

“WE’RE ALL IN THIS TOGETHER”



“This gives me insurance that I’ve got a meal every day.”

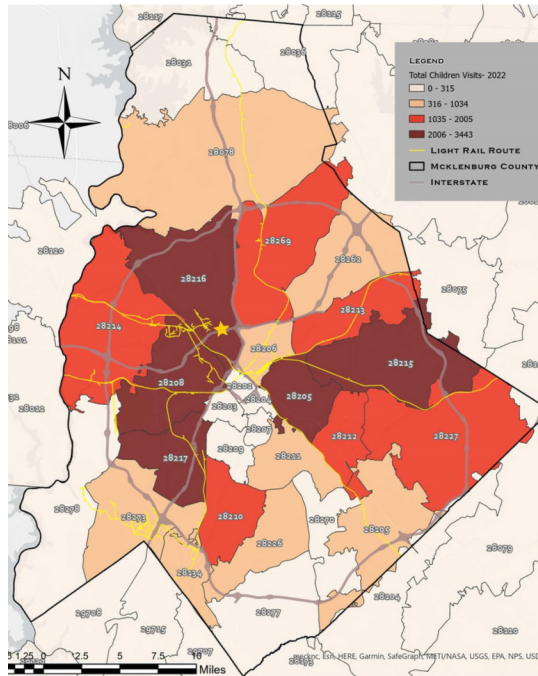
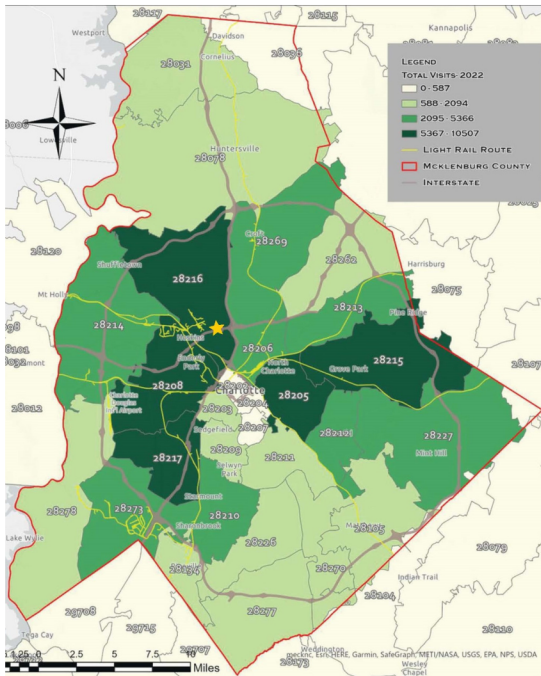
Larry shared a heartwarming memory of how he discovered **Loaves & Fishes/Friendship Trays** nearly 13 years ago. He saw a volunteer delivering a meal in his neighborhood and asked, “What have you got there?” The man replied, “Well, this is Friendship Trays and we deliver food to people who need a little extra help.” The volunteer asked what Larry’s situation was and assured him that he would qualify for the program. Shortly after, Larry began receiving five nutritious meals every week from Loaves & Fishes/Friendship Trays.

“It’s been a life changer; I don’t worry about food anymore. It makes me wonder what I ever did without it.” Before receiving these meals, Larry explained that he was ordering a lot of unhealthy food and his doctor advised against it. Larry says the prepared meals have been a godsend, especially because they are a healthier option for him.

Aside from the meals, Larry explains “The thing that means the most to me is that you all are helping those in need.” Larry was proud to share how he has prioritized helping others his entire life and that he never thought needing extra help would ever apply to him. “It’s the thing behind [Loaves & Fishes/Friendship Trays], at the bottom of it, we’re all in this together.”

PROVIDING GROCERIES, MEALS, AND HOPE

It Might Surprise You to Know Where the Hungry Live in Our Community



Using our grocery client data, these heat maps show the number of adults (left map) and children (right map) we fed in 2022 and where they live according to zip code. The darker the color, the more hungry neighbors that live in that zip code.

Many thanks to the UNC Charlotte Geography Department for analyzing and mapping the data so we can see how best to serve our neighbors in need.

For a deeper dive into the data visit loavesandfishes.org.

So Much More Than A Meal

As the primary Meals on Wheels program for Mecklenburg Co., Loaves & Fishes/Friendship Trays provides meals for over 450 neighbors each weekday. National research shows that receiving healthy meals reduces health care costs, social isolation and loneliness, while increasing food security, improved diet, nutrition and the ability to age in place.

82% of our neighbors report eating healthier and 79% feel their overall health has improved due to the meals they receive from Loaves & Fishes/Friendship Trays.



Spread Joy - Feed a Family!

You can help nourish our neighbors with food and compassion by providing nutritious groceries, healthy meals and hope this holiday season. Donate food, funds or volunteer your time to help a neighbor in need. Visit loavesandfishes.org today.

3 EASY WAYS TO GIVE

ENVELOPE

check or cash



TEXT

text STOPHUNGER to 44321



ONLINE

visit loavesandfishes.org



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