

more to
share

winter 2021



FeedMóre
wny
Foundation



a message from the president

Dear Friends,

Hopeful.

As we enter another holiday season with COVID-19 still front and center, it's almost strange to say, but hopeful is the word at the forefront of my mind.

That's not to say that our community is free from worries about this wave of the pandemic, or what the future holds. That's not to say that there aren't thousands of people in our community who are afraid there won't be a next meal. And it's not to say that we don't have work to do — we do...

But hope remains because you have proven that even when things are hard, you show up to help.

Recently, we received a note and donation to FeedMore WNY from a man who currently resides in a correctional facility. He was compelled to give

simply because he has food to eat right now, many people may not.

My heartfelt thanks go out to this man and to each and every one of you who continue to share what you have so that more people across Western New York can have enough to eat. You are the lifeblood of FeedMore.

I hope you enjoy reading this edition of *More to Share* about how you are making our community stronger and healthier, one nutritious meal at a time. Your neighbors are so grateful for you.

Wishing you and yours a beautiful holiday season.

Warmly,


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President & CEO

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carol thanks you for caring

"They genuinely care about me and it's amazing," Carol says of the FeedMore volunteers who show up to deliver her meals each day.

Carol, 83, began receiving home-delivered meals through FeedMore a year ago. Since then, she's noticed a marked improvement in her health — and in her outlook for each day.

She says the pandemic made her feel more isolated, but since she started receiving the meals, she looks forward to visiting with the volunteers who deliver her meals each day. To her, they're now family.

"They go out of their way, and that's what makes my day," she shares.

Carol says a friend told her about the home-delivered meals program when they noticed she was losing a lot of weight. She says it's become more difficult to afford the

groceries she needs, and more challenging to prepare meals when she does have groceries on hand.

Thanks to your generous gifts to FeedMore, Carol can count on well-balanced meals that meet her nutritional needs, and, according to Carol, taste good too!

"The food is so good," she says. "I couldn't get it down fast enough."

Because you give, our neighbors — and our community — are stronger and healthier. Thank you for your generosity in this special season of sharing.



**"I feel better and so
blessed. Thank you!"**



**your
generosity
spreads joy**

you promote health after hospital stays

Good nutrition is a key component of recovery during any hospital stay, and FeedMore is working to make sure it's just as integrated into our lives when we return home.

FeedMore is partnering with Western New York Integrated Care Collaborative to offer 28 home-delivered meals to referred individuals returning home after a hospital stay.

“Nutrition is such a huge key and a huge component to get [patients] on the road to recovery,” says Kathy Gram, chief client and nutrition services officer for FeedMore.

She says, once referred, individuals have the choice to receive the meals hot or frozen, depending on their needs.

Each person is also given the added gift of up to three hours of medical nutrition therapy from a registered dietician.

“I think the main thing that we’re hearing is that we’re providing [people] the opportunity to not be readmitted,” she says of the success of the program so far.

The program also gives recipients the chance to learn more about FeedMore services that may be useful to them in the future.

Thank you for joining FeedMore to help keep our neighbors healthier and happier, and making our community a more vibrant place to call home.

parents instill gift of sharing

It's a first birthday celebration like no other: a table full of peanut butter and jelly jars to be donated and a 1-year-old girl who couldn't be more thrilled.

Charlotte is the daughter of Samantha and Karl F. Kozlowski, who asked their family and friends to give donations of peanut butter and jelly jars to FeedMore, in lieu of birthday gifts for Charlotte.

The couple says they chose peanut butter and jelly because Charlotte's birthday is near the start of a new school year.

"We know what a staple it is for families with children," Samantha says.

When all was said and done, more than 600 pounds of food was collected in honor of Charlotte's special day.

For their older son's first birthday, the couple chose to have school supplies donated to another local charity in lieu of birthday gifts.

"We want it to be natural to our children to help others and give back," Karl says.

A big thank you to Charlotte for sharing your birthday joy with children and families across Western New York. The example that you and your family are setting is an inspiration for us all.

"We want it to be natural to our children to help others and give back."



Charlotte, 1, is all smiles in her birthday photo next to the peanut butter and jelly donated in honor of her big day.



you fill family's table

Local mother Debra is thanking you for helping her keep nutritious food on the table for her family this holiday season.

At a time when Debra says her family was running especially low on food, she learned about the St. Patrick Food Pantry while taking classes at Goodwill around the corner.

"It really does benefit the community."

Debra and her son, 13, live with Debra's sister and her young son. Debra receives SNAP benefits, but she says the rising cost of groceries in the wake of the pandemic has put an extra strain on her budget.

That's why she's especially grateful for you. Your gifts make it possible for Debra to access nutritious food from the St. Patrick Food Pantry when funds run low.

"They're awesome," she says of

the food pantry staff.

Thanks to you, Debra and countless more families will have warm, nutritious food on the table this holiday season and beyond — a gift that makes Western New York stronger for all of us.

"It really does benefit the community," Debra says.

**Image is representative to protect the family's privacy*

**you help
darin see
the positive**

Darin, 53, has a critical goal for himself as he winds up the remainder of this year: “work with the positives and stay away from the negatives.” Thanks to you, it’s much easier to put into practice each day.

“I can never express enough gratitude.”

That’s because, for the last year, Darin has received home-delivered meals from FeedMore. Darin, who has visual impairment and mental illness, fell into a hole while he was walking down the street, leaving him badly injured.

Darin lives alone, and right now, it’s still painful for him to move a lot, especially since he can’t see to avoid other potential falls.

That’s why he’s especially grateful his counselor helped him sign up for the home-delivered meals program.



“Thank you so much to everyone,” he says to donors like you who make the program possible through your generous support.

Darin has a daughter and grandchildren, but to minimize risk of contracting COVID-19, he hasn’t seen them much since the beginning of the pandemic.

Thankfully, Darin has a familiar face each day delivering his

meal, which he says helps him kick-start his day.

“I can never express enough gratitude,” Darin says.

This holiday season, you are making Western New York a healthier, happier place for us all to call home. Thank you for your partnership in this special season of sharing, and all year long.