



foodCONNECTION

SEMOFOODBANK.ORG | HOLIDAY 2023

Holiday Wishes

for a blessed Thanksgiving,
a merry Christmas,
and a happy new year!



Making Holidays Brighter

Carissa's life changed a lot in a year.

Her husband passed away, and then she lost her car and her job. Now a single mother of two, she said she's doing her best to keep food on the table for her children, including visiting the food bank's mobile pantries.

"I come to every mobile I can," Carissa said. "I do get food stamps every month, but I don't get much. I just got laid off work, so it has been a little rough for us."

At one of the food bank's holiday mobiles, she received all the items needed for a holiday feast, making her family's holiday a little brighter.

"We'll be able to have a Christmas dinner," she said.



BOARD OF DIRECTORS:

Roger Guillems

Chairman

Guillems Farms

Mark Avery

Vice Chairman

Tyson Foods

Danielle Poyner

Secretary/Treasurer

Drury Southwest

MEMBERS:

Buddy Barger

Walmart

Chris Conroy

KFVS-12

Julianna Ford

Americare Systems Inc.

Frank Jones

Member Emeritus

CPU Inc.

John Leible

First Midwest Bank

Laura Parker

Coalter Insurance

Marty Platz

Coast to Coast Signs

Kathy Swan

JCS Wireless

Chris White

Procter & Gamble

Joseph Keys

Chief Executive Officer

Administrative Offices

& Main Warehouse:

Southeast Missouri Food Bank

600 State Highway H

Sikeston, MO 63801

Mailing Address:

Southeast Missouri Food Bank

P.O. Box 190

Sikeston, MO 63801-0190

Cape County Location:

4536 E. Jackson Blvd.

Jackson, MO 63755

Phone:

Sikeston

(573) 471-1818

(855) 703-FOOD (3663)

Jackson

(573) 510-4610

Mission

To end hunger and leverage the power of food to build healthy communities.

Food and Hope This Holiday Season

Close your eyes and imagine a Thanksgiving feast or a Christmas dinner. Do you see a family gathered around a table laden with food? That's how many of us spend our holidays.



Sadly, for our neighbors facing hunger, the holidays may mean bare cabinets, empty pantries and worry over when their next meal will come.

It's been a hard year for people who were already struggling to make ends meet. According to the Consumer Price Index, during the first six months of the year, food prices increased by almost 6 percent over the previous year. **It's hard to think about a Thanksgiving turkey when you can't even afford the makings of a turkey sandwich.**

Our holiday mobile pantries help provide families across our 16-county service area with all they need for a Thanksgiving or Christmas meal. At one of these distributions, Tracy was overcome with gratitude.

"Thanksgiving dinner has really been on my mind because I have family that travel to my house, so I've really been praying to really be able to provide for all the family," she said. (Read more of Tracy's story later in this newsletter.)

At other distributions, tears were shed as neighbors received hams, green beans, potatoes, stuffing, pies and more and realized that this year, their holiday table would be full. They told volunteers they couldn't wait to share what they received with friends and family. And, to me, that generosity encompasses the true spirit of the holiday.

Thank you, so very much, for your kind and generous support of Southeast Missouri Food Bank and our mission this year. I wish you a safe and happy holiday season filled with family, friends and full tables.

Joseph Keys

CEO of Southeast Missouri Food Bank



Give the Gift of Hope for the Holidays



It has been a challenging year for many of our neighbors. High food and fuel costs mean it is harder for working families and seniors on fixed incomes to afford basic necessities and buy all the food they need.

But you can help our neighbors get the food they need and honor your own loved ones with Holiday Hope Cards from Southeast Missouri Food Bank.



With a contribution of \$25/card, we will address and mail this special greeting to those on your list. Or purchase 10 cards to send yourself for a contribution of \$250 or more. (Gift amounts are not disclosed to recipients.)

The card reads: "Celebrate the tradition of giving, the beauty of the Season and a New Year of peace and happiness. A gift has been made in your honor to Southeast Missouri Food Bank and will provide nutritious food to families facing hunger. The gift was made by (donor name)."

For more information or to purchase your cards, call Erica at 573-471-1818 or visit semofoodbank.org.

southeast missouri
FOOD BANK
help more. reach more. feed more.



Home is Where Food Is on the Table

Home is where the heart is, especially when times get hard.

Gloria went to college in Atlanta, earned her degree and continued living and working in the city for the next 38 years.

"I worked in the food service industry for 26 years," she said. "The money was good and living in Atlanta wasn't cheap."

After retiring early, and facing some personal and family issues, Gloria moved home to Caruthersville, where her parents were still living.

And though she lived comfortably in Atlanta for decades, now on a fixed income, Gloria has needed assistance from time to time, so she visits Southeast Missouri Food Bank distributions to supplement her groceries.

"There are things I need," she said, "and my fixed income only pays the bills, so I'm looking for a part-time job now."

She said the food she receives is a big help.

"Receiving this feels fantastic, because food is truly expensive and this is food that's actually going to last me," Gloria said.



Earn Tax Credits with Year-End Donations

If you're planning to donate before the end of the year, you may consider making a gift that will also earn you tax credits.

Southeast Missouri Food Bank has Neighborhood Assistance Program (NAP) tax credits for qualified donors. **NAP allows business owners/principals, farmers and rental property owners to donate \$1,000 or more and receive a 50 percent credit on state taxes. So, a**

\$5,000 donation may qualify for a \$2,500 credit to be used over 5 years.

The food bank directs proceeds from NAP donations to our Foods 2 Encourage efforts, using the funds to purchase nutritious food for food-insecure households in southeast Missouri.

For more information on NAP credits, call Sarah Garner at 573-471-1818 or email sagarner@semofoodbank.org.

Providing Meals, and Hope, for the Holidays

This time of year is supposed to be exciting and hopeful, with families eager to celebrate the holidays together. But for Tracy, this year the holidays are bringing more worry than anything.

Tracy's husband is a pastor, and the couple lives in Cape Girardeau with their daughter. Every year, for Thanksgiving, they welcome family from out of town for the holiday. But this year, Tracy said rising food prices have her worried about having enough for everyone to eat.

"All of our (church) members are struggling," Tracy said. "Thanksgiving dinner has really been on my mind because I have family that travel to my house, so I've really been praying to really be able to provide for all the family."

Tracy's husband is the family's only income, so she visits local food pantries to help with the family's groceries.

"Some people are prideful, and they don't want to come to the pantry," she said. During a season of thankfulness, Tracy said she is extremely grateful for the food given that will help her family celebrate the holidays.

"They gave us corn, green beans and stuffing for the holidays," Tracy said. "Even though my family has definitely gotten used to just eating what we get, I feel really grateful."



Leave a legacy that makes a difference for families facing hunger. Ask us how to include Southeast Missouri Food Bank in your estate planning. Contact Sarah Garner at 573-471-1818.