



October at Spirit of Wellness



Congratulations Olón Foodbank!

Celebrating two years providing food security to those who need it most!





Mary,

In October, Spirit of Wellness celebrated the two-year milestone of the Olón Foodbank serving our beloved community in Ecuador ensuring that every registered family receives essential food and hygiene supplies. Even those not officially registered as beneficiaries are never turned away as all who ask for help on distribution day receive a bag of staple items, reflecting our firm belief in leaving no family behind.

As we reflect on our journey, the numbers speak volumes about the impact we've collectively made: a staggering 2,114 bags of food distributed, totaling an impressive 30,000+ pounds of food. These efforts have translated into a remarkable 84,560 meals, demonstrating the profound effect of our small, yet mighty, all-volunteer foodbank on the well-being of our community members.

We extend our heartfelt gratitude to every single person who has contributed, volunteered, or supported us in any way during the past two years. Your generosity and kindness are the driving force behind our ability to make such a tangible difference in the lives of our neighbors.



Experience distribution day and meet some of the amazing volunteers and beneficiaries through this short video. (10 minutes.)

Local TV Personality, Fabian, Joins the Foodbank Family for a Day

The Olón Foodbank welcomed a special visitor, beloved local television personality, Fabian, who joined the dedicated volunteers while they sorted, packaged and delivered nourishing supplies to the families.

Fabian's visit not only shed light on the immense dedication of our hardworking team but also brought attention to some of the struggles experienced by the families.

By sharing our stories, we hope to foster awareness and understanding within our community, inspiring others to join in our mission.

We extend our heartfelt appreciation to Fabian for his genuine interest and support, and we look forward to further collaborations that will amplify our impact and spread hope for a world where no one goes hungry and where every individual can access the nourishment and care they deserve.



A Beacon of Hope and Community Support in Times of Need

At the foodbank, it's not just about filling stomachs; it's about lifting spirits and providing a safety net for those facing life's toughest challenges.

Last month, tragedy struck one of our local families when a father lost his life in a devastating construction accident. Left behind were a grieving mother and her young daughters suddenly confronting an uncertain future without their source of income. In the face of this profound loss, the community swiftly rallied, offering solace and a glimmer of hope.

The loving embrace of the foodbank ensures that this family will not go hungry during their time of grief. More than just sources of sustenance, foodbanks are pillars of strength, offering tangible symbols of community care and compassion.

Knowing they have a support system to lean on has provided Heira and her daughters with the hope and resilience needed to navigate the challenging times ahead.

At Spirit of Wellness, we stand committed to being more than just the operators of a local foodbank. We are a force that stands unwaveringly by the side of our neighbors in their times of need.

Become a Sponsor! Bring Hope! Act Now!



Mary,

Sometimes it's difficult to read about or listen to the daily news with all the negative that's happening in the world.

At Spirit of Wellness, knowing that we are making a real difference, one individual, one family, one community at a time, helps us know that there is good in the world and hope for a brighter future.

If you'd like to help us make a difference, become a Foodbank Sponsor ensuring that families

in need gain access to nutritious food as well as community support.

It takes less than \$10.00 a week for you (or your friends, sports team, or work group) to sponsor an entire family's supply of food staples, fresh produce, and hygiene products for an entire month.

A minimum monthly recurring donation of \$35.00 allows a pre-approved family, currently on the waitlist, to be invited to become a beneficiary family.

Together, we can make a difference in the lives of those who need it most by providing essential nourishment and lighting the flame of hope in the hearts of families facing hardship.

For more information, visit our [website](#).

I Will Make a Difference in the World!



Until next time, take care and remember, every act of kindness counts. No act is too small.



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