

FULL-TIME MOM AT 28 ...
FAILED MARRIAGE AT 34 ...
HUNGRY NOW.

Recently divorced, Amelia can't make enough waiting tables at the local restaurant to cover her rent and utilities and buy food for herself and her children. She desperately needs the additional help provided by The Food Depot and her local food pantry to feed her family.

MANAGING AT 18 ...
SICK CHILD AT 21 ...
HUNGRY NOW.

Nathaniel and Veronica's baby was born with serious health issues, and with the medical bills, money is tight. The free diapers they receive from The Food Depot make all the difference in their budget, freeing up income for food and other necessities.

CONTRACTOR AT 45 ...
SLOW ECONOMY AT 52 ...
HUNGRY NOW.

When he has a construction contract, Orlando works full-time. In a slow economy, however, contracts are inconsistent. Orlando makes less than \$16,000 a year, not enough to cover his expenses. Too often, he wonders where his next meal is coming from. The Food Depot's help makes it possible for Orlando to eat until his paycheck arrives.

JOIN US IN OUR MISSION TO END HUNGER

DONATE

Every donation provides meals to children, seniors, and families in need. You can make a financial contribution, organize a food drive, or partner with us as a product donor. Out of every dollar you contribute, 91¢ goes directly toward feeding people. Every dollar you donate provides four meals to those in need.

ADVOCATE

In a country that wastes half of the food we produce, how can we tolerate hunger? Your voice can make a difference. Contact your elected officials. Invite a Food Depot Community Advocate to speak at your business, religious organization, or social group. Spread the word about our efforts to end hunger in Northern New Mexico.

VOLUNTEER

Your time and talents make a difference. Volunteer to help in our warehouse or with professional or clerical services. You can sort produce and other donated food, repackage bread and dry goods, or help with special events. Do you have a unique skill? Ask about our special projects.



CONTACT US
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HUNGER IN NEW MEXICO HAS MANY FACES

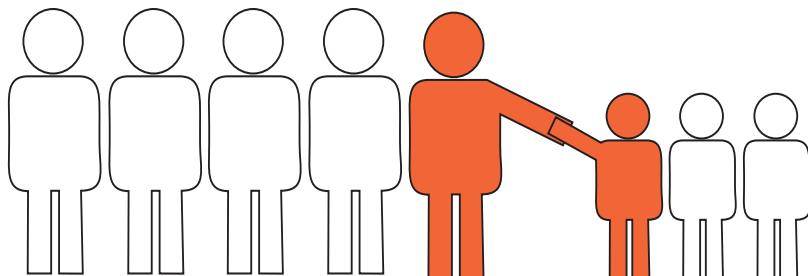


**CREATING HEALTHY, HUNGER-FREE COMMUNITIES
IN NORTHERN NEW MEXICO**

www.thefooddepot.org



HUNGER IS CLOSER THAN YOU THINK



Hunger in New Mexico is often hidden, but it affects **one of every five people in our state**. And one of every three children in our state suffers from hunger. Hunger is a growing crisis in New Mexico.

- Hunger causes children lasting harm. Without enough to eat, children experience developmental delays and can have a tough time learning.
- Hunger affects even those who have jobs. Over 50% of hungry families have at least one employed adult.
- Hunger makes our seniors physically vulnerable, at higher risk for depression and disease.

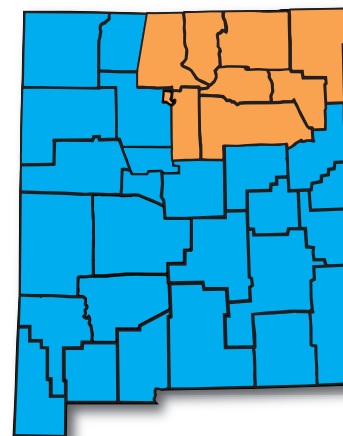
For those who struggle with hunger, the effects are far-reaching and often difficult to see. Hunger has an immediate impact on basic health, causing problems such as weight loss, fatigue, and headaches. It exacerbates chronic and acute diseases and speeds the onset of degenerative diseases.

Providing food to individuals who are hungry positively impacts their capacity to be contributing members of society.

THE FOOD DEPOT IS NORTHERN NEW MEXICO'S FOOD BANK

The Food Depot is committed to ending hunger in Northern New Mexico. As part of *Feeding America* and the *New Mexico Association of Food Banks*, The Food Depot partners locally with more than 145 nonprofit agencies to feed children, seniors, and families in need.

Local partners include food pantries, meal programs, shelters for battered families and the homeless, youth programs, and senior centers. The Food Depot serves as the food bank for these agencies, allowing them to focus on their primary missions such as providing hot meals, sheltering families, and teaching life skills to youth.



COLFAX
HARDING
LOS ALAMOS
MORA
RIO ARRIBA
SAN MIGUEL
SANTA FE
TAOS
UNION

The Food Depot provides food to those in need through its partner agencies in **nine Northern New Mexico counties**—many of them in remote areas with high rates of poverty.

In The Food Depot's service area, over 70,000 people seek emergency food assistance each quarter. That's the equivalent of the entire population of the City of Santa Fe.

SERVING THE MOST VULNERABLE IN NORTHERN NEW MEXICO

The Food Depot serves those who do not have sufficient income to meet basic needs. Even with a working adult in the family, many face difficult choices every day, forced to choose between buying food or medicine or paying their utility bills.



Of the households The Food Depot serves through its partner agencies, 89% have an income of less than \$20,000 per year, and 53% have at least one working adult in the family.

The Food Depot accepts food and financial donations—from both individuals and businesses—such as grocery stores, growers, and small manufacturers—and then distributes the food through its partner agencies. The food bank provides more than 430,000 meals per month to people in need.

\$1 = Four Meals



Food banking is highly efficient—when you give to The Food Depot, every dollar you donate feeds four people. Of every dollar donated, 91¢ goes directly toward feeding people in need.