

Helping Families Stretch Every Dollar

Antoinette knows the importance of hard work. Growing up in a small town in Louisiana, she watched her mother juggle a full-time job and care for her and her siblings with a strength and determination she admired.

Now a single mother of three, Antoinette channels that same resilience every day to ensure her family has what they need.

She works at a local grocery store, and she's watched prices skyrocket over the last few years. As costs rose, it was difficult to stretch her limited income, and she often needed to make tough choices about what to purchase. Eggs, milk, cheese, bread — she could only buy what she could afford.

Thankfully, she found Second Harvest Food Bank, and the food there is invaluable to her. She's grateful to add

more variety to her children's diets and have nourishing food that supplements what she's able to buy at the grocery store.

The food she takes home varies, and typically includes nonperishable items such as canned goods, pasta, rice, and other shelf-stable items, as well as fresh produce, dairy, and meat.

Antoinette says she appreciates everything she is given because, without this helping hand, her family would be at a disadvantage. Thanks to Second Harvest and its partners, Antoinette feels less stress trying to make ends meet every month. She can rise to the challenge of raising her family single-handedly!

Our donors help provide food for families like Antoinette's. With another gift today, we can help even more families!



Fueling Kids for School and Play

The International School of Louisiana (ISL) in New Orleans is an immersion school, and classes are taught in either French or Spanish. Since children are instructed in a foreign language, the school day lasts longer than at other schools.

Mr. Todd, director of the ISL after-school care program, understands that by the time the kids arrive, they're tired. And hungry!

"I aim to help the kids unwind and be in a positive mindset by the time their parents pick them up," he says. Students who attend after-school care sit at a collection of covered picnic tables. Some tables have arts and crafts, some have board games, and others are for children who just want to sit and talk.

Second Harvest Food Bank provides snacks for the program, and kids refuel with things like granola bars, crackers, and juice boxes. Kids like 8-year-old Elliana, who can often be found at the arts and crafts table or enjoying a good book.

"Art is my favorite class," says the third grader. "I get



to be creative using crayons and pastels. I also love to draw. I am learning shadowing, which makes my drawing more realistic."

The ISL is just one of dozens of schools and youth programs in South Louisiana that participate in Second Harvest's Kids Cafe program. Because Kids Cafe provides snacks and meals, after-school programs can spend more resources on enrichment and educational activities instead of food.

Thanks to donors like you, Second Harvest provides meals and snacks for programs throughout the area, ensuring kids receive the fuel they need to learn and thrive.

contact us

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To learn more or to make a donation to Second Harvest Food Bank, visit no-hunger.org.

Second Harvest's email addresses have changed from @secondharvest.org to @no-hunger.org. For questions about donations, contact us at givetoday@no-hunger.org.



**SECOND
HARVEST
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FEEDING SOUTH LOUISIANA



NOVEMBER 2024

food for thought



GIVING FOOD, SHARING HOPE
You're helping families like Natasha's have a joyful holiday season
See story on Page 3.

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

A Time for Hope



**SECOND
HARVEST
FOOD BANK**
FEEDING SOUTH LOUISIANA



no-hunger.org

A Message From Natalie



As I read through the stories in this newsletter and look ahead to Thanksgiving, one word keeps going through my mind: *gratitude*.
I'm forever grateful for people like you who support Second Harvest Food Bank. Without you, the work of helping our neighbors facing hunger just wouldn't get done. But thanks to you, people experiencing food insecurity are finding the help and hope they need this Thanksgiving season.
I'm also grateful as I read the stories in this issue of people who have been directly helped by your generosity and neighbors who will be able to put food on the table this Thanksgiving and beyond. Food is at the heart of every holiday. And thanks to friends like you, more families will have access to the foods that make this time of year special.

As I sit down with my family this Thanksgiving, I will give thanks for you, for a community that cares so deeply about its neighbors, and for those families and individuals who are being helped.

Remember, every \$1 you give can help provide 3 nourishing meals. Thank you for your kindness!

With deepest gratitude,

Natalie J

Natalie Jayroe
President & CEO

SAVE THE DATE: DECEMBER 3

GivingTuesday #iGiveCatholic Day:
no-hunger.org/igivecatholic

You can support Second Harvest on
this national day of giving.

#iGIVECATHOLIC



“Thanks to Second Harvest Food Bank, I can give my children a wonderful Christmas meal.”
— **Natasha**

Giving Food, Sharing Hope
You're helping families like Natasha's have a joyful holiday season

Making Each Month Easier
Thank you for helping neighbors like Wendy when times are tough

When we met Wendy, she was visiting the food pantry at Plymouth Rock Baptist Church, a partner food pantry in Houma.

Wendy spent years doing manual labor. She peeled shrimp, packed seafood, and worked at a fast-food restaurant. But during one shift, everything changed.

“We had to get 40 pounds of grease and lift it by yourself with no help,” she recalls. One day, her back just gave out, leaving her disabled.

Now on a fixed income, making ends meet is tough. Affording enough nutritious food for the month on what she receives in assistance is impossible. To compound her struggles, Wendy told us her 11-year-old Maltese dog — her beloved companion — recently passed away.

That's why she's so grateful for the help she finds at Plymouth Rock Baptist Church. It's more than food — the kindness and connection she feels really make a difference during hard times. “They're real nice to me,” she says about the volunteers. With the pantry's assistance, Wendy can make it through each month a little easier.

We're so grateful for all you do to help neighbors throughout South Louisiana. Your gifts make a difference!



Wendy is grateful for the food she receives at Plymouth Rock Baptist Church.

Natasha's life hasn't been easy. She's raising five children on her own and lives with a disability that prevents her from working. She faces tough challenges every day.

Second Harvest Food Bank is an invaluable resource for Natasha, as she told us at a food distribution event at Second Harvest's warehouse in Lafayette.

She appreciates that Second Harvest always has snacks available for the kids while they wait. This simple act of kindness brightens their day and reminds them that they are not alone.

“As a single mother of five children, life can be tough,” Natasha says. “But thanks to Second Harvest Food Bank, I can give my children a wonderful Christmas meal. The fact that the food distribution was right in my neighborhood was a godsend, as it saved me on gas

money, which can be a costly expense when you are on a fixed income.”

With her kids in tow, Natasha came prepared, bringing a large ice chest on wheels to carry the groceries back home. She knew her family would be taken care of and would have enough food to get them through the coming weeks, thanks to generous friends like you.

Despite the challenges, Natasha always finds a way to make things work. She feels blessed to have Second Harvest as a resource when times are hard, especially when the kids are out of school.

By providing groceries and a sense of hope, your support helps families like Natasha's weather life's storms — and have a healthy and joyful holiday season. Thank you!

Plan Today
How to make an even bigger impact

Tomorrow's Harvest Society celebrates supporters who are committed to leading the fight against hunger in South Louisiana. When you join the Tomorrow's Harvest Society, you impact the future of Second Harvest by including us in your legacy giving plans. By thoughtfully arranging your gift now, you can ensure a tomorrow that sees fewer neighbors with food insecurity. Interested in making a planned gift to Second Harvest or learning more about your options?

Contact Heather Sweeney at 504-729-2839 or hsweeney@no-hunger.org.