

December 2018

Dear Friends,

Every time we turn on the news, read a headline, or check our posts and tweets, we are bombarded with messages of anger, deceit, betrayal, destruction, and tragedy. It is no wonder that rates of depression and anxiety are sky-rocketing to epidemic proportions, with the U.S. being the "most depressed country in the world." With the barrage of negativity, we can find ourselves stone-faced, wondering if there is any goodness left in this world.

Well, I can tell you, without a shadow of a doubt, that goodness is alive and well, and living in San Benito County. Goodness walks through the door of Community Food Bank every day in the shape of a bag full of tuna, rice and beans. Generosity shows up as a check in the mail with a smiley face in the memo line. Not to be outdone, faithfulness signs in to volunteer to help folks choose their groceries and kindness steps in to help them with their cart and load up their cars.

Collaboration shares recipes and food samples with customers while compassion orders toothbrush sets to include in every student backpack bag. Sharing drives up with food from farm and grocer abundance. Tenderness never misses a week to deliver food to those with mobility challenges. And to end the year, joy appears in the form of Santa and Mrs. Claus to bring smiles and candy canes to all.

Of you are growing weary of the negativity, change the channel. There is an abundance of goodness happening every day, all around you, right there on the street where you live. I personally and sincerely invite you to come down to Community FoodBank for a tour and a cup of coffee to experience it for yourself. A friend of the food bank who stopped by today to drop off a donation, summed it up best, "A great community takes care of its neighbors. And that's what we do here."

All of us at Community FoodBank wish you the very best of holidays in 2018.

Marisa