



Food for Thought

MAY 2015

FIGHTING HUNGER

FEEDING HOPE

Life would be different without the Pantry

For two years Raquel has participated in receiving assistance from the Food Pantry. During her first visit, she was immediately blown away by the powerful music, the love and prayers of the volunteers, and the abundance of free food.

Raquel's husband works, but his income isn't enough to support their family of five. In order to contribute to her family's well-being, Raquel collects cans for money and comes to the food pantry every month. The extra food allows her to cook wholesome meals for her three children. Since there are limited resources in the Santa Clarita Valley, the New Life in His Presence Food Pantry is the only place their family is able to get food.

Raquel makes it clear that, without the help of New Life and the Valley Food Bank, her family's life would be very different. She thanks God for the Valley Food Bank and is grateful for extra food that helps her family get through the month with a little more peace of mind.



Assistance for Daughter is Helping Mom



Jocelyn takes care of her 89-year-old mother and is a nurse's assistant in the evenings. She came from the Caribbean 29 years ago and, other than her mother, she does not have any family here.

Jocelyn cannot afford to bring her mom to a nursing home. It has been such a blessing to be assisted through the Valley Food Bank to serve people in the community like Jocelyn. The Lord has magnified our joy as a church as well. We thank God

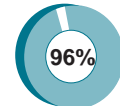
for you. ~ *Pastor Paul Kim, Sr. Pastor, The House – A Church Family*

Health Benefits of VOLUNTEERING



Volunteering reduces the body's stress and also releases endorphins (the brain's natural painkillers)

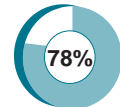
Volunteers report that volunteering helps them build teamwork and stronger relationships



said volunteering makes them feel happier



said volunteering makes them feel healthier



said volunteering makes them feel less stressed



said volunteering makes them sleep better

Source: Health and Volunteering Study, United Health Group.

From Help to Helper



Hello, my name is Jamie. About a year and a half ago, I visited the Thursday food giveaway and I immediately felt at home. The people were nice and generous and it meant so much to me because I had been out of work for a while due to a hand injury at my job.

My parents always taught me to help others and, to this day, that plays a huge part of who I am. I not only receive great, nutritious food from the food giveaway, but I am proud to say that I am a dedicated volunteer. I thank the Valley Food Bank for providing the food for the giveaway because I am there almost every week. I see first-hand what a blessing it is to the entire community – people of all walks of life.

Applause to an Unfailing Love

Editor's note: Valley Food Bank provides food resources to several outreaches – this one operates weekly in the downtown Skid Row area.

“Hi, my name is Robert. I have been homeless for many years in many different states. At first I had no idea of where to go for help. I have seen many people hurt, killed, and abused. I am so thankful for the caring people that come each week to make life a little better and treat us with dignity.” – Robert

“Robert has touched my heart so deeply. I know exactly how he feels about simply getting his dignity back. I have been praying for Skid Row. I am on chemo therapy with pills and four medications for neuropathy. My system is way too vulnerable to go down there. I pray that our great God shines His light on Robert and so many others that don't have a clue how not to live on drugs and alcohol. Thank you for all your grace and support that you bestow on all of us.”
~Karen.

Stamp Out Hunger

The 23rd annual Letter Carriers' Stamp Out Hunger Food Drive was on Saturday, May 9. It is the largest one-day food drive in America, and it is made possible by thousands of letter carriers who volunteer their time to participate—as well as countless volunteers who help sort, collect and distribute much needed food to our local food pantries. In 2014, 72.5 million pounds of food was collected nationwide, which brought the grand total of donations to more than 1.3 billion pounds of food collected since the drive began in 1992. Many thanks to our Letter Carriers for all their extra work!



Make Your Gift Dollars Go Further

Does Your Company Match Your Charitable Donations?

It's easy to find out... Just ask your personnel office if they have a matching gift program. If so, fill out the form and turn it in. Your company could very well double or even triple your individual, tax-deductible contribution.