



# THE FISHNET

**LOAVES & FISHES**

Groceries for Neighbors in Need

*Our mission is to provide a week's worth of nutritious groceries to people within our community facing economic hardships.*

**PRIORITY NEEDS:**

CANNED MEATS

CANNED PASTA

CANNED FRUIT

CEREAL

100% FRUIT JUICES

## ***“All children need and deserve security.”***

She struggled into the pantry at Holy Comforter Episcopal Church with her 6-month-old sleeping daughter in a baby carrier in the pouring rain.

Coming to Loaves & Fishes for a week's worth of groceries for her family wasn't easy and not just because of the rain. She asked that I not use her name or take her picture.

It isn't always easy to make ends meet. Her husband works full time as a commercial driver but sometimes the income is not enough to take care of their needs.

So she works hard to stretch the family food budget and still give her children the healthiest food choices possible. “I cook a lot, we don't eat out. I can stretch meals to last several days.” To keep costs down, she uses coupons, shops specials and buys fresh produce at the flea market.

Her 5-year-old just started kindergarten and as the children get older, she notices it's getting harder to find extra money for things such as clothes and shoes. Money has to go to rent and a dependable vehicle which is necessary with 3 small children.

Groceries from Loaves & Fishes mean “Getting good healthy food to my children gives them a sense that someone cares. That mommy can take care of them.”

“All children need and deserve security.”



*“Getting good healthy food to my children gives them a sense that someone cares.”*

“I don't worry any more. All my needs I put in God's hands. If you can afford it, give out of the kindness of your heart. It's better to give what you can and God will help you in return.”

While she may not be able to give financially right now, she can give of her time. And that is exactly what she intends to do by becoming a Loaves & Fishes volunteer.

It may not be easy but she wants to help others make ends meet.

## Our volunteers are worth a FORTUNE!

Loaves & Fishes could not operate a single day without the nearly 4,000 volunteers who run the pantries, take referrals in the phone center, sort food donations in our warehouse and help pick up and deliver food during food drives.

**We love our volunteers!**



## In Pantry News...



A year after the closing of St Andrew's Episcopal Church the food pantry has reopened! The pantry is run by volunteers from the congregation of Centro Cristiano Dios de Pactos Church and becomes the 20th Loaves & Fishes pantry.

Our friends at **Harris Teeter** very generously stocked the pantry's shelves for the first several weeks with nutritionally balanced foods.

The pantry is conveniently located on Central Avenue, making it easy for clients located in east Charlotte to access.

## Because I Was Given, I Am Now Able to Give

Let our minds not be led by the misconceptions formed by stereotypes.

Let our hearts be humble and open to feel for those we cannot touch.

Pull the wool from our eyes so that we may see beyond the outer flesh of circumstances.

Can't you see that I was hungry?

I was the lost and the one filled with despair.

My hands did not reach for a hand out, but for an opportunity.

Let us not judge the down trodden for they are your neighbors and friends.

**A fed mouth nourishes the soul.**

**A full stomach will fuel determination.**

An open mind and a giving soul will provide those lost a way.

Because I was given, I am now able to give.

Because I was seen, I am no longer blinded by fear.

Because I was heard, I can now speak my testimony.

*-Tawan, a former client*



loaves and fishes charlotte mecklenburg

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[twitter.com/loavesfishesnc](https://twitter.com/loavesfishesnc)

# Upcoming Events!



## Halloween for Hunger Food Drive

Melody Dargon is hoping that when you think of Halloween, you will think of the hungry. Last year she started **Halloween for Hunger**, where volunteers trick or treat for canned goods. Individuals, families or groups can participate by distributing flyers to their neighbors before October 31, then collecting the food items Halloween night.

Visit [www.loavesandfishes.org](http://www.loavesandfishes.org) for more information about the drive.



## Harris Teeter Harvest Feast Food Drive

Support Loaves & Fishes during the month of November by purchasing a \$1, \$5 or \$20 donation card at the register of your local **Harris Teeter** store or look for red collection bins to donate non-perishable food items.

Last year's campaign raised more than \$64,000 for Loaves & Fishes!



## Start Your Thanksgiving off with the Gift of Gobble

Join us **Wednesday, November 26** for **Street Turkeys!**

We'll be on the corner of Mint and Morehead Streets with Sports Radio 610AM WFNZ collecting turkeys and cash donations for the holidays.

Look for the giant turkey!

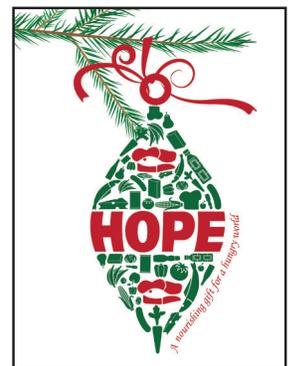


## Give the Gift of Hope This Holiday Season

Honor the special people on your list with  
holiday cards from Loaves & Fishes.

Simply provide us with the names and addresses of the friends or family members you would like to honor for a minimum donation of \$10 per card and we will take care of the rest.

Look for a flyer in the mail in early November or visit [www.loavesandfishes.org](http://www.loavesandfishes.org) to place your order.



"Do small things with great love."

-Mother Teresa

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Groceries for Neighbors in Need

648 B Griffith Road  
Charlotte, NC 28217

Return Service Requested

Non-Profit  
Organization  
US Postage  
PAID  
Permit #2492  
Charlotte, NC



**You don't have to look far to see the face of hunger in our community. In fact, 48% of those we feed are children.**

We need your help to make sure that we are able to meet the needs of families in crisis this winter. Your support puts groceries on the shelves of our pantries & in the homes of the hungry in our community.



**Living on a fixed income is a constant juggling act, one that Lucille knows all too well.**

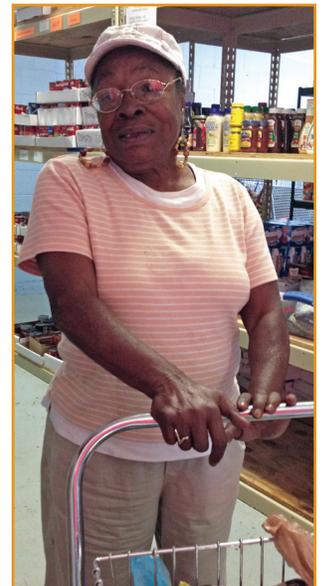
At 76, Lucille lives alone and receives disability. More often than not, there is just enough to cover the bills but not enough for food, especially by the end of the month.

Thanks to a week's supply of nutritionally balanced groceries from Loaves & Fishes, Lucille says she is able to eat more healthy foods.

She often bypasses healthier items at the store in favor of cheaper foods so having fresh eggs, meat, bread, yogurt and cheese in addition to cereal, canned vegetables, beans and rice is a blessing.

As Lucille said, *"I'm not giving up. I decide each morning to put one foot in front of the other. I'm not going to sit down and give up. I just have to keep going."*

As long as folks like Lucille need us, we're going to keep going too.



**Make Hunger Disappear!**  
*36th annual*  
**Charlotte CROP Hunger Walk**  
**Sunday, October 19th**

[www.charlottecropwalk.org](http://www.charlottecropwalk.org)