

## Because of YOU: Happy Holidays!

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*Cheryl with a carton of fat-free milk from the Food Bank's Community Kitchen & Food Pantry*

*Food Bank For New York City is so grateful for everything you do over the holiday season – and so are the 1.5 million New Yorkers who rely on our programs and services. It is because of YOU, our supporters, that the 1 in 5 children who rely on soup kitchens and food pantries in NYC have the nourishment they need to grow healthy and strong. It is because of YOU that veterans returning from overseas will have somewhere to turn if he or she find themselves struggling to afford food.*

*And it is because of YOU that Cheryl has the below story to share. Please take a moment to read below, and learn what a difference your support truly makes. Thank you!*

"October was the first time I came for groceries at the [Community Kitchen & Food Pantry]. I get food stamps, but sometimes it's not enough. It's a help, but when I get to the end of the month, sometimes I need some extra help. So I come here.

The pantry helped me a lot with Thanksgiving. The rice and chicken I picked up at the pantry made the meal. I had a really good holiday because of it.

I think the way they do it here is good. Instead of just picking up a bag, I can pick what I need. It's just like the supermarket.

Please keep it going. This is so great for the community. It helps a lot of people get by, and I am real thankful that it's here for us."