

A child going to bed hungry?
Not if you help!



Dear Friend,

It breaks my heart every time I see Connor.

Connor and his mother Jessica are hungry...very hungry. **They need your help.** Connor frequently doesn't get enough to eat, and Jessica often cries herself to sleep at night knowing that she has to send Connor to bed with an empty stomach. **A child, left wondering and suffering, not knowing where his next meal will come from.**

Can you imagine how that must feel?

The saddest part of this, is that Connor's story is not unique. Hunger is spreading across our region – especially amongst children.

Over 40% of households with children in Massachusetts right now are experiencing food insecurity and 1 in 5 children here in Essex County don't know where they'll get their next meal.

You believe that every child should be secure in the knowledge that they will eat today, don't you?

For Connor, and other kids like him, it's more than just a meal. **It's a matter of survival.**

Many people I talk with don't realize just how prevalent food insecurity is among families here in Massachusetts. **That's why I'm reaching out to see if you'll join me in taking a stand against hunger here on the North Shore.**

Your gift today will provide nutritious, healthy food and many other life-changing services like rental assistance, case management and education programs to help families like Connor's.

As a single mother, Jessica works hard to provide for her family. **But often, it just isn't enough.**

"Usually, I'm the mom that has it all together, I make sure my bills are paid and I have some type of food on the table for my child. It's been tough lately. I work 35 hours a week as a single mother, barely making enough for us to survive. We receive food stamps, but they frequently run out before the end of the month. I often struggle buying food and paying all our rent and bills. I work very hard but can never seem to get ahead."

Connor knows his mom is trying her hardest, but hopes things will turn around soon.

over, please
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Connor doesn't know how much longer he can stand the feeling of hunger; or the feeling of seeing his mom so sad all the time. ***No child should have to go through this, right?***

Having access to the food pantry here at Beverly Bootstraps is a lifesaver for families like Connor's. "Before I learned about the pantry, I often felt hopeless walking out of the grocery store. Everything is just so expensive now. **I know that my child needs more food, but oftentimes I just can't afford it.**" said Jessica.

With weekly access to our food pantry, kid's healthy snack programs, and other food assistance programs, Connor and other families like his begin to regain hope. Hope that hunger will no longer have to be part of their story. Hope of no more empty stomachs at night.

You have the power to change the next chapter of this story for Connor and Jessica.

Your gift today can help ensure that Connor, Jessica and many other families like them across the North Shore can stop worrying about their next meal and start to focus on school, work and finding a new sense of normalcy.

As inflation and economic uncertainty has taken hold of our nation and community, we are seeing more families turning to us than ever before. As of August this year, we have already surpassed our total number of pantry visits counted all of last year. **Simply put, we need your help. We need your support to help serve families like Connor's.**

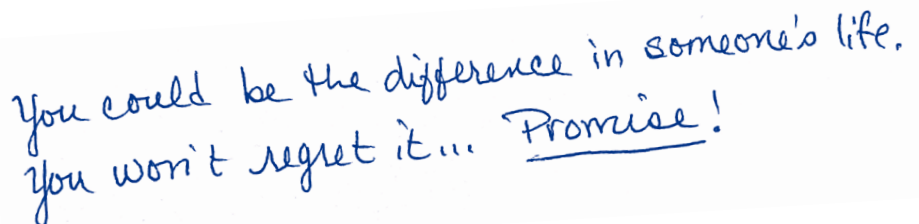
I know there are many wonderful organizations that will be seeking your help this holiday season. Please know how honored we are when you choose to make a gift to Beverly Bootstraps and to support your own community here on the North Shore.

Thank you for your kind consideration.

With gratitude,



Sue Gabriel
Executive Director
Beverly Bootstraps Community Services, Inc.



P.S. Please make your gift to Beverly Bootstraps today. (A reply envelope is enclosed or give online at: **beverlybootstraps.org/donate**) Struggling families and children across the North Shore need your help. Please reply right away.

**Name changed for privacy.*