full-time any more.

Adding to Frankie's duties, he's responsible for his 12-year-old grandson, whom he adores. But little work and low income from his disability forces Frankie to miss meals and eat cheap food that's not good for his heart, so his grandson will always have plenty.

But because you care for people who are struggling with hunger, like Frankie and his grandson, they are able to get food at our agency partner, Hope of Rock Hill. When he can get a ride to the pantry, Frankie enjoys the selection of groceries. "This food right here helps me because they give you good food and vegetables and stuff like that," he says.

Frankie is very thankful for your generosity and encourages donors: "Please, keep giving, because it's helping people out, people who really need it." Thank you for making a difference where it's needed most!



MISSING MEALS, BECAUSE KIDS COME FIRST



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It's just a struggle with food and happiness for me and my kids.”

What does a disabled mother do when she is left to care for her three children, ages 10 through 17? She's left alone to manage the family and their meager income. With no choice, Krystal digs in with rapt determination just to scrape by - barely.

Krystal is fighting severe arthritis in her hips, which is so serious that she can no longer work at the phone company.

“I'm in a motorized chair as soon as I get home,” she says. “But it enables me to clean my home, sit at the stove and cook, and sit at the sink to do the dishes. Instead of standing, I sit and do my work. So I can take care of my kids.”

And her kids are everything to her, but she worries about them. “I don't get food stamps, and I struggle to get groceries.” She admits to missing meals so her children can eat. She says, “Kids come first though, right?”

paying for bills and food. “Food comes last,” she says. “Because my bills have to be paid or we won't have power and water and a home. So food is what I struggle with really hard.”

Krystal explains, “It scares me when I look at the month. Because I get one check and I pay those bills right off and then I know what we've got to live on for the rest of the month.”

But Krystal has hope because of your generosity that provides food to our pantry partners, like Manna House in Rock Hill. Here, she is able to get nutritious food for her and her children to fill in the gaps between disability checks.

While picking up food at Manna House, Krystal says with a big smile, “Oh my goodness, this feeds us for a full three days.”

She confesses, “It's just a struggle with food and happiness for me and my kids. I mean, everybody rejoices around food. I don't want to cry, but we all rejoice when we get food, and my kids get so excited that there are goodies included!”

With a thankful heart, Krystal affirms that your donations “don't go unused. We are so grateful. So grateful. There are so many of us struggling. And for the kindness from others; it just blesses us!” Thank you for your compassion.

LEAVE A LASTING LEGACY WITH FREEWILL

You can help future generations grow up healthy - not hungry - by making a planned gift to Second Harvest Food Bank of Metrolina. Your gift will assure that people in our community continue to have access to nutritious food when they need it and will support our work ending hunger in the 24 counties that we serve.

We now offer an opportunity for you, our wonderful donors, to create your legacy plans online — with FreeWill, an online tool that takes you step-by-step through creating a legally valid will or trust. It's easy to use and can be completed in 20 minutes. And ... it's free. A gift to you.

For more information, visit FreeWill.com/secondharvestfoodbankmetrolina or scan the QR code.



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SENIORS LIVING WITH DIGNITY AND SECURITY

Sue, or “Dusty” as her friends call her, is a lively woman who knows no stranger. Her long career as a caregiver allowed Dusty to do what she does best, nurture folks in need. She makes friends quickly and remains a friend forever.

Unfortunately, a few years ago Dusty was afflicted with a painful bacterial skin disorder that required numerous surgeries. That, along with no cartilage in her knees and neuropathy in her hands and feet, have kept Dusty disabled and wheelchair-bound for life. All that “just keeps me from standing and walking like I want to walk,” she says.

Living in a small apartment and scarcely surviving on disability, Dusty struggles to pay her bills and buy food. She explains, “This past month, I paid the electric bill with my over-the-counter Medicare card. I could have bought food with that, but it took my whole OTC card to pay my electric bill.”

When asked if she eats well, she says, “I try not to miss many meals.” By herself, Dusty lives on “eggs or ramen noodles or canned stuff,” she says. Not the diet an elderly diabetic requires.

Loneliness and hunger set in while living by herself. “I’m sitting at home in the house, looking at the walls, and I get tired of watching TV all day.” Without your concern for neighbors like Dusty, many seniors wouldn’t have access to nutritious food at partner agencies like the York County Council on Aging in Rock Hill.

“They give you bags of food to take home. On certain days, they’ll give us vegetables. And some days, they’ll put meat in there. This is a special place,” she insists.

“My coming here on Monday, Wednesday, and Friday is like family, because I don’t really have family here,” she says. “When I come here, I can at least work a puzzle and talk with friends that I have met at the center,” she says.

Thanks to you, our precious seniors who suffer from hunger can enjoy their golden years with friendship, dignity, and security. “Your gifts are a great help,” Dusty admits. “And we appreciate all the help that you give us.” Your donations are changing the lives of all ages, especially the most vulnerable, like our seniors!



CONTACT US
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Stay up-to-date on all of our upcoming events by following **@shmetrolina** on



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