

Celebrating Our Independence

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by Ashley Goforth

As you head off to celebrate the Fourth of July with picnics and fireworks in honor of America's Independence, we want to thank you for the independence your support provides.

Thanks to your support of all our programs, we are able to work hard to give New Yorkers the independence they need to get back on their feet, get the food they need and the nutrition education that ensures a healthy future. Through our income support efforts – food stamp initiatives and the Free Income Tax Service program – we help New Yorkers work toward the monetary independence they need to avoid choosing between paying for groceries and paying rent. Through our nutrition education programs, we encourage the approximately 30,000 CookShop graduates to gain independence to make healthier choices in their daily lives. Through our citywide network of soup kitchens and food pantries, we help New Yorkers in need see that they don't have to sacrifice their independence for food.

The Food Bank depends on supporters like you – whether you make a monthly donation, volunteer at our Community Kitchen or contact your Congress members to stop budget cuts to the federal emergency food program – to continue to provide the services and support that make up the safety net against hunger.

We thank you for everything you do to ensure that more New Yorkers can celebrate and cherish the independence the Food Bank works hard to provide.

Have a happy and safe Fourth of July holiday this weekend, from all of us here at the Food Bank!