

MISSION

To alleviate hunger through the gathering and distribution of food while encouraging self-sufficiency, collaboration, advocacy, and education.

October 2021

Margaret's Story

*Grateful for kindness
and respect in times
of hardship*

Sparked by her passion for education and her love of learning, Margaret became a teacher. Life was on track, but was derailed by a serious car accident that changed everything overnight. Unable to continue working full-time, she spent the rest of her career as a substitute teacher. Finally, in 2013, she made the tough decision to retire, even though she was barely making ends meet.

Margaret lives alone in a low-income senior center that receives food from St. Mary's Food Bank. She qualifies for both the Commodity Supplemental Food Program (CSFP) and our Homebound Delivery Program.

CSFP is a government program designed to help at-risk seniors receive nutritious food that they may not be able to afford on their own. The food box comes with nonperishable items such as canned fruits and vegetables, beans, rice, protein and pasta. It also includes a block of cheese.

St. Mary's Homebound Delivery program began as a way to provide

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“Life is so much
better with St. Mary's
Food Bank.”

Because of You



Charles Receives Help to Fill the Gaps

“Imagine Walking in Someone Else’s Shoes ...”

Charles retired, but at age 69, soon discovered that Social Security and a small pension was not going to make ends meet.

He took a part-time job at a grocery store to make up the slack but had to stop working during the pandemic. He had to protect his compromised health.

He moved to Arizona to live with his son, but without enough money after rent and bills, he turned to St. Mary’s Food Bank to fill in the gaps. He has come to St. Mary’s twice a month since last September and it has made all the difference.

Charles looked at the trunk full of food he was heading home with and tried to explain what it meant. The tears came quickly.

“Without St. Mary’s ... there just isn’t anything else. There isn’t enough to make it,” Charles said. “I don’t always have access to a car and by the time I can get back here, there is almost nothing left in the house.”

“I’m so thankful that this is here for myself and the other people.”

Charles has never been afraid of hard work. He’s always been able to provide for himself and his family. But things are different now.

“It’s not easy asking for help for something as basic as food,” he said. “Imagine walking in someone else’s shoes and what that feels like.”

“I’m so thankful that this is here for myself and the other people.”

Margaret’s Story

(continued from page 1)

food to senior citizens who were unable to leave their homes. Prior to COVID, nearly 1,200 seniors received food through this delivery program. With the support of friends like you, the program has grown to more than 3,400 deliveries per month and is now offered to anyone unable to leave their home.

When Margaret was more mobile, she would visit one of our distribution centers in Phoenix. “It was very big, and the people are very friendly. I was originally surprised by how much food I received,” she said. “Oh and the cheese, I love the cheese. Sometimes I make a grilled cheese sandwich and sometimes I eat it straight, it is so very good.”

Margaret recently went to the doctor but suffered from heat stroke on her way home and was hospitalized. She is fearful of going out in the heat which makes our Homebound Delivery program even more vital to her. She looks forward to her delivery every month. “My driver comes the first Thursday of every month,” she said excitedly. “I look so forward to seeing him and receiving the food, that I mark it on my calendar every month!”

“Life is so much better with St. Mary’s Food Bank. Sometimes it’s hard to admit you need help, but you need to forget your pride and take care of yourself. There is help available from St. Mary’s. Food for us seniors shouldn’t be a hardship, even if we are (and she whispers, and spells) P-O-O-R.”

She adds with sincere gratitude, “I also want to thank everyone that works at St. Mary’s Food Bank, especially the Homebound delivery drivers. They are so kind and respectful. THANK YOU!”

Does Your Employer Match Your Donations?

Many companies offer employees a matching gift benefit that doubles — or even triples — the contribution to St. Mary’s Food Bank, making your gift go even further. Visit our website stmarysfoodbank.org/give/matching-gifts to find out if your company will match your donation.



Equals

**2X
YOUR
IMPACT**

Feeding a Family

Maria and her family of four have fallen on hard times. Her husband had a good job and provided for Maria and their children. An injury has left him unemployed. With a language barrier, having to care for her husband, and having her children at home, Maria is unable to work. Now they can barely afford their monthly rent let alone afford to buy enough food. The family is struggling.

Determined to feed her family and without a car, Maria relies on a friend to take her to St. Mary’s Food Bank twice a month. She said, “Without St. Mary’s, we would not have any food and wouldn’t be able to survive.”

Other families near Maria are in the same situation. She helps take care of three other children from the neighborhood when their parents find some work and she makes sure they eat something when they are with her. Everyone works together to get by, hoping for better days ahead.

Maria walked to the neighborhood school for help today. The school is closed to students, but open to struggling parents. St. Mary’s created a School Pantry inside the school. Parents can now visit the Pantry to ‘shop’ for much-needed groceries to feed their families. “We are so grateful to have this. It is all we have,” Maria said. “I cannot afford to buy food for my family.”

Maria wants you to know that your life-saving donations and support of St. Mary’s are much appreciated. “Thank you for helping my family,” she said. “Thank you for caring about us.”



A Look Behind the Scenes



Find out how St. Mary's Food Bank is able to distribute 300,000 pounds of food every day to people in need. It's done with the help of volunteer hours, cash donations, and our network of food donors and food drives.

This is a two-hour walking tour suited for individuals and families. Meet in the administration building's lobby and then tour our three-building campus. Afterward, gather for a question/answer session with staff and volunteers of St. Mary's Food Bank.

Tour is appropriate for adults and children ages 12 and older. Please remember to wear closed-toe shoes and a shirt with sleeves.

All tours are from 10 a.m. – noon.

October 22	Fri	November 11	Thurs
October 27	Wed	November 17	Wed
November 5	Fri	December 1	Wed
		December 16	Thurs

Reserve your space today!

- ✓ Email: RSVP@stmarysfoodbank.org
- ✓ Call: 602-343-3177
- ✓ Website: StMarysFoodBank.org/BehindTheScenesTours

2021 Holiday Greeting Card Program

Send holiday cheer with tribute cards from the Food Bank.
\$10 per card
(tax deductible)

Inside sentiment:
*IN THE SPIRIT OF
THE SEASON, A GIFT
TO HELP FEED THE
HUNGRY WAS MADE
IN YOUR HONOR TO
ST. MARY'S FOOD BANK.
HAPPY HOLIDAYS.*



Call 602-343-3177 or go to FirstFoodBank.org/GreetingCards to order online

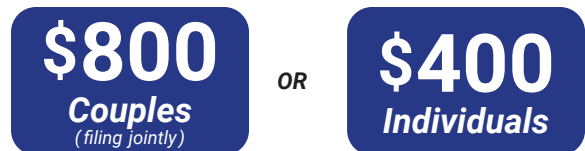
Email: greetingcards@firstfoodbank.org
for more details

Your Holiday Gift Gives Back!

As a resident of Arizona, you can receive a **dollar-for-dollar tax credit** for your donation to St. Mary's Food Bank – up to **\$400** individually or **\$800** if you file jointly. So, please give generously for the sake of our hungry neighbors.

Receive a **Dollar-for-Dollar Tax Credit**
through your **ARIZONA TAX RETURN**

RECEIVE UP TO:



Consult a qualified tax professional for advice or to learn more.
St. Mary's Qualifying Charitable Organization code is 20208.

Stay connected to the work you support, visit StMarysFoodBank.org



St. Mary's Food Bank
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Donations to St. Mary's Food Bank are tax deductible to the fullest extent of the law and may qualify for the Arizona Charitable Tax Credit. QCO code: 20208