

WINTER 2020

# together



## Combatting Hunger on College Campuses

Three Square Food Bank is proud to announce our partnership with the College of Southern Nevada (CSN) to operate 'Coyote Cupboard' food pantries at three of their Southern Nevada campuses.

CSN received a \$300,000 grant from the University of Nevada Cooperative Extension and a grant from Governor Steve Sisolak's office to open the new Coyote Cupboards. The pantries are available to all current CSN students and employees. They can visit as needed to pick up non-perishable food items and personal hygiene products. Three Square jointly operates all three pantries with CSN's student government body, the Associated Students of the College of Southern Nevada (ASCSN).

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*It should come as no surprise that many college students wonder where they will get their next meal. Three Square is reaching them through a new partnership at three local college campuses.*

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together, we can feed everyone



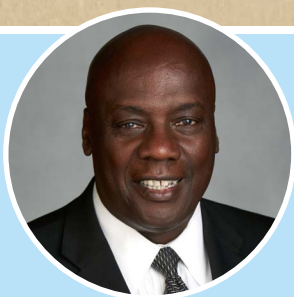
4190 N. Pecos Rd.  
Las Vegas, NV 89115  
702 644-3663  
threesquare.org



### 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.*



*"Food insecurity is the top non-academic issue facing our students. This collaborative initiative goes a long way toward meeting this need, and will benefit students for years into the future."*

— Frank Woodbeck, CSN Executive Director of Grants and Special Projects, and Three Square Board Chair



## Food for Thought



*... Friends like you are the true heroes in the fight against hunger.*

You know what I love best about my role here at Three Square Food Bank? It's meeting incredible people throughout Southern Nevada who are as passionately committed to ending hunger as I am.

It's even more humbling when I meet children and teenagers who saw the need in our community, and stepped up to do something about it. Kids like Becca, who decided at age 10 to start a food pantry in her local community center (story on page 3) and worked for one and a half years to make it happen. This past July, Mother Hubbard's Cupboard Food Pantry celebrated 5 years of helping to feed our hungry neighbors!

Or Vivi, who decided 5 years ago to start collecting money in a jar, waiting till it was full, and then donating it to Three Square to help others. She continues to raise money for Three Square each year, and you can read more about how you can join Vivi in her mission to fill her jar on the back page.

I'm also excited to announce the launch of our three new food pantries on the College of Southern Nevada (CSN) campuses. National surveys have shown that more than one-third of college students are food insecure, which can be an obstacle to completing their education. Nearly half of CSN students surveyed last year reported that they were unable to afford to eat balanced meals "often" or "sometimes." So thank you for helping struggling students to ensure they get the food they need to study and succeed.

**Friends like you are the true heroes in the fight against hunger. You inspire the next generation to help, and are making our community stronger and healthier one meal at a time. Thank you for your kindness and compassion to help those who need it most.**

Gratefully,

Brian Burton  
President and CEO

## »»» Combatting Hunger on College Campuses

College students are an often-overlooked segment of the population when it comes to food insecurity. A recent campus survey found that nearly half of the student population at CSN were financially unable to purchase food on a consistent basis. Another third of students indicated that they or other adults in their household skipped or scrimped on meals because there was limited food to go around.

These new Coyote Cupboards aim to address food insecurity among college students by providing grab-and-go items like snack bars and instant noodles for a meal option between classes as well as bags of groceries filled with more substantial food items for dinner.

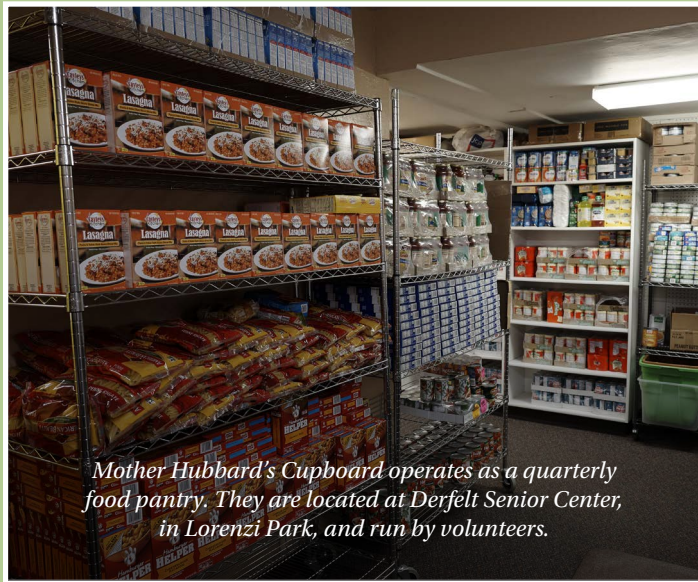
***"The number of CSN students who experience hunger is far too high."***

# You're never too young to *make a difference* .....

Becca Richardson is not your typical 16-year-old. When she was 10 years old, a volunteer opportunity with her parents changed her life when Becca saw firsthand the hunger in our community.

Her mother, Stephanie, says, *"We went to volunteer at the Las Vegas Rescue Mission, and Becca said to me, 'We need to do something to make a difference.' We narrowed it down to trying to start a food pantry. Three Square was very instrumental to help us get started. It took us a year-and-a-half to get Mother Hubbard's Cupboard Pantry open."*

Becca learned how to write a grant for support, which led to her current position on the board of a program that helps local youth fund their ideas to benefit the community. She also learned how to budget and determine what foods were needed most.



*"We're not just a food pantry ... we are a family here," Becca says. "And Three Square is definitely a part of our family. We wouldn't be here without you! You've been there every step of the way. Always by my side, pushing the pantry and helping us."*

Becca and her team were excited to celebrate their 5<sup>th</sup> anniversary in July 2019. It has been a lot of work to keep things running smoothly, but Becca has seen firsthand how people in the neighborhood have come to rely on the food pantry.

*"It's definitely important to give back to the community. It gives you a special feeling ... there's nothing better. You touch one person's life, and they can pay it forward. You want that joy, happiness, and kindness to spread throughout the community."*

Becca hopes that the work she has done will inspire other kids to make a difference too. She says, *"The sky's the limit. Whatever you put your mind to, you can do it!"*

## *mpuses* continued from page 1 .....

*"The grocery bags will be particularly beneficial to students with children or families to support,"* said Brian Akins, Director of Student Life and Leadership Development. *"This will help us lower the number of CSN students who experience hunger, which is far too high."*

The Coyote Cupboards are located in each of CSN's three new student unions and are open to any current CSN student or employee. Students

may come as often as necessary and do not have to prove that they need help. It is estimated that as many as 7,000 students — about 20 percent of CSN's student body — will access the pantries this school year. In addition, as many as 5,000 students are expected to access Fresh Food Farmer's Markets held at the pantries on alternating Fridays.

The goal of these pantries is to combat non-academic barriers — like hunger —

in order to help a greater number of students complete their college education.

**Hunger doesn't discriminate based on age, ethnicity or education. Thankfully, friends like you are joining together to fight it. Thank you for supporting these and other efforts to help feed those in our community who are struggling.**





## Figuring out how to *feed her* *family of five*

*Rocio discovered more than books at her local library ... she found a way to help feed her family!*

Rocio had been a frequent visitor at Sunrise Library when a conversation with someone at the front desk changed her life. She was given a flyer and told about a weekly mobile pantry held by Three Square Food Bank. It was as if a huge weight was suddenly lifted off her shoulders.

*"I have a big family — two children aged 11 and 8 — and there are five of us all together," Rocio says. "Groceries alone are not enough and are really expensive, so a little bit of help goes a long way."*

Rocio has visited the pantry several times when things are tight — she often brings her mother and sister along — and her entire family appreciates the help. She is most thankful for the fresh fruits and vegetables, which are often out of her budget. She is grateful that friends like you make the pantry available in their time of need.

*"This food is important because I have seen a lot of families that really struggle. I have close friends that sometimes don't even have beans or things to feed their kids. This is a lot of help, especially when there's no school and kids eat all*

*three meals at home, plus snacks between meals. It's harder for them in a big family."*

Though she is grateful, Rocio hopes her need for this extra assistance is temporary. She has fallen on tough times recently, and her current job is unable to pay enough to cover all her expenses. *"I wasn't always in this situation ... I used to have a better job and I used to give, instead of right now being in this situation. Sometimes you have a really, really good job, but sometimes you're struggling."*

She says with a smile, ***"Thank you very much for everything you do and give us when we need it. This helps a lot."***

Many people are surprised to learn that a majority of the people we serve come from working households. As hours are cut or static wages can't keep up with living costs, many of our working neighbors struggle to put food on the table. **Thank you for looking past the circumstances to see the person in need, and giving generously to ensure no one has to go hungry!**

## *Vivi knows...* thousands of meals can fit into one jar!

When Vivi was 5 years old she came with her parents to volunteer at Three Square. She learned that children just like her were going hungry, and decided to do something about it!

Vivi wanted to raise money for Three Square so hungry children could "eat and eat and eat." She started with a mason jar and asked friends and family to help — raising \$250 that first year to provide 750 meals to neighbors in need.

Today, at age 10, Vivi still asks friends like you to help "fill the jar" to fight hunger. And since just \$1 provides three meals, think of how far your dollars can go to help feed hungry children, seniors and families here in Southern Nevada!

**Please make a gift today at [threesquare.org/donate](https://threesquare.org/donate) to help Vivi fill her jar so others can "eat and eat and eat." Thank you.**

