



LOAVES & FISHES

Groceries for Neighbors in Need

P.O. Box 11234
Charlotte, NC 28220

Return Service Requested



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Charlotte, NC



LOAVES & FISHES

Groceries for Neighbors in Need

THE FISHNET

Our mission is to provide a week's worth of groceries to people within our community facing economic hardships.

CLIENT CHOICE IS HERE!

Food Group	One item of choice equals:	
Grains	Crackers, stack Muffin mix, box Pasta, 15 oz can Macaroni & cheese, box Stove Top, box Count as 2 choices: Bread, loaf Cereal, box or bag, Limit 1 for 1-3, 2 for 4-6, 3 for 7-9 Pasta, 16 oz box Rice, 1 lb	7
Vegetables	Vegetables, 16 oz Pasta sauce, 24 oz jar Tomatoes, 14 oz can	5
Fruits	Fruit, 16 oz Count as 3 choices: Fruit juice, 12 oz frozen Fruit juice, 46 oz bottle Limit: 1 bottle/can of fruit juice for 1-3 in household 2 bottles/cans of fruit juice for 4-9 in household	4
Dairy	Dry or shelf-stable milk, quart Yogurt, 5 containers (6 oz each) = 1 choice, Limit 10 containers Count as 2 choices: Cheese, 12 oz pkg, Limit 1 pkg for 1-3, 2 for 4-6, 3 for 7-9	4
Meat & Non-Meat Proteins	Beans - any kind - kidney, navy, pinto, pork & beans, etc., 16 oz Meat - canned - any kind - plain or with noodles Meat - fresh, lb Limit on fresh meat: 1 lb/person Eggs - 4 eggs = 1 choice Count as 3 choices: Peanut butter, 18 oz	3
Extras	Canned goods, soup Dry goods Margarine, 1 stick	3
Non-Food Items when available	Toilet paper, rolls Soap, bars Toothbrushes, if needed Toothpaste, if needed Diapers, 1 pkg per child listed	1 1 1 1

A sample grocery list a household of one can choose from.

Loaves & Fishes has a brand new way to feed our neighbors in need!

For 36 years, Loaves & Fishes volunteers have followed a nutritionally balanced bagging list, filling bags with a week's worth of groceries for our clients to take home. Now there is a new model for serving the hungry called **Client Choice**. For the first time, our clients will be able to choose exactly the foods they know their family will enjoy!

Using a grocery list, clients make food choices from the various food groups – a balance of grains, vegetables and fruits along with fresh meat and dairy products.

Several of our pantries have already started using the **Client Choice** model and volunteers and clients are equally excited about it. The responses of the clients say it all – “I know what vegetables my kids will eat.” “I am so thrilled to know we will be able to use everything Loaves & Fishes has provided.” “Thank you for giving me the dignity to make choices for my family.”

With your help, Loaves & Fishes is able to provide food for hungry people. **Client Choice** is about providing dignity and empowerment - isn't that what having a choice is all about?

Because of you...



Nearly 40,000 children have been fed by Loaves & Fishes so far this year.



Families visiting a pantry during the holidays will have a turkey to take home.



A holiday meal will provide a child with a sense of normalcy, even if for one day.



10,408 people were fed in September.



Clients are empowered through the **Client Choice** program.



When down to practically nothing one client wrote that she now has food for her son and herself until her next pay check.



“C” writes, “We can know we have dinner for our child tonight!”



There is hope for hungry families.



Carolyn, above, was thrilled to be the first client to choose her own groceries at the Wilson Grove Baptist Church Pantry (see story on page 1). She is struggling to feed a teenager on her income while hoping her husband, a recent double amputee, will be home from rehab by Thanksgiving.

A New Pantry in Mint Hill

At Loaves & Fishes we are extending our reach to feed the need with the opening of our 19th food pantry! Wilson Grove Baptist Church is home to our very first pantry in the Matthews-Mint Hill area – a testament to the growing need in this part of Mecklenburg County. Volunteers helped John (pictured holding the bag) on opening day make his grocery selections.



Holiday Cards, An Alternative Gift Idea

Card A



Inside:
Because of a donation to
Loaves & Fishes,
a hungry family will have food
at home this Christmas season.

Card B



A nourishing gift for a hungry world...

Inside:
A feast of love for us all.
Because of a donation to Loaves
& Fishes, a hungry family will have
food at home
this Christmas season.

Every dollar makes a difference in the fight against hunger so this holiday season consider honoring the special people on your gift list by making a donation to Loaves & Fishes.

It is so simple to do... yet so meaningful. Provide us with the names and addresses of the friends or family members you would like to honor for a minimum donation of \$10 per card. We'll take care of the rest, sending a beautiful holiday card to everyone on your list.

Honor your family, friends, teachers, co-workers and neighbors. This year choose from our traditional card designed by NC artist Harris Holt or a whimsical new design. Orders received by Tuesday, December 20th, are guaranteed to be mailed before December 25th. Early orders will be mailed after Thanksgiving. Place your order at www.loavesandfishes.org or by mailing your list and payment to our office – Loaves & Fishes P.O. Box 11234 Charlotte, NC 28220.



loaves and fishes charlotte mecklenburg

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Fall Events!



For the last 32 years, the **Charlotte CROP Hunger Walk** has been the largest walk in the nation, raising \$6,372,092. Thousands put their feet to the street on October 16th, raising funds to fight hunger locally and around the world. Online donations for the 2011 CROP Walk will be accepted through March 31, 2012 at charlottecropwalk.org.



Create your own event! Hold a food drive for Loaves & Fishes. Visit www.loavesandfishes.org and click on *Agency Materials* for more information.



Harris Teeter Harvest Feast now through **November 30**
Drop-off nonperishable food items in collection bins at your local Harris Teeter store or purchase \$5 or \$20 donation cards from cashiers.



Street Turkeys WFNZ Dog House **November 23** Start Thanksgiving early by joining us down at the WFNZ Dog House on the corner of Morehead and Mint St. We'll be there throughout the day collecting turkeys and donations for the holidays.

They Gave Me My Life Back

Lisa loved her job. For 6 years she had worked for a company in the orthotic and prosthetic field. Life was good. She had a job she loved and a daughter on the dean's list at Johnson and Wales University.

Then the bottom dropped out. Nagging back pain led to an unexpected diagnosis of Multiple Sclerosis. Her health began to decline. Soon Lisa was out of work and before she knew it, her unemployment benefits ran out. The stress began to take its toll. Lisa made the decision to uproot her life and head south to Charlotte to be near her daughter.

It took a lot for her to come here. "I was probably at the lowest point in my life," Lisa says. "I didn't know what to

expect when I came here." Not long after she arrived, funds began to run low and Lisa came up short paying her rent. She turned to the local MS Society for help. They referred her to Loaves & Fishes.

"We were at a point where it was just me and my daughter and we didn't know where our next meal was coming from. I had never



been in that situation. Three years before I drove a brand new car, I was making good money. And then I wasn't."

Lisa was referred to the Loaves & Fishes pantry at Harrison United Methodist Church where she received a week's worth of groceries.

After that, things started looking up for Lisa. She says it was as if things started falling into place. Today she is filled with hope for the future and looking forward to the day when she can give back. In the meantime she is grateful to everyone who made it possible for her to do more than just put food on the table. "They didn't give me bags of groceries, they gave me my life back."

New Leadership

Welcome to the Loaves & Fishes' Board of Directors' new slate of officers and members of the class of 2014:

President - Michelle Anderson - Merrill Lynch
President-Elect - The Reverend Amy Jacks Dean - Park Road Baptist Church
Treasurer - Adam Jacques - Bank of America
Secretary - LaVondra Farquharson - CMPD

Class of 2014:
Meredith Berry - SCOR
Patricia Burns - TIAA-CREF
Bob Fitzula - Ernst & Young
Anna Hollifield - Bank of America
Katie Kaney - Carolinas Health Care
Amy Keister - Compass Group
Tim Klund - FBI, retired
Estella Patterson - CMPD
Randall Willie - Mitchell Community College

You Answered the Call!

Thank you for the tremendous response to our non-event *Feed the Need*. Due to your generous response we netted as much from our nonevent as we did from the actual event last year! Staff was able to place their focus on implementing the new Client Choice program, opening a new pantry, and serving clients. Thank you!

