

FOOD IS FAMILY.

Families need food for today and hope for tomorrow. With nutritious meals to help them thrive, Second Harvest Food Bank is feeding **inspiration, change, achievement, health** — & families facing hunger. ThisIsFood.FeedHopeNow.org



FEEDING HOPE



food for today,
hope for tomorrow



Food for today and hope for tomorrow.

One in seven of our neighbors faces hunger due to a root cause like lack of affordable housing, education, or working a low-wage job.

Second Harvest distributes food through 500+ partner organizations and into the hands of kids, families, and seniors when they need it most. With the nutritious food they need, our neighbors, like Annette, can focus on training for a better job, finding stable housing, and raising healthy kids.

"You give me the peace of mind to be able to go home and feed my family today and for days to come," says Annette.





FOOD IS LEARNING.

Hunger impacts a student's success at school. By providing the healthy, nutritious meals kids need to thrive, Second Harvest Food Bank is feeding **inspiration, change, achievement, health** — & families facing hunger. ThisIsFood.FeedHopeNow.org



THRIVE

Kids can't learn on an empty stomach.

Rumbly tummies and headaches make it hard to concentrate on math lessons.

One in five Central Florida kids is at risk of going to bed hungry tonight. Hunger can impact their success today and derail their long-term growth and potential.

Second Harvest provides kid-friendly meals after school and during summer break to kids like Zach who rely on a safe, welcoming place and food to fuel their day.

"I can come by, eat with my friends, play basketball and do homework. I like all the food, especially when we have bananas for snack."





FOOD IS SUCCESS.

A foundation for a better future. Through life-changing training programs, Second Harvest Food Bank is feeding **inspiration, change, achievement, health — & families facing hunger.** ThisIsFood.FeedHopeNow.org



ACHIEVEMENT



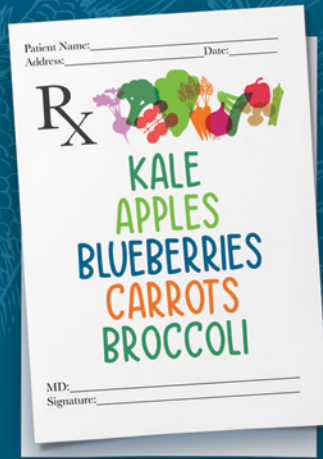
Food is transformational.

"The day I was introduced to Second Harvest and its Culinary Training Program was one of the greatest days of my life," recalls Kenny.

For 16 weeks, he soaked up the hands-on experiences, life skills education and food services training.

After graduation, Kenny went to work at a local country club, honing his skills. His spirit of determination led him to pursue and achieve his ultimate dream of owning and running his own catering business. Today, he serves large-scale events, prepares meals as a private chef, and mentors up-and-coming cooks.

Most importantly, he is proud to be an example for his family.



FOOD IS MEDICINE.

The health of our community matters. By improving access to fresh food and nutrition education, Second Harvest Food Bank is feeding **inspiration, change, achievement, health — & families facing hunger.** ThisIsFood.FeedHopeNow.org

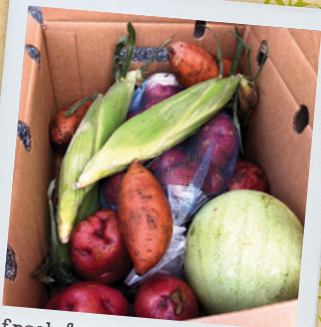


HEALTH

Food is directly related to health and well-being.

Families trying to stretch a limited budget often remove fresh, healthy items from their shopping carts replacing it with calorie-dense and nutritionally-deficient food. This approach might keep the pantry stocked, but it can lead to chronic, diet-related diseases.

Second Harvest helps increase access to produce, lean meats, and dairy products to provide well-rounded meals.



fresh & nutritious foods



better diet, better health

Second Harvest
FOOD BANK
OF CENTRAL FLORIDA



FOOD IS CHANGE.

Positive change begins by taking action. With volunteers, event supporters and generous donors, Second Harvest Food Bank is feeding **inspiration, change, achievement, health** — & families facing hunger. ThisIsFood.FeedHopeNow.org



INSPIRATION



no idea is too small



every action makes
a difference

Positive change begins by taking action.

Daniel volunteered to sort food donations with his family at Second Harvest. Afterward, he was inspired to find more ways to help others.

He created a "Cans Over Candy" food drive to collect nonperishable food while his friends were trick or treating. He designed a flyer and delivered it to his neighbors a few days before Halloween.

Four years later, Daniel's Halloween food drive continues to grow and nourish his community.

"There are many ways to help people have food on the table," says Daniel. "No idea is too small or too big. Every action makes a difference."

Learn more:
ThisIsFood.FeedHopeNow.org

