



Dear Supporter of Toco Hills Community Alliance,



Did you know that June 17th of every year is designated as "National Eat Your Vegetables Day?" ... Neither did I!



Most of us know that eating vegetables is good for us; and some of us even love or are learning to love eating our vegetables, which are important sources for vitamins, minerals, and other nutrients. A diet rich in vegetables and fruits can lower blood pressure, reduce risk

While frozen or canned vegetables are good, best for nutritional purposes (and taste, if you ask me), are fresh vegetables and fruits. However, the cost for fresh produce has risen nearly 8% in the last year, possibly rising 4-5% more this year. For our neighbors who have low income, this has put buying fresh produce out of reach, in a population that is already at higher risk for health problems.

Fortunately, we here at Toco Hills Community Alliance are able to help our neighbors access fresh produce on a regular basis. Many of the retail grocery stores, such as Publix, Target, Whole Foods, and Trader Joe's, have been working in conjunction with the Atlanta Community Food Bank to share their produce that is still good, but is at the best-by date. They share that with us and food pantries like us that have the ability to store fresh produce safely; we then share that fresh produce with the families that come to us for groceries.



Thanks to having our refrigerated van, we have been able to pick up more fresh produce than ever before to share with our neighbors. That has been the primary reason the amount of food we are able to give families each week has gone from 45 to 58 pounds.

And when we pick up this food from these stores, or when our partner agency, Second Helpings Atlanta, picks it up for us, this is known as "food rescue." The food is perfectly okay to eat, but it would have been thrown out. Now, instead of going to waste and adding to environmental woes, it is being shared with those in need.

with fresh produce, we are also helping the health of our planet.

The health of our whole community - your community - is what you support when you support Toco Hills Community. And, we definitely need your support to continue to provide healthy, nutritious food, to be a place of care and compassion, for our neighbors and our world.



When you give to Toco Hills Community Alliance, when you share finances, supplies, time, positive thoughts, you are contributing the health of our entire community, our neighborhood right here.

So, let's eat our vegetables, share what we have, and know that, together, we are making a positive impact.

With gratitude,

Rev. Dr. Lisa Heilig, Executive Director



[Give Now](#)

If you want to donate or coordinate a drive, here are the most needed items.



- The foods we are most in need of are:
- Peanut Butter
 - Canned Chicken/Tuna/Meat
 - Individual size Crackers/Chips
 - Canned Fruits or Applesauce
 - Shelf Stable Milk

(PLEASE NO GLASS JARS)

We currently have a need for these hygiene supplies:

- Diapers Sizes 5, 6, and 7 - URGENT NEED
- Paper Towels
- Disposable Face Masks - especially K95 or KF94
- Razors
- Lotion
- Lip Balm

We very much need **clean new or used cloth shopping bags**.

We can also use supplies, such as:

- Non-Latex Gloves (Medium, Large, XLarge)
- Disinfectant Spray

Someone is available to take donations at Toco Hills Community Alliance building on Monday through Friday from 9am until noon. Drive up under the white tent and our volunteers will retrieve the items from your car.



We always need good volunteers who are fully vaccinated (including booster), are physically fit enough to stand, lift, and withstand weather conditions, and who will abide all of the safety precautions, including COVID protocols.

If interested, email volunteer@toco hillsalliance.org

This is a great opportunity for high school and college students to spend their summer helping others. We already have several students working with us this summer and would definitely welcome more!





Speaking of volunteers, we took a few moments last week for our annual Volunteer Appreciation Event. It was a festive affair with a Hawaiian theme, including snowcones that staff members Jack and Juan Carlos made, as well as leis for everyone, and a palm tree to set the mood. Truly, the volunteers are not just the backbone, but the heart of what we do and who we are at Toco Hills Community Alliance.

Toco Hills Community Alliance

NEIGHBORS HELPING NEIGHBORS

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