

# Feeding Hope

September 2024



## Also in This Issue:

**For Jose, Volunteering  
Is a Calling**  
Page 2

**“As a Mother, It Means  
Everything”**  
Page 3

**Food FARMacy at  
El Pasoans Fighting Hunger**  
Page 4







## A Message From Susan

Dear Caring Friends,

Fall is here. Children are well into a new school year, football season is in full swing, and we start a new chapter filled with challenges and opportunities, big and small. It's an exciting time! However ...

Families facing hunger aren't able to enjoy the changes this new season brings. Buying school supplies and new clothing is extra stressful when you're working to put food on the table. A nourishing meal is a basic comfort that's at risk in far too many households here in the El Paso area.

But thanks to friends like you, we're able to help neighbors put enough nutritious food on the table for their families. We're so grateful for all you do to help provide food for our community.

In this issue of *Feeding Hope*, you'll read about some of the people and programs you provide support for. I hope you'll consider helping again.

Remember, every \$1 you give helps provide enough food for 7 meals! Thank you for doing all you can to help!

## For Jose, Volunteering Is a Calling

One of our dedicated volunteers, Jose Cabrera, embodies the spirit of inclusivity and empathy. He ensures everyone who comes to our food bank feels valued and respected.

"My faith has guided me to this point, and it's the reason I'm here," Jose shares with a gentle smile. "I believe in a love that includes everyone, and that's what motivates me."

Jose's faith fuels his actions and is often a beacon of hope and compassion for those he serves.

"I see volunteering as an opportunity to live out my faith and demonstrate love in action," he explains.

For Jose, volunteering is more than a duty; it is a calling. He's known to offer not just food but also a warm smile, a listening ear, and words of encouragement.

Jose's dedication extends beyond his time at the food bank. He also advocates for those experiencing hardship and works to raise awareness about the challenges of food insecurity in our community.

His belief in universal kindness and support drives him to go above and beyond, whether it's organizing donation drives, participating in community events, or lending a hand wherever needed. His positive energy and genuine compassion create a ripple effect, touching the lives of volunteers, staff, and neighbors.

"I've learned so much from the people I've met here," Jose reflects. "Their resilience and strength in the face of adversity inspire me every day. It's a humbling experience to be part of their journey."

**As we serve our neighbors in need, volunteers like Jose are essential to our organization. To volunteer, please visit [elpasoansfightinghunger.org/volunteer](http://elpasoansfightinghunger.org/volunteer).**





## "As a Mother, It Means Everything"

*At El Pasoans Fighting Hunger, we are honored to share the stories of neighbors whose lives have been positively impacted by the generosity of our donors and our community. Today, we highlight Joann, who is thankful for the positive impact our food bank has had on her family's well-being.*

"The food bank has helped feed my family on many occasions," Joann shares gratefully. "It has been a relief knowing the food bank is here to help my family in between paychecks."

Joann's words resonate deeply with the mission of El Pasoans Fighting Hunger. For families like hers, the food bank serves as a lifeline during challenging times. With help from friends like you, we're able to provide healthy food so families don't have to worry about where their next meal will come from. They can instead focus on other essential expenses.

"As a mother, it means everything to me to know that there's a place we can turn to for help," Joann continues. "The food we receive here makes a real difference in our lives."

Joann's experience highlights the critical role of community support in addressing food insecurity. With donations from generous

individuals and organizations, El Pasoans Fighting Hunger can distribute nutritious food to families in need, fostering a stronger, more resilient community.

**"The food we receive here makes a real difference in our lives."**

"I would like to thank all of the donors for not only helping my family but also helping our community," Joann says. She knows she isn't alone, and she's grateful for the support her family — and so many families like hers — can receive.

**Support from donors like you helps provide nourishing food and a sense of hope for families facing hardships. Your kindness and compassion can create positive change, one meal at a time.**





# Food FARMacy at El Pasoans Fighting Hunger

We're dedicated to not only providing food but also making a positive impact on the overall health of our community. Our Food FARMacy program plays a crucial role in this mission.

Coordinated by Louie Salazar, the program aims to improve health outcomes and reduce health care costs for neighbors with diet-related chronic conditions. By providing nutritious food each week and offering nutrition education, we help participants better manage their health.

Currently, the Food FARMacy serves 190 people, and growing. It works with 30 health care providers to ensure individuals with special medical needs are referred to us. We also connect participants with benefits and other services, giving them additional tools to help them thrive.

"Food insecurity is particularly harmful for individuals managing chronic diseases," Louie explains. "Many face tough choices between buying food and paying for medication or medical bills."

A national study by Feeding America found that 58% of households seeking food assistance have a member with high blood pressure, and 33% include someone with diabetes. Food insecurity can worsen these conditions, as

limited funds often force people to buy cheaper, unhealthy food, which can often lead to more medical issues.

"Our donors' contributions are vital," Louie says. "They help us provide not just food but also the education and resources needed for long-term health improvement."

**Your generosity helps support programs like the Food FARMacy, improving the health and well-being of our community. Thank you!**



FBF-ELP-23460

▼ PLEASE CUT OFF THE REPLY FORM BELOW AND RETURN IT WITH YOUR GIFT. ▼

## HELP LOCAL FAMILIES FACING HUNGER THIS FALL



**Yes, Susan!** I want to provide support and food for neighbors facing hunger, so I'll give today. *Here is my gift of:*

\$ \_\_\_\_\_ to help feed as many families as possible



My check payable to El Pasoans Fighting Hunger is enclosed.

**FROM:** NAME: \_\_\_\_\_  
STREET: \_\_\_\_\_  
CITY/STATE/ZIP: \_\_\_\_\_  
EMAIL: \_\_\_\_\_

Please charge my credit card.



Amount: \$ \_\_\_\_\_  
Phone Number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
Credit Card Number: \_\_\_\_\_  
Exp. Date: \_\_\_\_/\_\_\_\_ Security Code: \_\_\_\_\_  
Signature: \_\_\_\_\_

I would like to donate \$ \_\_\_\_\_ automatically each month using my credit card.