



## **Second Harvest Food Bank**

Why do we give away food the first Sunday of each month as well as support “The 2nd Harvest Food Bank each week”? I believe one of the answers might be that Union Church has a really big heart for those in need so close to home. I also believe that many of you realize that food is not only a basic need but also is the basic core of our giving.

Below you will read about one of the organizations that our Union Church family supports throughout the year. Read about the story of Amanda who has been directly affected by your generosity.

*“Dear Friends of Union Church*

*Amanda’s oldest son has been struggling with Attention Deficit Hyperactivity Disorder (ADHD) when she learned through a nutrition class, that the processed foods she was feeding him were making his condition worse. She wanted desperately to feed both of her sons healthier food, but couldn’t afford it. When Amanda’s family began receiving fresh fruits and vegetables from Second Harvest, everything changed.*

*‘My son’s condition is improving and we’ve actually all lost a lot of weight, which is funny because we’re actually eating more! We’re not hungry as often and we are snacking on things like broccoli, which get us through to the next meal.’ --Amanda*

*Because of our donors, Amanda can put food on the table that keeps her family healthy.*

*Thank you for supporting our hungry neighbors and providing them with nutritious food that helps kids thrive, seniors stay strong and keep families in good health.*

*Kathryn Jackson, Chief Executive Officer of the Second Harvest Food Bank”*