



# YOU Helped Nancy!

Nancy was full of life and active until a car accident changed her life. Among a number of injuries, Nancy was treated for a traumatic brain injury.

While attending Western Technical College in La Crosse a few years later she started experiencing major hip issues. The pain progressed and forced her to the emergency room where she found out there were significant issues as a result of the car accident. She underwent many therapies, but the rapid deterioration of her hip eventually left her homebound and having to withdraw from school.

Nancy was unable to take care of herself and because she moved to La Crosse to get away from the violence of the big cities, she had no network for support. She advocated for herself by contacting case workers, social workers, and the Aging & Disability Resource Center in La Crosse.



**SUE (L) VOLUNTEERS IN THE PANTRY, BUT HAS OFFERED TO DELIVER SENIOR PACKAGES WHEN NEEDED.**

Through her investigations she found WAFER. Nancy started getting help with food, even having it delivered to her apartment by WAFER volunteers.

Nancy is extremely grateful for the food deliveries, and the helpful volunteers who carry the food up the staircase to her apartment. She looks forward to her delivery, especially the fresh fruits and vegetables. Your donations made it possible for Nancy to maintain a healthy diet as she awaited hip surgery.

Fast forward to today, Nancy is healing well from her surgery and slowly starting to get around. She still receives the healthy foods needed for her recovery. Nancy recently said,

“there are so many who need help, and you still helped me. WAFER and the volunteers give of their heart”.

Nancy’s journey is truly remarkable. You have been a part of her journey through your donations. Thank you for supporting Nancy!



**JOAN HAS BEEN DELIVERING PACKAGES MONTHLY FOR A DECADE**



## A PERFECT STORM . . .

In communities across the nation, food insecurity networks are currently experiencing a “perfect storm” of challenges making it increasingly difficult to meet the needs of the hungry and hurting. WAFER, the largest food pantry serving the greater Coulee region, is no exception. As demand for assistance rises, WAFER and similar organizations are grappling with several compounding issues threatening their ability to provide for those in need.

### **INCREASING DEMAND . . .**

Economic hardships and the lingering effects of the pandemic have led to a significant rise in the number of individuals and families seeking assistance. More people than ever are finding themselves in precarious financial situations, leading to increased reliance on food pantries.

### **DECREASING COMMUNITY DONATIONS . . .**

Historically, community donations have been a critical component in supporting food insecurity networks. However, recent trends show a decline in contributions from individuals and local businesses.

### **REDUCED GOVERNMENTAL COMMODITIES . . .**

The availability of staple governmental commodities has diminished. Government programs that supply essential food items have faced budget cuts and logistical challenges, leading to fewer resources being distributed to local food pantries.

### **RISING FOOD PURCHASING COSTS . . .**

Compounding these issues is the dramatic increase in food purchasing costs. Inflation and supply chain disruptions have led to higher prices for essential goods, making it more expensive for food pantries to buy the items they need.

### **OVERALL INFLATION AND OPERATING COSTS . . .**

In addition to the rising cost of food, inflation has taken a toll on day-to-day operating expenses. Utilities, transportation, and other operational costs have all increased. These financial pressures make it challenging to maintain the level of service the community depends on.

## YOU Can Help!

Your financial contributions are more crucial than ever. Your gifts will ensure that the needs of the La Crosse community are met without interruption. Your generosity helps us purchase food and continue providing services to those who need them most.

Your support directly contributes to the fight against food insecurity for our friends and neighbors here at home.

**Together, we can ensure that no one in our community goes hungry.**

Thank you for your compassion and for standing with those who need us most. Your support makes a tangible difference in the lives of so many!



Erin Waldhart  
Executive Director



## The Value of Your Gift

When a food item is running low we often need to purchase from local retailers or national warehouses in pallet quantities. This ensures that WAVER is able to maintain the level of service shoppers have come to rely on to meet their food needs.

- \$25 → cereal for 140 families
- \$50 → 72 cans of soup
- \$100 → milk to 250 Mobile shoppers
- \$250 → pasta for 300 families



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Visit [waferlacrosse.org](http://waferlacrosse.org) to sign up for our monthly e-newsletter.



OUR MISSION: RESPONDING TO GOD’S LOVE, WAFER PROVIDES FOOD AND WORKS TO ELIMINATE HUNGER.



The Postal Carriers Food Drive was held the 2nd Saturday in May again this year. WAFER received 12,000 pounds of food from City of La Crosse residents.

Thank you! A mix of volunteers from WAFER and the community were stationed at the post office to collect donations.

Gundersen Health System Educators have been offering programs since last summer. In May, blood pressure screening and one-on-one health conversations were held.

In June, WAFER hosted an AED and CPR class for volunteers, staff, and community members. More than 30 people received the training from the City of La Crosse Fire Department and 7 Rivers Cardiac Arrest Preparedness and Education group. Thanks to this partnership WAFER now has an AED on site!