

MAY 2023

# food for thought

## SPOTLIGHT ON SUMMER HUNGER

No school means no school meals, but YOU are helping families when they need it most.

See story on Page 2.



**\$1 CAN  
HELP  
PROVIDE  
3 MEALS!**

# A Time for Hope



**SECOND  
HARVEST  
FOOD BANK**  
FEEDING SOUTH LOUISIANA

A MINISTRY OF  
ARCHDIOCESE OF  
NEW ORLEANS

FEEDING  
AMERICA



[no-hunger.org](http://no-hunger.org)

## A Message From Natalie



Summer is almost here, and for many children that means swimming pools, cookouts, and vacations. Summer is the best time of year for many children.

Sadly, for other children, summer is a time of added hunger. For families having a hard time putting food on the table for their children, summer is that much harder. Children no longer have access to free and reduced-price meals at school. That means parents have to figure out how to afford extra food for their children, and child care costs, too. That's why this issue of *Food for Thought* is focused

on children, families, and summer hunger. Of course, summer hunger affects more than just children, so we'll share other stories, too. Food insecurity is a year-round issue. And with grocery prices so high, the problem is even bigger.

Thanks to your kindness, we're up to the challenge of helping our neighbors facing hunger.

Thank you!



Natalie Jayroe  
President & CEO

## How You Help Give Kids the Nutrition They Need

Hunter is an 11-year-old fifth grader who, despite his young age, is already feeling ready for high school. He lives at home with his parents and younger brother, and his favorite food is Alfredo pasta. He also loves breakfast — especially waffles — and wishes he could eat them every morning.

But Hunter knows his parents have to work long hours in order to make ends meet, leaving little time for breakfast together or other meals throughout the day. His family had no choice but to enroll him in an after-school program called Camp Adventures in Lafayette, where he could receive free meals and snacks through Second Harvest Food Bank's Kids Café program.

Hunter and his family have found a safe haven at Camp Adventures, where he receives the important nutrients children need after school. The Kids Café program provides him with nourishing meal options he otherwise wouldn't get — including grab-and-go snacks that give him the freedom to eat on HIS schedule or save for later in case dinner isn't quite enough.

On top of providing nourishing meals, Kids Café also gives Hunter something much more meaningful: friends who share similar stories and experiences as Hunter's, allowing him to form meaningful relationships within this community of support. Last year, Second Harvest Food Bank partnered with 28 organizations in South Louisiana to provide Kids Café meals and snacks to more than 1,000 children like Hunter.


With the Kids Café program, Hunter's parents can rest easy knowing that their son has a reliable source of nourishment and care when they are away at work. Best of all? It gives Hunter more time to focus on what's truly important: having adventures with his friends!

**Second Harvest keeps kids nourished during after-school hours, weekends, and vacations, when they lose access to meals provided at school. Your support means so much!**



**Hunter loves the food he gets at the Kids Café, but he especially loves all the friends he's made!**





As food prices keep going up, retired school teacher Cindy is grateful for our mobile pantry.

## Making a Real Difference

### Mobile Pantry Helps Stretch Tight Food Budgets

"You'll never amount to anything." Those are some of the most discouraging words an adult could ever say to a child. And yet, 50 years ago, that's exactly what the principal told Cindy when she was in the sixth grade.

Instead of giving up, Cindy used the put-down as motivation to work harder and make something of herself. "Not only was I going to show him, I was going to show myself," she says.

Cindy graduated high school and attended Southern University of New Orleans, where she received a teaching degree. She pursued the life of an educator, teaching English to middle school and high school students. "I made sure they could read, as well as write and speak clearly. I wanted to make sure that my students had the basic skills to make it in the world." One of her former students, now an attorney in Kentucky, contacted her over the Christmas holiday to

let her know how grateful he was for having her as his teacher back when he was in high school. "Those calls show me that I made a difference," says Cindy.

Cindy is retired and lives on her own now. She makes sure to get out every day, but with the cost of everything going up, it's a challenge. "Last year, a pound of red beans was 99 cents; 69 cents on sale. Today they cost \$2.19," Cindy says. She is grateful for the mobile pantry at Corpus Christi Church in the Seventh Ward of New Orleans.

**The mobile pantry is run by Total Community Action in partnership with Second Harvest Food Bank. Corpus Christi Church is one of 23 stops it makes in South Louisiana every month. "With prices where they are, my food budget doesn't go as far as it once did," says Cindy. "The pantry makes a real difference."**







Ms. Rachel is one of our most dedicated volunteers and says being here is like being with family.

## *Dedicated volunteer* Takes a Journey of Love Every Day

Second Harvest Food Bank volunteers are a diverse group representing all ages, ZIP codes, and backgrounds. They come to us ready to help, whether it be preparing meals in one of our community kitchens, sorting and packing food donations, or another task that is important in addressing food insecurity throughout South Louisiana.

Ms. Rachel is one of our most dedicated volunteers at the Reily Foods Kitchen in Harahan. A retired New Orleanian, Ms. Rachel's spirit of volunteerism was instilled in her by her grandmother, who was a missionary and service worker. And Ms. Rachel shows that spirit Monday through Friday.

Every morning, Ms. Rachel leaves her house at 6 a.m. to take the bus from Mid-City to Harahan. After walking more than a mile from the bus stop to Second Harvest, she is ready to begin her volunteer shift in the kitchen. In total, the journey takes almost two hours, door-to-door. Keep in mind that this is a volunteer gig!

A familiar face in our kitchen, Ms. Rachel knows her way around — from cutting vegetables, meat, and bread to plating meals for seniors and children. She makes it look easy! During her break time, she can be found resting and listening to her inspirational music as she prepares for her second shift. Helping others is fulfilling to her. She says, "It's amazing when the work that you're doing makes you feel good."

One of the things that has stuck with Ms. Rachel through her life's journey is family love. This is the same feeling that she receives every time she volunteers at Second Harvest. Our staff and volunteers check on each other just like they would with family. Ms. Rachel shares, "Working with people who are here doing the same work makes you want to come back to Second Harvest. It makes it even better seeing people excited and easy to work with every day."

**Interested in volunteering? There are so many ways you can help! Get started online at [no-hunger.org/volunteer](http://no-hunger.org/volunteer).**

**SECOND  
HARVEST  
FOOD BANK**  
FEEDING SOUTH LOUISIANA

A MINISTRY OF  
ARCHDIOCESE OF  
NEW ORLEANS

FEEDING  
AMERICA



*contact us*

700 Edwards Ave.  
New Orleans, LA 70123-3121  
504.734.1322

To learn more or to make a donation  
to Second Harvest Food Bank, visit  
[no-hunger.org](http://no-hunger.org).

