



*Timesha holds sons Christian and Elijah on a visit to the Federal Hill House Food Pantry.*

## Healthy Food for Growing Boys

"I'm a mom trying to navigate this crazy world with two boys," Timesha says.

Like most parents, Timesha does everything she can to make sure her children's needs are met. She's grateful for friends like you who help ensure that healthy food is always on the menu for her growing boys, Christian 4, and Elijah, 8.

Timesha is in school to become a medical assistant and plans to work in community health. In the meantime, she's so grateful for the support she's found at Food Bank member agency Federal Hill House in Providence.

"It's really good because my family isn't nearby so it's just me and the boys," she says.

**"Going to Federal Hill House makes me feel like I'm not alone anymore. I have a support system."**

Timesha receives SNAP and WIC benefits, but she says her growing boys naturally eat a lot and she has trouble making ends meet at the end of the month because food prices are so high.

"Without Federal Hill House, I would have to sacrifice food for myself just to make sure that my kids have the food they need," she says. "Thankfully, I don't have to do that."

**You are helping us to improve the quality of life for Timesha and all Rhode Islanders — thank you!**



*Shana DeFelice, Programs & Mission Impact Director and Meghan Grady, Executive Director, in their in-person food pantry, where guests of their congregate meal site can stock their shelves with canned vegetables, fruits, grains and proteins as well as culturally relevant items like sofrito.*



## Meals on Wheels

### Partnership Brings Much Needed Food to Seniors

Older adults make up a large portion of the people in our state experiencing food insecurity. That's why the Food Bank recently formed a strategic partnership with Meals on Wheels of Rhode Island, welcoming the organization as one of our newest food pantry members.

Meals on Wheels delivers 1,300 meals a day to RI seniors and offers an in-person congregate meal site. Thanks to our partnership, bags of non-perishable food are now delivered monthly along with prepared meals to clients with the greatest need.

The pantry is also open weekly to neighbors at the meal site. The organization plans to expand the mobile pantry's reach as part of their strategic plan.



**“Our mobile food pantry is reaching our senior clients who cannot access traditional food pantries,”**

says Shana DeFelice, Programs & Mission Impact Director. “It’s been so well received. The bags are coming in the middle of the month, when money is tight and groceries are running out.”

Thank you for the vital part friends like you play in making this new, critical partnership possible!



# Seniors Learn to Stretch Groceries

## *Healthy Habits Team Tailors Nutrition Education for Older Adults*

Earlier this year, residents of Presidential Place, a low-income apartment complex for seniors in Cranston, gathered for a 6-week class series presented by our Healthy Habits nutrition education team.

The *Healthy Living for Adults* series teaches participants how to incorporate healthy eating, chronic disease management and prevention, physical activity, and budgeting into their daily lives. The Healthy Habits team offers classes and workshops for adults, families, and children on a variety of topics.

When we joined community nutrition coordinator Theresa Beeley at Presidential Place she was teaching an eager group of seniors how to combat food waste at home. Theresa emphasized how cutting down on food waste could help make the most of both purchased food and the food received as part of monthly Commodity Supplemental Food Program (CSFP) boxes distributed by the Food Bank.

**“Our classes not only teach simple ways to eat well on a budget,” Theresa says. “They also create an opportunity to socialize and build relationships.”**

She ended the session with a recipe demo, showing the seniors how to leverage what’s already in the fridge to make healthy, tasty dishes like vegetable fritters, which earned rave reviews. Class members also receive the ingredients for each week’s recipe so they can try it at home.

*Healthy Habits Community Nutrition Coordinator Theresa Beeley speaks with residents of Presidential Place during a Healthy Living for Adults class.*



*Use your smartphone camera to scan this QR code to link to a video recipe for veggie fritters!*





# Thank You for Strengthening Rachel's Family

Rachel and her husband both work hard to keep the family budget in check, but she's grateful to have somewhere to turn when the unexpected occurs.

"Just keeping this one bill down by coming to the pantry is helpful," Rachel says.

The Bristol couple relies on Rachel's husband's income to pay the bills and keep enough food on the table, but it isn't always enough. They went from two vehicles to one recently, and Rachel's 19-year-old stepson recently moved back in with the couple.

"It can be hard to keep our food bill down with a 19-year-old eating everything," Rachel says, laughing.

Thankfully, Rachel discovered the East Bay Food Pantry in Bristol, a Food Bank member agency she visits when she's running low on healthy food for her family.

**"This helps to curb my grocery bill enough to be able to get by with what we have left," she says.**

Rachel and her husband have a produce garden, but she says when it's off-season, she's especially grateful to be able to find fresh fruits and vegetables at the food pantry. She recently made a roast with chicken, potatoes and various vegetables.



*Rachel shares a smile of gratitude during a visit to the East Bay Food Pantry.*

"I sat down and looked at it and realized, 'everything on this plate is from the pantry,'" she says.

**Thank you for partnering with the Food Bank today to help Rhode Islanders like Rachel fill plates full of nutritious food this fall.**



**Rhode Island Community Food Bank**  
200 Niantic Avenue  
Providence, RI 02907  
(401) 942-6325  
rifoodbank.org

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