

together

WINTER 2024



three square™

together, we can feed everyone

MEMBER OF
**FEEDING
AMERICA**



INSIDE:

Volunteers share their stories, providing a glimpse into the lives you're reaching with nourishing food.



three square™

together, we can feed everyone

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



Food for Thought

Here at Three Square Food Bank, we are fortunate to have an amazing group of volunteers who are wholly committed to our mission of pursuing a hunger-free community.

Among them are individuals, families, youth, seniors, businesses, church groups, and others. They are key to maximizing your generous support to help the most people possible.

In this issue, you will hear from a number of these selfless volunteers who have a unique perspective on the inner-workings of Three Square and the impact you are making in the lives of our neighbors experiencing hunger.

These are people like McKenna (see below), a volunteer turned intern who has been integral to our Senior Hunger Program. You'll also meet Bernard (page 3), who has a strong desire to help others. He says, *"I just love to give and volunteering is part of my routine now — like breathing."*

Then there's Lindsey (page 4), who is teaching her children the importance of giving back through volunteerism.

I encourage you to spend a few minutes reading their stories, and maybe reflecting on your own Three Square story. Together, we hope to create more of these stories in the year ahead.

Thank you for your friendship, your generosity, and for all you do to reach our hungry neighbors with healthy, wholesome food!

Gratefully,

Beth Martino
President & CEO

One in six children lives in a food-insecure household.

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.

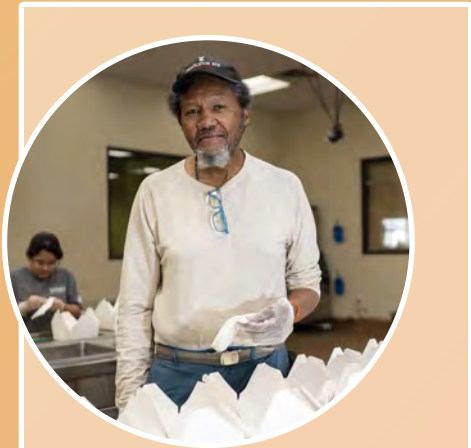
Three Square Food Bank is registered with the Secretary of State and qualified by the Internal Revenue Service as a 501 (c)(3) nonprofit organization, and a member of Feeding America. Established in 2007, Three Square is Southern Nevada's only food bank and the area's largest hunger-relief organization.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



Much More Than Meals

McKenna recently graduated from UNLV with a degree in public health, and one of her program's requirements was to complete an internship. Having volunteered at Three Square previously and knowing our impact on the community, she was happy to intern with us for our Senior Hunger Program.

Every Monday and Tuesday, McKenna would help give out nourishing meals to seniors who are 60 and up. And while it



"I'm humbled and blessed."

Bernard is retired but keeps quite busy as a volunteer at Three Square Food Bank. Inspired by the memory of his mother, who instilled in him a strong desire to help others, he's been serving here for seven years and now comes in twice a week, eager to help any way he can.

"I do whatever they want me to," Bernard says. "I just love to give and volunteering is part of my routine now — like breathing."

Bernard says it's clear that many people in the community are struggling and need help. *"I've seen kids with the food boxes we do," he says. "And I know in my heart it's probably the best meal these kids will get. I'm humbled and blessed to be able to help."*

was rewarding enough to know these neighbors were being fed, she could tell the help they received meant more to them than just food.

"They come to you and tell you what they did over the weekend, or what their life story is, or what they're doing the next day," McKenna says. "Just simple things. But you can tell that it

Brother and Sister Team Up to Do Good

Aubrey and MJ are siblings who share an affinity for basketball and math. But that's not all the youngsters have in common; they also love volunteering here at Three Square. Aubrey fills backpacks and grocery bags with nourishing foods to help people facing hunger, while MJ spends most of his time in the kitchen, helping make meals for kids and seniors.

"In the beginning, I volunteered because of my dad," Aubrey says. "But then I started seeing what they do to help people and it feels good to do good." MJ agrees. "I just like to help people and feed people in need of food," he says.

This dynamic duo is making an incredible impact and wants you to know that when you volunteer, someone in need will have food and not go hungry.



brings so much joy to them. It's so gratifying to hear their stories."

McKenna encourages all to consider volunteering. *"I'd say if you have the time, totally do it. There are so many areas that you can help out with and so many different ages of people you can impact."*



"I see Three Square as a lifeline."

Lucille has been volunteering with Three Square for over 15 years and has a special place in her heart for people experiencing hunger, especially children. These days, she serves regularly in our Kids Cafe where she helps pack, date stamp, and load lunches for delivery to various sites.

Over the years, Lucille has seen many changes — most notably the tremendous increase in the number of meals distributed daily. And for her, this underscores the important impact Three Square and generous friends like you are making in Las Vegas and the surrounding areas.

"I see Three Square as a lifeline for those who need help to feed their families," she says. "I only wish there was a way to make more people aware of the need and amount of hunger around us."

Want to learn more about the need Lucille is referring to? Come take a tour at the food bank.

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



There's No Feeling Like Volunteering

When Tom heard about the need for help in our call center, his ears perked up. Having just retired, he was looking for something meaningful to do to keep himself busy. And given his 20 years of experience working in the call center of a large entertainment company, this felt like a perfect fit.

"I like to help people," Tom says. *"So, I've been volunteering at Three Square pretty much two days a week since 2021. I answer calls from people who are looking for food aid in their area and try to guide them to the closest food pantry or food distribution area. And the accomplishment I feel at the end of the day — there's no feeling like it."*

Three Square volunteers pack around 4,000 bags every week for our Backpack for Kids Program.



Giving Food, Giving Back

For longtime volunteer Lindsey, working with our Backpack for Kids program has been a wonderful way to help families facing hunger while also instilling in her children the importance of giving back to their community. In fact, when her oldest daughter turned 10, they held a birthday party at Three Square and invited all of her friends to come help fill food backpacks.

"One of the things that's really been important to me and my family is the opportunity to introduce others who may not be familiar with charities we love," Lindsey says. *"In our community, there is no one who serves or fulfills the mission of feeding people better than Three Square does. I think that it's a vital, necessary piece to make our community work."*

Help Fill Vivi's Jar

Nine years ago, 5-year-old Vivi was saddened to learn about the hungry kids in her community. So, with a mason jar in hand, she set out to collect donations and raised enough money for Three Square to provide 750 meals. That was just the beginning.

Since then, Vivi has inspired more and more people to help her make sure every child in her community has enough food. As a result, she has filled countless jars equating to millions of nourishing meals for kids facing hunger.



"Give today so hungry kids can eat and eat and eat!"
— Vivi



Make a difference. Make every moment count.

If you're interested in volunteering with us, visit threesquare.org/volunteer or call 702 644-3663 x 389 for more information.



You can help fill Vivi's jar with a special gift today. Every \$1 can provide 3 meals, so please give generously!