



Helping families and communities thrive for 25 years



**When we support our most vulnerable families with food assistance,
we are building a healthier community.**



***We are building a healthier community
one box of food at a time.***

Each and every week, Toco Hills Community Alliance serves hundreds of vulnerable families with children, seniors, the unhoused, veterans, and so many others, with nutritious food. Numerous studies have linked food insecurity to poorer physical and mental health, chronic stress, and increased chronic diseases such as diabetes, high blood pressure, and heart disease. Those facing food insecurity may have to choose between medicine and food, leading to further complications. Children in food insecure households are more likely to struggle in school and have poorer health. Georgia ranks 4th among the states with the highest levels of food insecurity and 41st in overall health. That's not a coincidence. Toco Hills Community Alliance was founded by a physician to create better health for the community, especially for the children of the community. And we continue that legacy today.

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Reducing food insecurity reduces the risk of chronic disease, especially among children, and over 50% of the households we serve have children in them.

At THCA, we strive to make each box of food nutritionally balanced. Each box weighs at least 40 pounds, with larger households given additional food.

Here is what was in the **525 boxes** that were given out just last week:

- 2 boxes Mac N Cheese
- 1 can Soup
- 1 can Beans
- 1 box Cereal
- 1 box of Granola Bars
- 1 box Raisins
- 1 bag of Fresh Carrots
- 1 bag of Fresh Apples
- Assorted Drinks
- 1 Miscellaneous Item

To these dry goods was added:

- 3 Fresh Breads
- 1 Dessert
- 1 bag Assorted Produce
- 1 bunch Bananas
- 1 bar of Cheddar Cheese
- 1 Fresh Milk
- 3 Frozen Meats

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Community Food Bank Nutrition and Wellness Manager, reports that:

"You are uniquely positioned to confront both food insecurity and health inequity by prioritizing nutrition and distributing nutrient-dense foods. Accessible healthy foods can help break the cycle of food insecurity, diet-related illnesses and financial tradeoffs. Together we can help our neighbors secure enough food and also increase their ability to obtain the nutritious foods they need for good health."



Building healthy community

At Toco Hills Community Alliance, the services we provide are helping to build and sustain healthy individuals, families, and communities. When individuals and families are healthy and strong, our communities can thrive and prosper.

Our services, including

- the hundreds of boxes we give families every week,
- the healthy meals we share with our unhoused friends, and
- the weekend backpack program we support at a local school,

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are helping to reduce individual and family stress by providing healthy food and other essential items. This reduces chronic illness, especially among children. They return to school better equipped to learn... and to grow.

When you help families suffering from food insecurity with your donation to THCA, you are helping to build a healthier, more vibrant community. Thank you.

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