



# GIVING THANKS

Second Harvest Food Bank of Metrolina  
500-B Spratt Street, Charlotte, NC 28206 | 704.376.1785

SPRING | 2026

## WITHOUT YOU, THEY WOULDN'T HAVE ANY FOOD IN THE HOUSE

Dwayne is in a tough situation. He was declared legally blind last June, but still needs to work to pay the rent and bills. After that, there's not much left for food. But he and his wife work hard to make ends meet.

Dwayne came down with a very rare eye disease, "I got arthritis in the back of my eyes. I've never heard of that before. There's only about 500 people in the country who have it," he said. That combined with glaucoma, has nearly taken his eyesight away.

For years Dwayne was a yarn loader in an area furniture factory. He would load and unload yarn spools into creels, threading the yarn through the machine's tension device. Of course, when you're blind, it's impossible to accurately inspect yarn packages for defects. So, Dwayne lost his job at the factory.

Fortunately, he got a job at Walmart as a cart pusher. He makes sure the carts in the parking lot are gathered and put in place inside the store area. Dwayne could have relied on disability benefits, but he chose to work. At Walmart, he found the right environment to put his abilities to good use and make a valuable contribution.

Even so, his hours have been cut back so he doesn't make enough money to buy much food. But thanks to generous folks like you, every week Dwayne and his wife are able to get a daily hot lunch and groceries at our agency partner, the Hickory Soup Kitchen.

When asked what they would do without the pantry, Dwayne said, "We would have no food in the house." That's how important your support of Second Harvest Food Bank of Metrolina is to folks like Dwayne and his wife. It means everything. So, thank you for helping where it counts the most!



We would have no food in the house

SECOND  
HARVEST  
FOOD BANK  
OF METROLINA

Together We CAN End Hunger

## SAVE THE DATE

EMPTY BOWLS  
PRESENTED BY FOOD  
LION FEEDS  
FRIDAY, APRIL 24TH

LETTER CARRIERS  
STAMP OUT HUNGER FOOD DRIVE  
SATURDAY, MAY 9TH

CHEF'S BEST  
PRESENTED BY HARRIS  
TEETER & THE CRVA  
FRIDAY, AUGUST 21ST

HOST A FOOD OR FUND  
DRIVE DURING THE SPRING/  
SUMMER MONTHS.



FOR EACH \$1 DONATED, SECOND  
HARVEST CAN DISTRIBUTE 7LBS  
OF NUTRITIOUS FOOD.

## A MESSAGE FROM OUR CEO

Every day, no matter where we are, no matter what county, no matter what kind of agency – people are struggling. This creates a situation where more people are asking for help.

In general, food prices have remained stubbornly high. So for us, that not only impacts the people that we serve who are struggling to afford groceries, but we purchase some of our food, so it affects us too. That adds to our challenges, always trying to get enough fresh nutritious food. You always want to provide as much produce, meat, and dairy as you possibly can.

It's been more challenging with some of the government changes as well. We lost some of our USDA Food and our USDA funding and that put us in a position of having less food. USDA cuts represent about 20% of our food supply, so that's definitely been a problem, and we've been severely impacted by it.

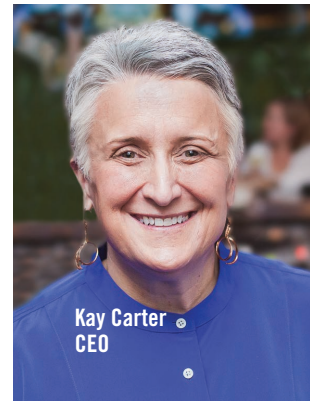
We're just in a really tough place. And we need everybody to remember to do what they can and understand that even a little bit helps. Every donation matters, every dollar matters.

I'm a big fan of Mother Teresa, and one of my favorite quotes by her is, "If you can't feed 100 people, feed just one." That's a very impactful message. Maybe you can only do a little bit, but a little bit matters to that one person you're helping.

Thank you for your continued support when it matters most.

Sincerely,

Kay Carter, CEO



## YOU'VE GOT TO HAVE SOMETHING TO EAT

When asked what brought him to the Hickory Soup Kitchen and Food Pantry, Karl didn't hesitate, "Food!" he confessed. "Things are very tight at home," Karl said. "Especially when it comes to food."

Karl suffers from a bad heart, neuropathy, and a combination of other issues. Needless to say, Karl is in a critical situation when it comes to his health and his finances.

He's been on disability since 2008 and struggles to make ends meet. He said the worst part about living with poor health and disability is "Not being able to eat. You've got to have something to eat," he said.

Karl worked the third shift for Home Depot for his last five years of employment. That's until his body gave out on him. Ever since, it's been a battle just to get enough food to survive.

If it wasn't for generous folks like you who make sure food can be given away to individuals like Karl, a lot of people would be in big trouble.

Thank you for all you do to make sure people like Karl are able to get the groceries they desperately need. You're affecting people in a big way, and that means a lot to them.



## THEY DON'T UNDERSTAND WHY I'M STILL ALIVE

Mark contracted a severe case of colon cancer. It was so bad, the cancer drove him to be disabled. "My surgeon said, "My white blood cell count was climbing at such a rate that it would have killed me." Thankfully, he was persistent enough to keep getting help (three times) before it was too late.

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Mark's a survivor. "I not only beat it, but I've puzzled the doctors," he said. "They don't understand why I'm still alive. Well, they don't understand Jesus as Lord. The only thing I asked for while I was going through cancer was just prayer."

Being disabled critically limits Mark's income. And, he takes some expensive prescriptions as well, and now, he said, "I'm two months behind on my bills. So, I'm struggling a little bit money wise."

There are times when his money gets so tight that he has to choose between paying his bills or buying food. Even so, "I've got to make the house payment. That's a must," he admits.

Without your generosity, Mark would be in a serious situation, not having enough food to sustain him. To fill in the gaps, Mark gets nutritious food that meets his strict diet from our pantry partner, Dallas High Shoals Christian Ministry.

He said the worst part of being disabled is, "I would rather be working. I know I'm 67 but I'd rather be working. I'm not a sit on the couch type of guy, and I liked it when I was working, I always had money and donated it to churches," he explains.

Thank you for your sacrifice so that good men like Mark have the food they desperately need to survive. You're a life saver!

# ANYBODY WHO CAN HELP SOMEONE ELSE IS AWESOME!

Reveer is happy when she's busy. "I love working. I absolutely had three jobs at one time. I just love working," she said. "And now it's very limited to what I can do."

Reveer was in a bad accident at work. "I was in a wreck back in '05 on the job, and it tore my back all to pieces. I've never been the same since," she explained. That's forced her to live on disability, something she doesn't want to do, but has no choice.

Ironically, she worked with disabled clients. Her "favorite type of work," she said. Unfortunately, the tables have turned where she is the one needing help.

"Things are pretty tight at home," she admits. "Pretty bad sometimes, living on disability, you've got to budget. You've got to get it right, because there's not a lot to budget there."

If it wasn't for kind people like you who give to Second Harvest Food Bank of Metrolina, Reveer said, "Things would be pretty bleak, pretty bleak."

"This helps fill in the gaps," she explains. I only get \$21 a month in food stamps. These groceries from Second Harvest mean a whole lot. Everything's a help, but this makes it work for me."

To those of you who sacrifice so folks like Reveer can eat, she said, "That's awesome. Just totally awesome. Anybody who can help someone else is awesome, good."

Being limited on food and other necessities is tough in her situation. But Reveer said the hardest part about being on disability is not being able to work. She just loves working.

Thank you for helping hardworking folks like Reveer, who can't work because of their disability. You're making a huge difference where it's needed most.



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## CONTACT US

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