



Dear Supporter of Toco Hills Community Alliance,



Happy Valentine's Day to all! Today, as we are surrounded by images and thoughts of hearts, it can help to remind us that heart health is not a concern just one day or even one month out of the year.



The American Heart Association has documented that those facing food insecurity (not having adequate food for everyone in the house to lead an active life) are *over twice as likely* to develop heart disease. Numerous studies over the years have consistently found

At Toco Hills Community Alliance, we work to provide healthy food - like fresh produce, fruits and vegetables, and meats. By providing consistent access to such nutritious food, we can increase the heart and overall health of those we serve and the whole community.

And, even as we offer healthy food, we also offer more: hope, respect, kindness, compassion, love...



Which, of course, is what Valentine's Day is about: love. Here at THCA, we strive not to just talk about love, to put that love into action every day to embody what it means to be Neighbors Helping Neighbors. And, we are only successful in doing so because of your help and your support.

You are making it possible for us to not just to "talk the talk" but to "walk the walk" of sharing healthy food and hopeful compassion.



Your support helps us to nurture health and create hospitality for

- Families whose wages just don't stretch for all the needs of their growing children
- Seniors whose pensions just cannot cover all of their expenses that often include increased health care costs

- Newly arrived refugees who need help navigating the challenges of starting over in a new country

Thanks to your and generosity, we are helping these and more to move through crisis, become healthier, to know they are cared for.

And, on this Valentine's Day, on this day of hearts and love, we we do want to ask you to participate in the 2023 Hunger Walk Run, to walk in love...

Our participation in the Atlanta Community Food Bank Hunger Walk is one of the primary ways we are able to



fund our food purchases throughout the year.

Team THCA has been formed and you are invited to be on the team! Because of the incredible support of this community, las year, our team was in the top 5 teams for fundraising - let's do it again!

For all of the information, go to <http://engage.acfb.org/goto/TeamTHCA>

Join the team and invite others to support you on your walk, or give to Team THCA, or even form your own team for THCA.



Thank you for making the hearts and love of Valentine's Day a reality!



Rev. Dr. Lisa Heilig, Executive Director

DONATOS PIZZA
Every piece is important.



It's time for a...

PEPPERONI PEP RALLY!

Join us for a Dough-Nations event by placing an order with Donatos Pizza at 2884B N Druid Hills Rd in Druid Hills on Wednesday, March 1st.

10% of our sales for the day will be "Dough-Nated" to the Toco Hills Community Food Alliance! Dine-in, pickup and delivery orders are all eligible.



Order for pickup or delivery
at donatos.com



We are in **URGENT NEED** of diapers sizes 4,5,6, & 7 and baby wipes.

The foods we are most in need of are:

- Shelf Stable Milk (Dairy and Non-Dairy)
- Canned Vegetables
- Canned Fruits and/or Applesauce

(PLEASE NO GLASS JARS)

We very much need **clean used cloth and plastic shopping bags.**

We can also use cleaning/office supplies, such as:

- Packing tape
- Non-Latex Gloves (XLarge only)

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, Please go to <http://btrr.im/po89m> to start the application process. For any questions, please email volunteer@toco hillsalliance.org

Give Now

Did you know Toco Hills Community Alliance has a Facebook page?
Please "like" us at the link below so you can follow our activities.
[Toco Hills Community Alliance Facebook Page](#)

Toco Hills Community Alliance

NEIGHBORS HELPING NEIGHBORS

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