

## IT'S SO MUCH MORE THAN FOOD



Above: Georgette - Grocery Home Delivery Client

It was an emotional phone call. When Georgette received her first grocery delivery she knew she had to pick up the phone and call. With her voice breaking she shared, "This has been a rescue for me. I thank God for your organization."

Georgette is a self-described workaholic whose unexpected illness had her at a standstill. Doctors were hopeful that with a nutritious diet, she could control her glucose levels. After a hospital stay kept her out of work, the bills began to pile up, rent had increased and food prices were soaring. The end of each month was a struggle to make ends meet. Her doctor made a referral to Loaves & Fishes/Friendship Trays for a week's worth of groceries delivered directly to her door.

She wanted to make sure that everyone knows that the food referrals are keeping her afloat. ***"You never know what people are going through. You don't wake up one morning and say, 'I want to be sick.' I have never needed help before and I never thought it would be me."***

Lynne takes great pride in showing off her flower garden, flowers she says she had the energy to plant thanks to nutritious meals from Loaves & Fishes/Friendship Trays.

"It's more than food. It brings me peace of mind knowing that I'm going to eat good food today. ***The grocery store is only two miles away but for me it might as well be 200.***" said Lynne.

She shares that having limited mobility can be very isolating but the friendly knock at her door or check-in call from a volunteer gives her a sense of safety and security. It makes all the difference to know she has a back up.

The daily healthy meals have helped her lose 20 lbs and lower her blood pressure. She not only has more energy but also less worry, which she says has given her a better quality of life.

Your generous support is putting groceries and meals into the homes of thousands of Mecklenburg Co. neighbors just like Georgette and Lynne. **To read their full story, and see photos of Lynne's flower garden, visit [loavesandfishes.org](http://loavesandfishes.org).**

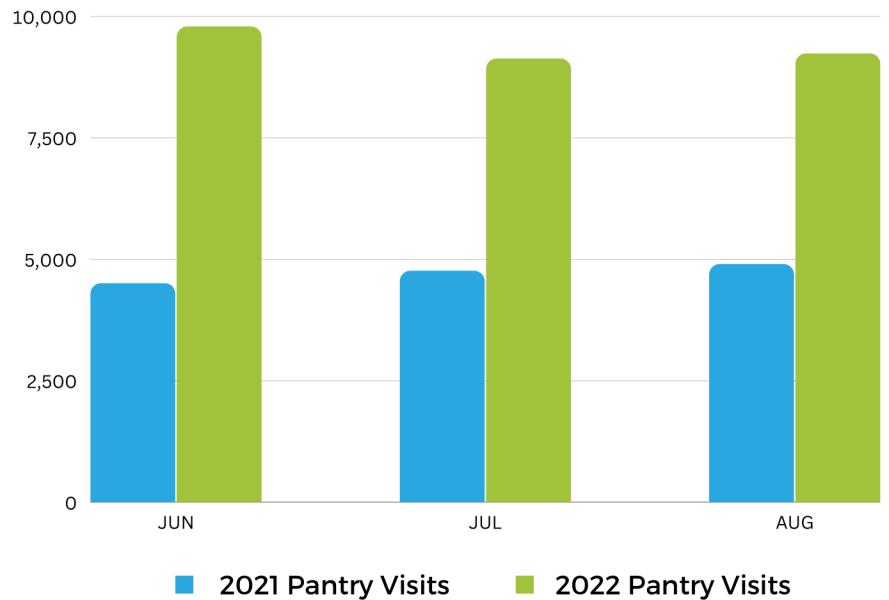
Below: Lynne - Meal Delivery Recipient



## A LOOK AT THE NUMBERS

Soaring costs in food, housing and fuel have dramatically impacted our neighbors in need. This summer we saw a significant increase compared to 2021 and are now beginning to surpass 2020 levels.

**FOOD PANTRY VISITS**  
UP 98.7% OVER 2021



## THE DIGNITY OF CHOICE - ONLINE GROCERY ORDERING

The dignity of choice is incredibly important for food insecure families. This spring we launched an exciting new online grocery ordering platform called FoodStorm in partnership with Instacart. With this new website, our neighbors are now able to choose nutritious foods that their families love and have them delivered directly to their door.

Shopping, whether online or in one of our pantries, for what you know your family will eat puts the love, dignity and human connection back into our grocery bags. For more information on this new program, visit [loavesandfishes.org](http://loavesandfishes.org).

## GET INVOLVED AND HELP NOURISH OUR NEIGHBORS WITH FOOD AND COMPASSION

**Our vision is a community that accepts no excuses for our neighbors going hungry.**

You can help provide groceries, meals and hope this holiday season. **Volunteer** to deliver groceries or meals. **Organize a food drive** in your school, neighborhood, workplace or house of worship. **Donate food or funds.**

To get involved visit  
[loavesandfishes.org/get-involved](http://loavesandfishes.org/get-involved)

### 3 EASY WAYS TO GIVE

**ENVELOPE**  
check or cash



**TEXT**  
text STOPHUNGER to 44321



**ONLINE**  
visit [loavesandfishes.org](http://loavesandfishes.org)



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