

# together

FALL 2024



In these challenging times, you are reaching neighbors in need with nourishment, relief, and hope.



# Food for Thought

Food is much more than nourishment. It's a source of relief, healing, comfort, and hope. It brings people *together*.

This is especially true here in Southern Nevada. The need for food across the valley has fostered collaboration between Three Square Food Bank staff, our many agency partners, dedicated volunteers, and compassionate friends like you — all working together to ensure that no one in our community goes hungry.

In this newsletter, you will meet some of the incredible people who make this mission possible. There's David, a Trader Joe's manager whose store partners with our retail rescue program to bring wholesome food to people facing hunger. I also want to introduce Bill and Suzanne, a caring couple who volunteer in Three Square's community kitchen almost every week!

You can also learn about Cindy, featured on the cover alongside her daughter, Lindsey. Cindy's organization, Lighthouse Charities, relies on Three Square to help serve immigrants and refugees in need with vital food and services.

I hope you'll take a moment to read this issue of **together**. If you are able, please continue your strong support by sending a special gift today. With the persistently high costs of food and transportation, the need right now is tremendous. Your contribution, no matter the amount, is a big help and greatly appreciated.

**Thanks again for your amazing support and for your commitment to a hunger-free community!**

Gratefully,

Beth Martino  
President & CEO

*Thank you for helping to ensure our vulnerable neighbors receive the nourishing food they need today and every day!*

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## OUR MISSION

The mission of Three Square Food Bank is to provide wholesome food to hungry people, while passionately pursuing a hunger-free community. Our vision is simple: No one in our community should be hungry. By bringing together the resources, experience and passion of the people and businesses of Southern Nevada, we can make sure no one has to. Together, we can feed everyone.

*Three Square Food Bank is registered with the Secretary of State and qualified by the Internal Revenue Service as a 501 (c)(3) nonprofit organization, and a member of Feeding America. Established in 2007, Three Square is Southern Nevada's only food bank and the area's largest hunger-relief organization. Your charitable contribution to Three Square is tax-deductible to the extent allowed by law.*



## Rescuing Food at Trader Joe's

David Perez has been with Trader Joe's for 11 years and is currently the general manager (aka the Captain) of a Las Vegas store. Part of what drew him to the popular grocery chain is his desire to make an impact in the community. And what an incredible impact David and his team are making!

In partnership with our retail rescue program, their store is sourcing food that may otherwise go to waste — quality food that is making its

# The Food You Help Provide is *“Like a Warm Blanket of Love”*



Cindy Trussel has a special place in her heart for underserved populations in Southern Nevada. Having immigrated to America with her family when she was 12 years old, she knows firsthand what it's like to start a new life from scratch. So, it's no wonder that in adulthood she founded

Lighthouse Charities, a nonprofit dedicated to helping immigrants and refugees begin a journey toward self-sufficiency. Additionally, Cindy is creating a legacy of giving, working alongside her daughter, Lindsey (pictured on the cover), to further their mission.

*“There are thousands coming to our community every year, the majority of whom are women,”* Cindy says. *“They don't know how to access services here in the Valley, mainly because of cultural differences, language barriers, and lack of education.”*

At Lighthouse Charities, these newcomers receive help through a variety of services, including English as a Second Language (ESL) classes and education, assistance with resumes and employment, access to housing and transportation services — and basic needs like food. That's where you and Three Square Food Bank come in.

Thanks to the support of friends like you, Lighthouse Charities is on the receiving end of our food rescue efforts alongside other programs, which regularly supply them with wholesome food donated by local grocery/retail stores. Cindy is deeply grateful because she understands how critical the food is for the people she serves.

*“This food provides so much security,”* she says. *“It's like a warm blanket of love for families in need.”*

*Thank you for standing with partners like Cindy to reach our most vulnerable neighbors with nourishing food!*

way to the tables of people in need. With nutrition top of mind these days, David says the partnership is a perfect fit.

*“In general, our food is typically going to be more healthy for you,”* he says. *“We limit our preservatives and have the best, freshest foods.”*

Because these wholesome foods have a shorter shelf life, a Three Square truck visits the store daily for collection. The food is promptly delivered to local nonprofits and partner agencies (such as Lighthouse

Charities, featured above on page 3) for immediate distribution to the community. **“Everybody wins,”** David says.

This Trader Joe's is one of more than 190 grocery/retail stores currently partnering with Three Square. Last year, these partners **helped rescue over 14 million pounds of food** for people facing hunger.



## Need Food?

If you or someone you know is in need of help with food, please call **702-765-4030** or email **[snap@threesquare.org](mailto:snap@threesquare.org)**.



# Hope Renewed Amid Impossible Choices

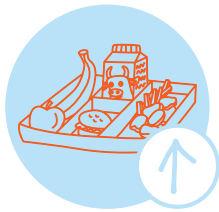
A recent Forbes article revealed that 78% of Americans are living paycheck to paycheck. In these challenging times, some choices aren't really choices at all. Consider an unexpected car repair. For those living on the edge of poverty, such an event can jeopardize a family's ability to buy food. *Do we fix the car to get to work? Or do we feed our kids and go without transportation?* There are no right answers.

Given the rise in food insecurity across Southern Nevada, it's more important than ever that our volunteers, community partners, and caring supporters like you continue to be a powerful force in pursuit of a hunger-free community.

*As the need increases, so has our help to the community*



Pounds Distributed  
**Up 6 million pounds**



Kids Cafe  
**Increased by 56,662 Meals**



Community Meals for Seniors  
**Jumped by 20,329 Meals**

**Thank you for your part in meeting this challenge and bringing hope to our hungry neighbors!**

## Food ... *The Perfect Gift*

The holidays are fast approaching. As we prepare to celebrate with our loved ones, we want to ensure everyone in our community can experience the comfort and joy of a warm meal at the table.

**You can give them the perfect gift ... food.**

**Every \$1 Provides 3 Wholesome meals!**

Please give generously and help make the season bright for our neighbors in need!

## Meet Bill and Suzanne, *Dedicated Volunteers*



In 2015, Bill and Suzanne left their home state of Vermont and retired in Las Vegas. They enjoyed having more free time, but Suzanne says, *"You can only gamble and play golf so much."* So, she started looking for more meaningful activities. That led the couple to begin volunteering at Three Square.

They started by supporting children's programs. After the pandemic, Bill and Suzanne switched to the senior meals program — a change that gave them a lot of personal satisfaction. *"I feel especially good about working on senior meals because they're often an overlooked and neglected part of society,"* Bill says.

Suzanne adds, *"When we put together the senior meals, we take pride in knowing the staff ensures the meals are nutritious and hearty ... like something we'd eat ourselves."*

Amazingly, they volunteer three mornings a week, plus special events. That's a lot, but they are grateful for the opportunity because, *"Three Square keeps us active. We've been here long enough that we really feel a part of the team and especially enjoy the kitchen staff."*

For all these reasons, Suzanne heartily recommends volunteering at Three Square. *"Every day is a new experience,"* she says. *"The programs are so worthwhile. You work hard but have fun. We enjoy meeting and talking with other volunteers and feel very appreciated."*

*To learn more about volunteering, visit [threesquare.org](http://threesquare.org) / Volunteer.*

