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## Dear Supporter of Toco Hills Community Alliance,



You may say I'm a dreamer, but I know I am not the only one...  
And I truly believe that we all can be, and are, part of creating the  
world that the great poet Langston Hughes wrote about:

I Dream A World  
I dream a world where we  
No other one will scorn,  
Where love will bless the earth  
And peace its paths adorn  
I dream a world where all  
Will know sweet freedom's way,  
Where greed no longer saps the soul  
Nor avarice blights our day.  
A world I dream where black or white,  
Whatever race you be,  
Will share the bounties of the earth  
And every one is free...  
Langston Hughes

Sp Adobe Spark

Toco Hills Community Alliance, that in giving food away we are merely giving handouts, and not a hand up. While we do give out groceries for free, often to the same families and individuals on a weekly basis, it is about much more than the food we give out. How?



1) Making it easier for families to receive food improves their health and well-being. New research discovered that for every 10% increased usage of a food pantry, health outcomes for families improved by over 6%. We strive to make sure the food we give is nutritionally balanced and includes fresh produce every week.

2) By removing the economic barrier to food access, food pantries can support families in overcoming poverty. The opportunity to access food weekly means that families have increased food security, decreased stress about feeding their family, and they have to fewer tradeoff decisions to make (e.g., food or medicine)

3) What we do is about so much more than giving food. We also share information and resources. And among the families who come frequently, we have built trusting relationships because here at THCA, we give food and share information, but we also give respect and acceptance and share hope and compassion.

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By supporting our work, you are supporting more than just a handout, you are supporting the physical, economic, and social well-being of the families and people we serve. And, ultimately you are supporting the building of a world where we can all be free.

Thank you for the incredible ways you have made this possible. Please help us continue in this work and make the dream a reality.

In Gratitude for All of the Dreamers,

Rev. Dr. Lisa Heilig, Executive Director



We very much love our volunteers who are truly the backbone of all we do here. On Friday, June 18th, we held a Volunteer Appreciation event under the tent to express our thanks to them and just to have some fun, social time together without the pressure of all the work.

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**You can join in the fun and make a difference because we do need a few more volunteers. So if you are at least 16, are fully vaccinated, can lift 50 pounds and withstand outside weather, are available during weekdays, and have an open heart and mind, please email our Volunteer Coordinator at [volunteer@tocohillsalliance.org](mailto:volunteer@tocohillsalliance.org).**

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

We need clean used shopping bags, especially cloth, but also plastic.

We are experiencing a very high need for hygiene supplies:

- Diapers sizes 4,5,6,
- Baby Wipes
- Razors and Shaving Cream (Men and Women)
- Lotion
- Lip Balm

The foods we are most in need of are:

- Shelf Stable/Evaporated/Powdered Milk



<b>Subscribe</b>	<ul style="list-style-type: none"> <li>• Canned Fruits and Vegetables</li> <li>• Soups/Stews/Chilis/Pasta</li> </ul>	<b>Translate</b> ▼
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- Rice - 1 or 2 pound bags

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

- Packing tape
- Non-Latex Gloves (Medium, Large, XLarge)

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.






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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  
 1790 LAVISTA ROAD NE | ATLANTA, GA 30329 | 404.325.0677

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