



SOFIA GARCIA*

HER STORY

Sofia is a single mom who has needed The Pantry on and off throughout the years.

"There was a time that I didn't need the Pantry, and my daughter was taking dance lessons. Then Covid hit and I got furloughed. My savings is gone. That's how scary it is. It's nice to know that I don't have to worry about putting food on the table because of The Pantry.

I'm a vegetarian. We don't eat Chicken, Fish, or red meat. We are grateful that the pantry supports our plant-based diet, with protein, whole grains, and fresh produce. It allows my daughter and I to eat healthy. It's so much cheaper to eat processed food than fresh vegetables."

Even now being able to go once a week is amazing. Other pantries don't have that option. It's huge knowing that I'm going to have food whether I go Tuesday or Friday – good food as well. It's just been a blessing."

"I'm so grateful to have the Pantry. I can't image not having the Pantry. Having the option to have the Pantry relieves the burden for food for myself and my daughter. Food is expensive- not having to worry about that expense in my budget is huge."

*Name and photo has been changed

