Mickey Colbert and her twin grandchildren, Hattie and Nathan, pick up senior food boxes for her 80-year-old parents from the Good Neighbor Pantry in Sikeston.

“It was getting tougher for them [my parents] to have enough money for food, really tough for them. They waited until it was almost too late to ask for help. My dad is a veteran and they were hard-working all their lives but don’t get much now. They’re very grateful. We are all so grateful. I cry almost every time I get the food.” Mickey shared.

“The boxes are very generous. They get a box of canned goods and, they get another box of fresh produce and milk. That’s really nice.” The food “stretches their groceries so they have money for their supplemental insurance and utilities. The pantry food fills in the gaps.

They don’t have to buy those items.”

While waiting their turn for food, Hattie informed us, “I’m Hattie and this is Nathan. We used to be 4 but now we’re 5-years-old.” Nathan, with blue lollipop lips, said that they like to share lollipops and “these have bubble gum inside!” He stuck his pop out to share it but the offer was declined with a smile.

“It is precious that people offer this and make the food possible,” said Mickey.
Dear Friends,

Weather in Southeast Missouri is unpredictable—cold one day, warm the next. Most of us only have to consider whether a change in weather requires an overcoat or if we need to drive more carefully due to road conditions. For many in our region the decisions are much tougher.

If I cannot get to work what will my lost wages do to the family budget? The many who live paycheck-to-paycheck must also figure out how they will pay higher utility bills. Heat or eat? That’s why we’re glad to be here putting food on the table every day for families who need our help. Southeast Missouri Food Bank is working year round to give many families one less thing to worry about.

In this edition of Food Connection we wanted to share some heartfelt stories of people eager to share how much they appreciate the work done through SEMO Food Bank’s network of charities. These inspiring stories only represent a few of the thousands of lives you are touching with your gifts every day. While hunger knows no season, you enabled us to warm the hearts of those in need with healthy meals during the cold winter months. The season for giving is year round for our donors and we are genuinely grateful for every way you support our work.

God Bless,

CEO

Hunger “Feels Horrible”

"It means everything for my kids to eat," said Carol Turner of Cape Girardeau. Carol has four children and is grateful there are programs like the FISH Food Pantry. FISH helps Carol make sure her children are fed when she needs a little extra help.

Carol shared that she has felt the pains of hunger. “It feels horrible” and she does not want her children to experience hunger. “It [FISH Pantry] helps make ends meet,” Carol added that she’s glad it’s here to help her family out.
“It’s wonderful that people take the time to donate food for us poor people. I’ve been hungry; it’s a pretty bad feeling. I don’t wish it on anyone.”
—CLIENT

“I never thought that I would have to be in a food line. It’s humbling but I’m glad there is a place to get food.”
—SENIOR CLIENT

“It’s hard to stand here in the cold; I have no heavy coat. But I need help with food.”
—CLIENT

“This one lady came in and gave me a rose. She said that I made her feel like a person. I almost cried.”
—PANTRY VOLUNTEER

“I appreciate them all!
A 15-year-old son and an 8-year-old daughter are the reason Nicole Bevly gets help from the New Madrid Food Pantry. Nicole wants her children to know they are important to her, that they come first, and that she takes care of them. “It’s very important to me that my kids are fed,” Nicole shared. “This food here helps keep the pantry full.”

Spending time with her son and daughter and going to church are what Nicole says she enjoys. She is thankful for all the support at the food pantry and also for those that donate the food. “I appreciate them all.”

Matching Gift Challenge
Double Your Impact NOW!

Your donation to Southeast Missouri Food Bank will be matched, up to $10,000 by Drury Southwest.

Every dollar you donate will help deliver TWICE the amount of food.
Thank you Drury Southwest for this generous challenge and thanks to all who step up and give.
SEMO Food Bank named in the top 10% of food banks in the nation - from Charity Navigator. Many aspects were considered for the ratings, including IRS forms, financial health, and website. SEMO Food Bank earned a Charity Navigator rating of 96.92 percent and spends 96.29 percent of our expenses on programs.

Patch.com and 247WallSt.com listed SEMO Food Bank as one of the top food banks in Missouri and in the Nation. Recently Susan Todt from Big Stuff Preschool and Child Care in Jackson nominated SEMO Food Bank for an award.

This organization is dedicated to serving the needs of individuals and families in 16 counties in Southeast Missouri. They are community involved with hundreds of individuals and groups who volunteer for service through Backpacks For Friday, Senior Food Boxes, Mobile Food Pantries, and Food Drives, just to name a few. . . . almost all of their money is used where it is needed. I not only believe in this organization, but I’m also involved in volunteer work and donating.

Accolades for SEMO Food Bank

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Peace of Mind

“It gives me peace of mind,” Pat Angie, 71, shares about the blood glucose and blood pressure screenings she receives where she lives. “It’s a nice service that is provided,” adds her best friend and neighbor, Clara Johnson, 89.

SEMO Food Bank is able to provide health screenings at some senior housing sites where residents receive a monthly senior food box from SEMO Food Bank. Pat, Clara, and other seniors appreciate getting the health screenings monthly without having to leave their homes.

Pam Martin, SEMO Food Bank Health Specialist performs the screenings for the seniors. She says, “They are very appreciative and it brings joy to them as well. Many of them are lonely and will talk while I work.” She adds, “They cannot afford to eat the healthy food they need and are so very grateful for the extra fruit, protein, veggies, and dairy that we can provide.”

Pat is thankful as the food helps her eat healthier and continue her resolve to live a healthier life. She has diabetes and has had a heart attack and stroke. “I’m eating healthier foods,” she stated. “In addition to that, I stopped smoking.” Clara appreciates the food that helps keep her shelves stocked, stretches her income, and ensures that she always has something to eat.

Participating seniors “love the program!” says Pam.

This is what she wrote to answer “Why are you passionate about this organization?”

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