

Feeding the Gulf Coast serves 24 counties spanning South Alabama, South Mississippi, and the Florida Panhandle. Annually, the food bank distributes more than 37 million meals through our network of more than 800 community partners.

Feeding the Gulf Coast has earned a four-star rating from Charity Navigator for its commitment to excellence and efficiency. With over 97% of all donations directly supporting its mission, it ranks among the most efficient nonprofits in the nation.

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FEEDING THE GULF COAST EARNS CHARITY NAVIGATOR'S HIGHEST RATING—AGAIN



Feeding the Gulf Coast has once again earned a Four-Star Rating from Charity Navigator, the nation's largest and most trusted independent charity evaluator. While the designation recognizes excellence in financial health, accountability, and impact, its greatest significance lies in what it means for the people who support the work of the food bank.

Charity Navigator's evaluation provides donors with an independent measure of how effectively a nonprofit turns resources into results. The Four-Star Rating is the organization's highest distinction, awarded only to charities that demonstrate strong governance, transparency, and measurable outcomes. For supporters, it signals that Feeding the Gulf Coast is not only committed to fighting hunger, but to doing so with responsibility and integrity.

For donors, volunteers, and community partners, this recognition reinforces an important promise: that every contribution is stewarded with care and directed toward meaningful impact. The rating affirms that Feeding the Gulf Coast is strategically using its resources to provide food and support to families, children, and seniors facing hunger across the central Gulf Coast.

Feeding the Gulf Coast's rating and other information about charitable giving are available on www.charitynavigator.org.

GET INVOLVED

WKRK'S STOCK THE PANTRY FOOD DRIVE

APRIL: ALL MONTH LONG
Join WKRK News 5, Feeding the Gulf Coast and participating sponsors for the Stock the Pantry Food Drive. Visit our website to learn more.

APRIL 6 - MAY 3: FIGHT HUNGER, SPARK CHANGE CAMPAIGN

Walmart and Sam's Club customers can make a difference with their grocery carts by looking for specially marked products when shopping in-store or online. Customers can also round up at the register.

MAY 9: NALC ANNUAL STAMP OUT HUNGER FOOD DRIVE

MOBILE, AL | PACE, FL MILTON, FL
Place your non-perishable food donations by your mailbox on Saturday, May 9, and your mail carrier will collect them during their regular route. Prefer to give online? Monetary donations are always welcome and every \$1 donated provides 5 meals.

AUGUST 27, 4 - 6 PM: MOBILE CHAMBER BUSINESS AFTER HOURS

THEODORE WAREHOUSE

OPPORTUNITY FOR MISSISSIPPI BUSINESSES HOUSE BILL 1723

Mississippi House Bill 1723 provides Mississippi businesses that donate to Feeding the Gulf Coast with dollar-for-dollar state income tax credits equal to their donation.

This opportunity provides businesses with a powerful incentive to support hunger relief in our local South Mississippi community while directly reducing their Mississippi state tax liability.

To learn how your business can benefit, **visit our website or call (251) 653-1617 x130.**



visit FEEDINGTHEGULFCOAST.ORG | (888) 704-FOOD

This institution is an equal opportunity provider. VISIT OUR WEBSITE FOR FULL STATEMENT

MAKE A DIFFERENCE TODAY!

\$20 \$50 \$100 \$250 \$500 Other: _____

I would like to join the Hope Harvesters Monthly Giving Club.

Name (Please Print) _____

Address _____

City _____ State _____ Zip _____

Phone # _____

Email Address _____

Feeding the Gulf Coast's federal identification number is 63-0821997.

Payment Options

Please charge my credit card:

Visa Mastercard Discover AMEX

Card Number _____

Name on Account _____

Exp. Date _____ CVV _____ Zip _____

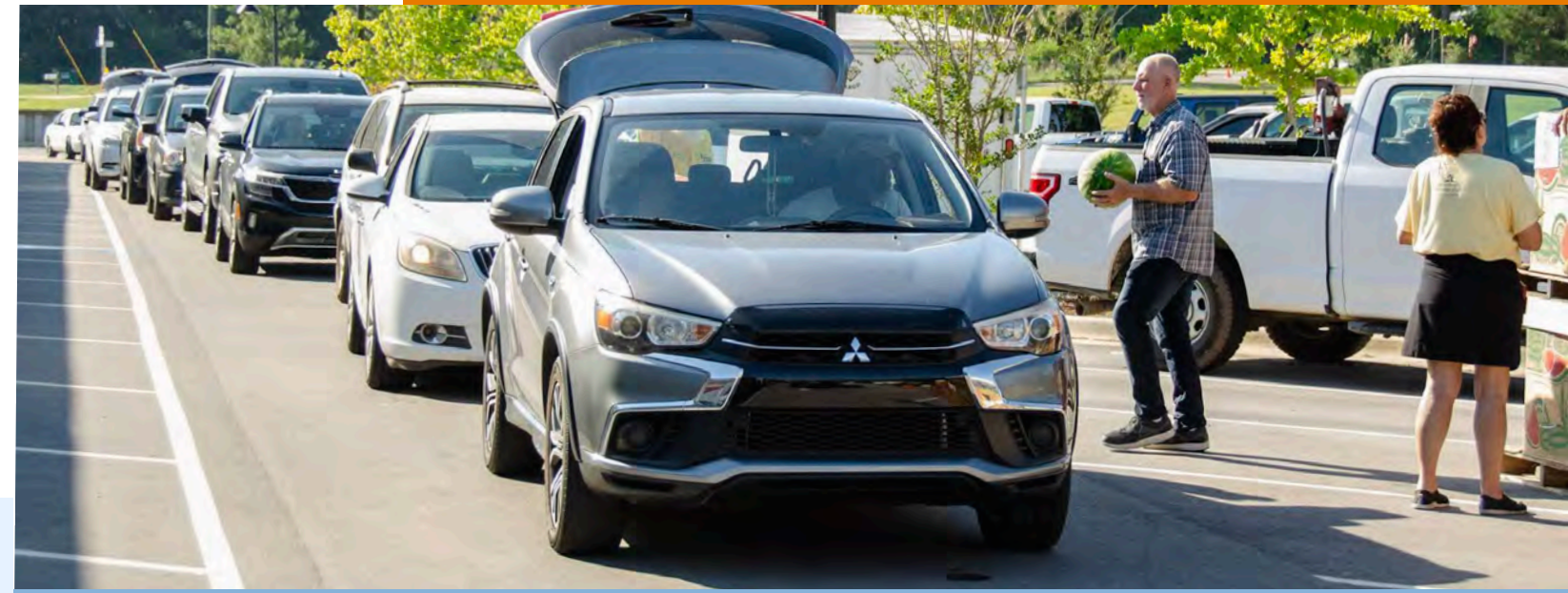
Signature _____

Please make check payable to: **Feeding the Gulf Coast**

Give online at www.feedingthegulfcoast.org/donate



Donor opt-out policy: If you wish to opt out of having your name listed as a donor in any of our publications, please email communications@feedingthegulfcoast.org.



Healthy Food, Healthier Futures

MEETING A CRITICAL MOMENT FOR NEIGHBORS

Across the central Gulf Coast, many families face barriers to accessing the nutritious foods needed to support long-term health. Limited access to fresh foods contributes to diet-related conditions such as hypertension, diabetes, and obesity, which affect households facing food insecurity at higher rates. Nearly 28% of adults in our community eat vegetables less than once per day, a gap that can contribute to chronic health conditions and make it harder for individuals to move beyond the cycle of hunger.

Addressing these nutrition-related challenges takes a strong and reliable food assistance network. Yet at the very time this support is needed most, Feeding the Gulf Coast is facing a growing gap between available resources and rising community need. We are now serving a record number of people each month, about 30% more than before the pandemic, while navigating funding shortfalls that affect our ability to secure and distribute food through our network of more than 800 partners.

That gap is felt most by children, seniors, and hardworking families already living on the margins. When funding is limited, less food moves through our network, which means fewer groceries reach families across our communities. Sustaining this level of support becomes more difficult when resources fall short.

Even in the face of these challenges, strong partnerships help make continued support possible. Investments from partners such as Florida Blue are helping expand access to fresh produce through a four-year commitment that will provide an additional 1,468,000 pounds of fruits and vegetables to rural Florida communities. This support helps ensure healthy food continues to reach communities where it is needed most.

Access to nutritious food provides more than nourishment. It offers relief and stability during life's most difficult challenges. At a recent distribution, an elderly gentleman received a call from his wife's oncologist while waiting in line and learned her cancer had returned. With tears in his eyes, he shared how grateful he was for the food distribution, knowing the groceries would help offset out-of-pocket costs. By ensuring people have nutritious food options, we support the health and well-being of our neighbors, no matter what crisis they face.

Responding to growing need in our community will take all of us. Donors, businesses, foundations, volunteers, and community partners play a vital role in ensuring neighbors across the central Gulf Coast have access to healthy food.

Expanding access to fresh, healthy foods, alongside practical nutrition education, helps strengthen both individual well-being and the overall health of our community.

Join FloridaBlue in making a difference. Scan below to learn more about Community Health & Nutrition Programs and how you can get involved.



GET INVOLVED
Visit our website
feedingthegulfcoast.org





FROM THE PRESIDENT & CEO

As we see priorities shifting around us, we know food insecurity remains a primary concern for hundreds of thousands in our community. Across the central Gulf Coast, families face difficult choices every day. Between paying bills, covering medical expenses, or putting food on the table. At Feeding the Gulf Coast, we are reminded that access to food does far more than meet an immediate need. It creates stability, restores dignity, and offers hope during life's most challenging moments.

Over the past year, our team and network of more than 800 community partners worked tirelessly to strengthen that support system.

Together, our trucks traveled more than 330,000 miles across our service area, helping provide 37.5 million meals (over 45 million pounds of food) to neighbors facing hunger. These meals represent more than numbers; they represent relief for parents, strength for seniors, and opportunity for children.

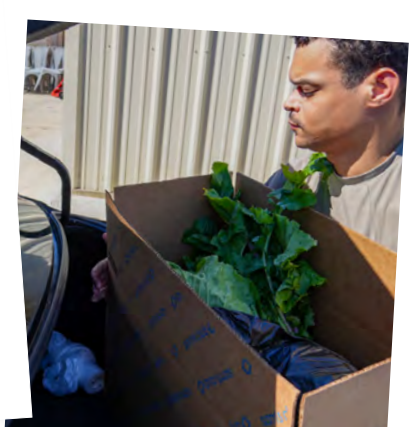
We see this impact in the stories of the people we serve. One father who recently visited a distribution had unexpectedly become the sole provider for six children. He shared the difficult choices he faces each month between paying bills and providing food for his family. The groceries he received that day helped restore his sense of dignity and gave his family the support they needed during a challenging season.

We find ourselves at a crossroads when support for our mission is being challenged from multiple directions; your partnership is more important than ever. Meeting the needs of our neighbors requires more than a single food distribution; it demands a coordinated effort of programs, partnerships, and people working together to build stronger, more resilient communities. Thank you for standing with us to build a stronger, healthier Gulf Coast.

Michael Ledger

MICHAEL LEDGER

PRESIDENT & CEO, FEEDING THE GULF COAST



A Year of Impact and Hope

Last year, our trucks traveled more than 330,000 miles across our service area, delivering food to neighbors facing hunger. Through this effort—and the dedication of our more than 800 partners—we provided **37.5 million meals, reaching more people than ever before**. The impact of a single meal goes beyond nourishment; it can restore hope. That impact is reflected in the lives of individuals like Gus, who attended a food distribution this past November when the need for food assistance grew rapidly across our communities.

Gus unexpectedly became a single father of six children, including twins under three and a child with a chronic disability. With the loss of one household income, he shared the difficult choices he faces each month between paying bills and putting food on the table. The food he received, he told us, revived his sense of dignity as a father striving to care for his family.

For families like Gus's, access to food assistance can provide more than temporary relief—it offers breathing room during moments of uncertainty. A box of groceries means a parent can focus on caring for their children or aging loved ones, paying a critical bill, or taking the next step toward stability.

These moments of support help strengthen families and create a foundation for a better future.

Ensuring neighbors have that kind of support requires more than a single food distribution—it involves a coordinated effort of programs, partnerships, and people working together to make that support possible. Last year, we invested in the capacity of our agencies by providing new equipment and operational assistance, expanded access to food for children, seniors, families, and military members, strengthened healthcare partnerships, and advanced nutrition education across our service area.

None of this is possible without you—our donors, volunteers, and supporters. Your generosity ensures that when a family faces a difficult season, they are met with compassion and assistance.

Thank you for standing with us as we continue working together to build a stronger, healthier future for our communities.



Thank You, YOUR SUPPORT IN 2025 EQUIPPED US TO



PROVIDE 51,000+
tailored dietary boxes
to seniors



ENSURE 22,000+
children had access
to meals this year



RESCUE 15 MILLION+
pounds of food across
our community



GIVE 242,000
meals to military
families and Veterans

NUTRITION CORNER

Spring Into A Healthier You

Spring is a great time to refresh your routine. As days grow longer and warmer, it's a chance to focus on habits that support your energy, digestion, and well-being. Small food choices each day can make a difference.

One of the simplest ways to support your health is by adding more fruits and vegetables to your meals. These foods are rich sources of fiber, which helps keep us feeling full, lower cholesterol, and slow blood sugar spikes. Fiber also supports digestive health and helps the body process nutrients more effectively.

Beyond fiber, eating a variety of fruits and vegetables helps ensure you're getting a wide range of essential vitamins and minerals. Different colors often signal different nutrients, so filling your plate with a mix of leafy greens, bright berries, orange vegetables, and crisp seasonal produce can help nourish your body in many ways.

Just as nourishing foods support the body from the inside, regular movement helps keep our bodies strong and energized. Spring's warmer weather makes it a great time to reconnect with your body and build simple movement into your daily routine. To help get started, here are a few easy ways to stay active each day while enjoying the fresh air.

- Take a 10-minute walk after a meal to support digestion and help regulate blood sugar.
- Stand and stretch for a few minutes every hour to improve circulation and reduce stiffness.
- Turn household chores, such as gardening, vacuuming, or washing your car, into exercise.
- Walk with a friend, join a community activity, or take a family walk after dinner. Moving together makes healthy habits more enjoyable and easier to maintain.



For access to healthy recipes and nutrition education classes, visit our website or scan code.

