

Giving selflessly and asking nothing in return:

YOU'RE THE KIND OF FRIEND OUR NEIGHBORS NEED!

Thanks to you and other caring friends in the Upper Valley, *Hunger Action Month* at the Haven was a huge success!

It's never been more important to spotlight the growing need we see for food services. You answered our call this *Hunger Action Month*, bringing welcome relief for hundreds of families in the Upper Valley facing the rapidly increasing cost of groceries, rent, and other expenses.

Every day, staff and volunteers at the Haven witness the relief that washes over your neighbors as they realize their families don't have to worry where their next meal will come from. *You provide more than just food—you comfort grateful families, foster a spirit of community, and turn feelings of uncertainty into security.*

We are so lucky to have you as a friend.



From the bottom of my heart, thank you.

Michael

Michael Redmond
Executive Director

HUNGER
ACTION
MONTH™

September
2022 RESULTS

With the cost of food rising at an alarming rate, your generosity as an Upper Valley Haven donor provides *life-changing* relief of food insecurity! Thank you for doing more to feed more of your neighbors in the Upper Valley!

69,093

pounds of food
donated

2,564

people served
at Food Shelf

2320

lunch box meals
provided

122

volunteers served
996 hours

YOUR GENEROSITY IS APPRECIATED MORE THAN EVER!

James, a long-time Food Shelf customer, has noticed a big increase in the number of people he sees at the Food Shelf during his visits.

"I've been coming here for about four years, and the Food Shelf is so much busier than it used to be," he says.

Thanks to your generosity, the Haven can keep up with the growing demand of neighbors like James who need help accessing free, nutritious food.



"I have seen the cost of living continue to rise while wages stay the same," James notes. "Sometimes I have to decide between gas and food. **The Haven has become vital for me and so many others in the community.**"

You provide a sense of relief and security when you support services like the Food Shelf.

Just take it from James. "It would be really hard to make it if it weren't for the Food Shelf and the Haven's services. I'm so grateful to everyone who makes this resource available to us!"

Your help is vital to people like James—thank you for being the neighbor they need!



FOOD | SHELTER | EDUCATION | PROBLEM SOLVING

Upper Valley Haven

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